



Attleborough Primary Curriculum Intent for P.E

At APS we aim to inspire all children to develop a love of physical activity and sport. Through good physical education, whole school values and a whole child approach, we aim to nurture confident, resilient children who will strive for their personal best.

- We listen to our children's wants and needs and provide them with a range of active experiences and clubs.
- We aim to ensure that our delivery of physical education allows all children to have the skills and mindset to leave primary school with the capabilities to be successful in their sporting challenges and lead active lifestyles at secondary school and beyond.
- We strive to educate both our children and families to develop a greater understanding on how to live healthy lifestyles and make healthy choices. We are dedicated to ensuring healthy minds, as well as bodies and will continue to support our children's well-being.



EYFS Statutory Framework PE Related Objectives					
Gross Motor <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 					
RECEPTION Key content knowledge.					
Autumn 1		Spring 1		Summer 1	
Fundamentals Unit 1 – All About Me 1. Know how to balance whilst stationary and on the move 2. Pupils will know to take big steps to run and small steps to stop 3. Know how to turn body when changing direction 4. Know how to bend knees to jump and land 5. Know how to hop & land with balance/control 6. Know how to travel using different body parts	Introduction to PE Unit 1 – Fantasy Character 1. Pupils will know how to move sensibly and safely in a space 2. Pupils will develop how to safely stop and troll 3. Pupils will know how to use equipment safely and responsibly 4. Know different actions to travel 5. Know how to work as a group successfully 6. Know how to follow and copy a pattern	Games Unit 1- transports 1. Know how to work safely and in a group 2. Know how to throw and keep score 3. Understand the different roles in games 4. Know how to move safely and follow instructions 5. Know how to work cooperatively as a team 6. Know different types of games	Gymnastics unit 1 – animals 1. Know how to copy and create shapes using movements 2. Know how to create shapes- apparatus 3. Understand how the body can take weight on different parts 4. Know how to land safely 5. Develop rocking and rolling 6. Know how to create a short sequence working together	Games unit 2 – The World 1. Know how to develop accuracy when throwing 2. Know how to follow instructions and move safely 3. Know how to play against an opponent 4. Know how to play by the rules and develop coordination 5. Know how to strike a ball and keep score 6. Know how to work cooperatively as a team	Fundamentals unit 2 – Weather 1. Know how to roll and track a balls movement 2. Know how to develop accuracy when throwing a ball 3. Know how to dribble with my hands 4. Know how to throw and catch with a partner 5. Know how to dribble with a ball using feet 6. Know how to kick a ball at a target?
Key Vocabulary					
All children to know the meaning of these words by the end of the unit					
Balance Squeeze Direction Travel Beat		Safely Roles Cooperatively	Instructions Sequence	Movement Striking	Accuracy Dribble
Enrichment Opportunities					
Trips / visitors/ WOW moments					
Premier enrichment session to support transition. – moving to songs and music - Clubs - Planned sports events - Outdoor learning -- Sports Day					



Autumn 2		Spring 2		Summer 2	
Introduction to PE Unit 2 – People who help/routines 1. Pupils will know how to move around an area safely 2. Pupils will know how to follow instructions and stop safely 3. Know how to stop safely and control the use of equipment 4. Know how to follow instructions and work as a team 5. Know how to follow paths and take turns 6. Know how to work cooperatively as a team	Dance Unit 1 – Me and Settling In 1. Know how to move safely around others 2. Know how to show an awareness of space, myself and others when moving 3. Remember and repeat movements? 4. Know how to use a range of levels when moving 5. Know how to move safely and with confidence and imagination 6. Know how to show control and stay in time to the beat	Gymnastics Unit 2 – Fairy Tales 1. Know how to create short sequences and patterns 2. Develop balance using apparatus 3. Know how to jump and land safely 4. Develop rocking and rolling 5. Know how to explore an area and travel safely 6. Know how to create a short sequence	Ball skills Unit 1- Insects 1. Develop rolling a ball 2. Develop stop rolling a ball 3. Know how to throw accurately hitting target 4. Develop catching and throwing a ball 5. Develop dribbling a ball 6. Develop kicking a ball	Ball Skills Unit 2- Weather 1. Develop rolling a ball 2. Know how to hit a target accurately 3. Develop dribbling a ball 4. Develop throwing and catching a ball 5. Know how to dribble a ball with feet 6. Develop kicking a ball with feet	Dance Unit 2 – Days out 1. Know how to copy and create different actions 2. Know how to express ideas through movement 3. Know how to move with control and balance? 4. Know how to move with control and coordination 5. Know how to copy movements and create a sequence 6. Know how to explore body movements, pathways and actions
Key Vocabulary All children to know the meaning of these words by the end of the unit					
Balance Squeeze Direction Travel Beat		Sequence Pattern Kicking Striking Catching Balance		Rolling Accurately Movements Actions	
Enrichment Opportunities Trips / visitors/ WOW moments					
Premier enrichment session to support transition.		– moving to songs and music	- Clubs	- Planned sports events	- Outdoor learning -- Sports Day



Attleborough Primary School – P.E Curriculum: EYFS – Year 6 (2024 / 2025)

National Curriculum aims:

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Key Stage 1 National Curriculum Objectives (Year 1 and 2)

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns



Year 1 Key content knowledge and skills					
Autumn Term 1		Spring Term 1		Summer Term 1	
Unit: Team Building 1. Know how to co-operate and communicate with a partner to solve challenges 2. Know how to explore & develop teamwork skills 3. Develop communication skills 4. Know how to use communication skills to lead a partner 5. Know how to plan with a partner and small group to solve problems 6. Know how to communicate with a group to solve challenges	Unit: Fitness 1. Understand how to run for long periods of time 2. Understand how to use hula-hoop skills 3. Develop coordination through movement 4. Explore skipping 5. Know how to take part on a circuit and examine stamina 6. Explore exercises using own body weight	Unit: Ball Skills 1. Develop control and co-ordination when dribbling a ball with hands 2. Explore accuracy when rolling a ball 3. Explore throwing with accuracy towards a target 4. Explore catching with two hands 5. Explore control and co-ordination when dribbling a ball with feet 6. Explore tracking a ball that is coming towards me	Unit: Dance 1. Explore travelling actions & use counts of 8 to move in time with music 2. Remember, repeat & respond to actions imaginatively to a stimulus 3. Know how to copy, remember & repeat actions that represent the theme 4. Know how to copy, repeat, create, perform actions that represent the theme 5. Know how to use expression & create actions -relate to the story 6. Know how to use a pathway when travelling	Unit: Invasion 1. Develop dribbling towards a goal to understand what being 'in possession' means 2. Develop passing to a teammate with your feet 3. Develop dribbling a ball with hands 4. Develop throwing to a teammate 5. Know how to move into space showing an awareness of defenders 6. Know how to stay with a player when defending	Unit: Target Games 1. Develop underarm throwing towards a target 2. Develop throwing for accuracy 3. Develop underarm and overarm throwing for accuracy 4. Develop throwing for accuracy and distance using underarm and overarm 5. Know how to select the correct technique for the situation 6. Develop throwing for accuracy and distance
Key Vocabulary All children to know the meaning of these words by the end of the unit					
Communicate Lead Partner Stability Safely land		Awareness Stability Flexibility Poses Receiving		Underarm/overarm Accurate Fielding Catching Striking	
Enrichment Opportunities Trips / visitors/ WOW moments					
-Premier enrichment sessions		- Clubs	- Planned sports events	- Outdoor learning -- Sports Day	



Autumn Term 1		Spring Term 2		Summer Term 2	
Unit: Fundamentals 1. Explore balance, stability & landing safely 2. Explore how the body moves differently when running at different speeds 3. Explore changing direction and dodging 4. Explore jumping, hopping, and skipping actions 5. Explore co-ordination and combining jumps 6. Explore combination jumping and skipping in an individual rope	Unit: Gymnastics 1. Explore travelling movements using the space around you 2. Develop quality when performing gymnastic shapes 3. Develop stability and control when performing balances 4. Develop technique and control when performing shape jumps 5. Develop technique in the barrel, straight and forward roll 6. Know how to link gymnastic actions to create a sequence	Unit: Yoga 1. Know how to move safely in a space 2. Know how to breathe in and out when completing yoga poses 3. Develop an awareness of strength during Yoga 4. Explore my flexibility during yoga 5. Know how to create yoga poses using a hoop	Unit: Send/Receive 1. Develop rolling and throwing a ball towards a target 2. Develop receiving a rolling ball and tracking skills 3. Know how to send and receive a ball with feet 4. Develop throwing and catching skills over a short distance 5. Develop throwing and catching skills over a longer distance 6. Know how to apply sending and receiving skills to small games	Unit: Athletics 1. Know how to move at different speeds for varying distances 2. Develop agility and co-ordination 3. Explore hopping, jumping and leaping for distance 4. Develop throwing for distance 5. Develop throwing for accuracy	Unit: Striking & Fielding 1. Develop underarm throwing and catching and put this into small sided games 2. Develop overarm throwing 3. Develop striking a ball with my hand and equipment 4. Know how to retrieve a ball when fielding 5. Understand how to get a batter out 6. Develop decision making and understand how to score points
Key Vocabulary All children to know the meaning of these words by the end of the unit					
Communicate Lead Partner Stability Safely land		Awareness Stability Flexibility Poses Receiving		Underarm/overarm Accurate Fielding Catching Striking	
Enrichment Opportunities Trips / visitors/ WOW moments					
Premier enrichment sessions		- Clubs	- Planned sports events	- Outdoor learning	-- Sports Day



Year 2 Key content knowledge and skills					
Autumn Term 1		Spring Term 1		Summer Term 1	
Unit: Team Building 1. Know how to follow instructions & work with others? 2. Know how to communicate with others during sports 3. Know how to co-operate and communicate with peers 4. Know how to create a plan to solve challenges 5. Know how to communicate effectively and build trust 6. Know how to plan with a group and solve problems	Unit: Fundamentals 1. Explore balance, stability and landing safely 2. Explore how the body moves differently when running at different speeds 3. Explore changing direction/dodging 4. Explore jumping, hopping, and skipping actions 5. Explore co-ordination and combining jumps 6. Explore combination jumping and skipping in an individual rope	Unit: Fitness 1. Understand how I can run for long periods of time 2. Understand how to use hula-hoop skills 3. Know how to develop coordination through movement 4. Explore skipping 5. Know how to take part on a circuit and examine my stamina 6. Explore exercises using my own body weight	Unit: Send/Receive 1. Develop rolling and throwing a ball towards a target 2. Develop receiving a rolling ball and tracking skills 3. Know how to send and receive a ball with your feet 4. Develop throwing and catching skills over a short distance 5. Develop throwing and catching skills over a longer distance 6. Know to apply sending and receiving skills to small games	Unit: Striking & Fielding 1. Develop underarm throwing and catching and put this into small sided games 2. Develop overarm throwing 3. Develop striking a ball with my hand and equipment 4. Know how to retrieve a ball when fielding 5. Understand how to get a batter out 6. Develop decision making and understand how to score points	Unit: Yoga : 1. Know how to move safely in a space 2. Know how to breathe in and out when completing yoga poses 3. Develop an awareness of strength during Yoga 4. Explore my flexibility during yoga 5. Know how to create yoga poses using a hoop 6. Know a sequence and create a yoga performance
Key Vocabulary					
Teamwork Communicate Directions	Trust dodge	Circuit Fitness Receive	Stamina send	Underarm/overarm Striking Pose	Relax Fielding sequence
Enrichment Opportunities Trips / visitors/ WOW moments					
Y2 children Participate in an outdoor adventurous residential trip - Premier enrichment sessions - Clubs - Planned sports events - Outdoor learning -- Sports Day					



Autumn Term 2		Spring Term 2		Summer Term 2	
Unit: Ball Skills 1. Know how to explore different ball handling skills 2. Know how to roll a ball and hit targets 3. Develop my coordination and continue to hit targets 4. Develop my ability to dribble with a football using my feet 5. Develop my ability to kick football 6. Know how to use a variety of ball skills in a game?	Unit: Dance 1. Explore travelling actions and use counts of 8 to move in time with the music 2. Remember and repeat actions and respond imaginatively to a stimulus 3. Know how to copy, remember and repeat actions that represent the theme 4. Know how to copy, repeat, create and perform actions that represent the theme 5. Know how to use expression and create actions that relate to the story 6. Know how to use a pathway when travelling	Unit: Invasion 1. Develop dribbling towards a goal to understand what being 'in possession' means 2. Develop passing to a teammate with your feet 3. Develop dribbling a ball with hands 4. Develop throwing to a teammate 5. Know how to move into space showing an awareness of defenders 6. Know how to stay with a player when defending	Unit: Gymnastics 1. Explore travelling movements using the space around you 2. Develop quality when performing gymnastic shapes 3. Develop stability and control when performing balances 4. Develop technique and control when performing shape jumps 5. Develop technique in the barrel, straight and forward roll 6. Know how to link gymnastic actions to create a sequence	Unit: Net/Wall 1. Know how to defend space & use positioning to help me 2. Know how to play against an opponent and keep score 3. Develop my ability to use a racket 4. Develop racket and ball skills 5. Know how to play a game involving a net and racket 6. Know how to develop being able to hit over a net	Unit: Athletics 1. Know how to move at different speeds for varying distances. 2. Develop agility and co-ordination. 3. Explore hopping, jumping and leaping for distance 4. Develop throwing for distance 5. Develop throwing for accuracy
Key Vocabulary					
Handling		Dribbling	Possession	Space	Positioning
Kicking		Teammate	Throwing	Targets	Flexibility
Football	Variety	Awareness	Defenders	Distances	Accuracy
Enrichment Opportunities					
Trips / visitors/ WOW moments					
Y6 children Participate in an outdoor adventurous residential trip		Premier enrichment sessions		- Clubs	- Planned sports events



Key Stage 2 National Curriculum Objectives (Years 3-6)

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best

Swimming and water safety

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



Year 3					
Key content knowledge and skills					
Autumn Term 1		Spring Term 1		Summer Term 1	
Unit: OAA 1. Develop cooperation and teamwork skills 2. Know how to work effectively with a partner 3. Know how to follow and give instructions 4. Know how to work effectively in s a small group 5. Know how to involve all team members when working towards a goal 6. Develop trust and accept support	Unit: Fitness 1. Develop an awareness of what my body is capable of 2. Develop my sprinting technique 3. Develop strength using my body weight 4. Know how to complete actions to develop co-ordination 5. Know how to complete actions to develop agility 6. Know how to complete actions to develop balance	Unit: Dance 1. Know how to create a short dance 2. Know how to adapt movement phrases to vary the length of dance 3. Know how to combine movement phrases of different speeds 4. Know how to use dance vocabulary to evaluate and improve a dance performance 5. Develop movement phrases to create a dance sequence 6. Know how to use dance vocabulary to improve the sequence and performance	Unit: Netball 1. Develop ball handling skills 2. Develop passing and moving 3. Develop movement skills to lose a defender 4. Know how to defend an opponent and try to win the ball 5. Develop a shooting action 6. Develop playing using netball rules	Unit: Athletics 1. Develop stamina and an understanding of speed and pace in relation to distance 2. Develop power and speed in the sprinting technique 3. Develop communication skills and technique in relays when jumping for distance 4. Develop technique when jumping for distance 5. Develop fluency and technique in the vertical jump 6. Develop power and technique when throwing for distance	Unit: Cricket 1. Develop overarm throwing and catching 2. Develop underarm bowling 3. Develop batting techniques 4. Know how to field a ball using a two handed pick up and short barrier 5. Develop overarm bowling technique 6. Know how to apply my learnt skills to play mini cricket
Key Vocabulary					
Cooperation Teamwork Effectively Support		Movement Phrases Evaluate Performance		Stamina Communication Jumping Distance Technique Batting Underarm	
Enrichment Opportunities					
Trips / visitors/ WOW moments					
Premier enrichment sessions		- Clubs	- Planned sports events	- Outdoor learning	-- Sports Day



Autumn Term		Spring Term		Summer Term	
Unit: Football	Unit: Gymnastics	Unit: Yoga	Unit: Hockey	Unit: Rounders	Unit: Tennis
1. Develop control whilst dribbling the ball 2. Develop controlling the ball and dribbling under pressure 3. Develop passing to a teammate 4. Know how to control the ball with different parts of the body 5. Develop changing direction with the ball using an inside and outside hook 6. Know how to apply the rules and tactics you have learnt to play in a game	1. Develop individual and partner balances 2. Develop control in performing and landing rotation jumps 3. Develop the straight, barrel, forward and straddle roll 4. Develop strength in inverted movements 5. Explore pathways and travelling movements 6. Know how to create a sequence to include apparatus and inverted movement	1. Explore my breathing 2. Explore connecting breath and movement 3. Explore new yoga poses and connect them 4. Remember and repeat a yoga flow 5. Develop flexibility and strength 6. Develop flexibility in an individual yoga flow	1. Develop open stick dribbling 2. Develop sending the ball with a push pass 3. Develop receiving the ball 4. Develop dribbling using the reverse stick 5. Develop moving into space after passing the ball 6. Know how to apply defending and attacking skills in a hockey game	1. Develop throwing and catching skills 2. Know how to play different roles in a game and think tactically 3. Develop the bowling action and learn the rules of bowling 4. Know how to make decisions about when to stop and when to run around the bases 5. Know how to field using a two handed pick up and a short barrier 6. Develop a batting technique & understand where to hit the ball	1. Develop underarm feeding 2. Develop ball control using a racket 3. Develop hitting the ball using a forehand 4. Develop my backhand 5. Know how to work with a partner to keep a continuous rally going 6. Know how to use simple tactics in a game
Key Vocabulary All children to know the meaning of these words by the end of the unit					
Controlling Dribbling Direction Travelling Movements Strengths		Breathing Connecting Reverse Receiving Attacking Space		Technique Fielding Catching Throwing Teamwork	
Enrichment Opportunities Trips / visitors/ WOW moments					
Premier enrichment sessions	- Clubs	- Planned sports events	- Outdoor learning	-- Sports Day	



Year 4					
Key content knowledge and skills					
Autumn Term 1		Spring Term 1		Summer Term 1	
Unit: OAA	Unit: Fitness	Unit: Yoga	Unit: Netball	Unit: Dodgeball	Unit: Tennis
1. Develop cooperation and teamwork skills 2. Know how to work effectively with a partner 3. Know how to follow and give instructions 4. Know how to work effectively in a small group 5. Know how to involve all team members when working towards a goal 6. Develop trust and accept support	1. Develop awareness of what body is capable of 2. Develop my sprinting technique 3. Develop strength using my body weight 4. Know how to complete actions to develop co-ordination 5. Know how to complete actions to develop agility 6. Know how complete actions to develop balance	1. Explore breathing 2. Explore connecting breath and movement 3. Explore new yoga poses and connect them 4. Remember and repeat a yoga flow 5. Develop flexibility and strength 6. Develop flexibility in an individual yoga flow	1. Develop ball handling skills 2. Develop passing and moving 3. Develop movement skills to lose a defender 4. Know how to defend an opponent and try to win the ball 5. Develop a shooting action 6. Develop playing using netball rules	1. Know the rules of dodgeball 2. Develop throwing towards a moving target 3. Know how to use jumps, dodges and ducks to avoid being hit 4. Develop catching at different heights 5. Know how to block using the ball 6. Know the rules of the game and play in a tournament	1. Develop underarm feeding 2. Develop ball control using a racket 3. Develop hitting the ball using a forehand 4. Develop my backhand 5. Know how to work with a partner to keep a continuous rally going 6. Know simple tactics in a game
Swimming <ul style="list-style-type: none">• Pupils will know how to swim 25m on their front and back• Pupils will know how to swim using front crawl, back crawl or breast stroke• Pupils will know how to be safe in and around water					
Key Vocabulary					
Teamwork Strength Coordination Movement Sprinting technique	Flexibility Strength Opponent Handling Movement	Target Dodge Jump Catching Tactics	Underarm feeding Rules		
Enrichment Opportunities					
Trips / visitors/ WOW moments					
Premier enrichment sessions	- Clubs	- Planned sports events	- Outdoor learning	-- Sports Day	Swimming pool



Autumn Term 2		Spring Term 2		Summer Term 2	
Unit: Tag Rugby 1. Develop ball handling skills to increase control and accuracy 2. Develop throwing, catching and running with the ball 3. Develop an understanding of tagging rules 4. Begin to use the forward pass and off side rule 5. Know how to support a teammate when attacking 6. Develop defending skills and use in a game	Unit: Dance 1. Know how to combine and perform movement phrases 2. Know how to compose and perform movement sequences with expression 3. Know how to link/combine phrases 4. Know how to work as part of a group to develop a longer dance 5. Know how to perform a dance with a range of movement patterns 6. Know how to perform/evaluate performances	Unit: Gymnastics 1. Develop individual and partner balances 2. Develop control in performing and landing rotation jumps 3. Develop the straight, barrel, forward and straddle roll 4. Develop strength in inverted movements 5. Explore pathways and travelling movements 6. Know how to create a sequence to include apparatus and inverted movement	Unit: Cricket 1. Develop overarm throwing and catching 2. Develop underarm bowling 3. Develop batting techniques 4. Know how to field a ball using a two handed pick up and short barrier 5. Develop overarm bowling technique 6. Know how to apply my learnt skills to play mini cricket	Unit: Athletics 1. Develop stamina and an understanding of speed and pace in relation to distance 2. Develop power and speed in the sprinting technique 3. Develop communication skills and technique in relays 4. Develop technique when jumping- distance 5. Develop fluency and technique- vertical jump 6. Develop power and technique when throwing for distance	Unit: Rounders 1. Develop throwing/ catching skills 2. Know how to play different roles in a game and think tactically 3. Develop the bowling action & know the rules of bowling 4. Know how to make decisions about when to stop and when to run around the bases 5. Know how to field using a two handed pick up and a short barrier 6. Develop a batting technique & understand where to hit the ball
Swimming <ul style="list-style-type: none"> Pupils will know how to swim 25m on their front and back Pupils will know how to swim using front crawl, back crawl or breast stroke Pupils will know how to be safe in and around water 					
Key Vocabulary					
Control		Balance		Speed	
Accuracy		Control	Performance	Pace	Power
Tagging		Rotation jump	Landing	Sprint	Communicate
Forward pass rule	Offside rule	Straight roll	Barrel roll	Relay	Fluency
Attacking	defending	Forward roll	Straddle roll	Technique	Power
		Pathways	Inverted movement	Bases	Short barrier
Enrichment Opportunities					
Premier enrichment sessions		- Clubs	- Planned sports events	- Outdoor learning	-- Sports Day



Year 5					
Key content knowledge and skills					
Autumn Term 1		Spring Term 1		Summer Term 1	
Unit: OAA 1. Know how to build communication and trust whilst showing an awareness of safety 2. Know how to work as a team to solve problems 3. Develop cooperation and teamwork skills 4. Develop tactical planning and problem solving 5. Know how to share ideas and work as a team 6. Develop trust in others	Unit: Yoga 1. Develop an understanding of yoga 2. Know how to link actions together to create a yoga flow 3. Develop strength through yoga flows 4. Know how to create your own flow showing quality in control, balance and technique 5. Develop balance through yoga flows 6. Develop strength, balance and control when taking weight on my hands	Unit: Hockey 1. Develop dribbling with control 2. Develop dribbling to beat a defender 3. Develop sending the ball using a push pass 4. Develop receiving the ball with control 5. Know how to move into space to support a teammate 6. Develop using an open stick (block) tackle and jab tackle to gain possession	Unit: Gymnastics 1. Know how to perform symmetrical and asymmetrical balances 2. Develop the straight, forward, straddle and backward roll 3. Develop the straight, barrel, forward, straddle and backward roll 4. Explore different methods of travelling, linking actions in both canon/synchronisation 5. Know how to perform progressions of inverted movements 6. Know how to perform progressions of a handstand	Unit: Rounders 1. Know how to throw and catch with accuracy 2. Develop the bowling action and understand the role of the bowler 3. Develop batting technique 4. Know how to make decision about where and when to send the ball to stump a batter out 5. Develop a variety of fielding techniques? 6. Develop long and short barriers in fielding	Unit: Dodgeball 1. Know the rules of dodgeball and apply them 2. Develop throwing at a moving target 3. Know how to use jumps, dodges and ducks to avoid being hit 4. Develop catching to get an opponent out 5. Know how to block a dodgeball 6. Know how to select and apply tactics in the game
Key Vocabulary					
Cooperation		Dribbling		Bowling	Batting
Teamwork	Tactical	Sending	Receiving	Stump	Fielding
Trust	Action	Push pass	Supportive	Long barrier	Short barrier
Strength	Balance	Open stick (block)	Tackle	Target	Opponent
Control	Technique	Jab tackle	possession	Dodge	Ducks tactics
Enrichment Opportunities					
Trips / visitors/ WOW moments					
Premier enrichment sessions	- Clubs	- Planned sports events	- Outdoor learning	-- Sports Day	- Sports Captains



Autumn Term 2		Spring Term 2		Summer Term 2	
Unit: Tag Rugby 1. Develop attacking principles, understanding when to run and when to pass 2. Develop throwing and catching with control 3. Know how to use a 'forward pass' and 'offside' rule 4. Know how to play games using tagging rules 5. Develop dodging skills to lose a defender 6. Develop drawing defence and understand when to pass	Unit: Fitness 1. Develop an awareness of what my body is capable of 2. Develop a sprinting technique and speed 3. Develop strength using my own body weight 4. Develop co-ordination through skipping 5. Know how to perform actions that develop agility 6. Know how to complete actions to develop stamina	Unit: Dance 1. Know how to improvise and create movements with a partner 2. Know how to create and perform imaginative movements to fit with different stimuli 3. Develop new actions- working in a small group 4. Know how to show awareness of others when moving 5. Know how to work with a partner to create and perform a dance to show feelings/emotions 6. Know how to work in a group to link actions to create a dance montage	Unit: Tennis 1. Develop the forehand groundstroke 2. Can I turn the ball using a backhand groundstroke 3. Can I use a split step to react quickly to the ball and keep a rally going 4. Can I develop the volley and understand when to use it in a game 5. Can I develop accuracy of the underarm serve 6. Can I show respect, honesty and fair play when competing	Unit: Athletics 1. Know how to work collaboratively with a partner to set a steady pace 2. Develop my own sprinting technique 3. Develop running over obstacles with greater control 4. Develop take off position when jumping for height 5. Develop power, control and technique for the triple jump 6. Develop power, control and technique when throwing for distance	Unit: Cricket 1. Develop throwing accuracy and catching skills 2. Develop underarm bowling accuracy 3. Develop batting accuracy and directional batting 4. Develop catching skills 5. Develop overarm bowling technique and accuracy 6. Develop the defensive and driving hitting techniques
Key Vocabulary					
Attacking Forward pass rule Dodging Strength Agility	Control Offside rule Drawing defence Coordination Stamina	Improvise Montage Backhand Volley Honesty	stimuli Forehand Split step Underarm serve respect	Accuracy Underarm bowl Directional batting Defensive hitting Driving hitting	
Enrichment Opportunities					
Trips / visitors/ WOW moments					
Premier enrichment sessions	- Clubs	- Planned sports events	- Outdoor learning	-- Sports Day	- sports captains



Year 6					
Key content knowledge and skills					
Autumn Term 1		Spring Term 1		Summer Term 1	
Unit: OAA 1. Know how to build communication and trust whilst showing an awareness of safety 2. Know how to work as a team to solve problems 3. Develop cooperation and teamwork skills 4. Develop tactical planning and problem solving 5. Know how to share ideas and work as a team 6. Develop trust in others	Unit: Yoga 1. Develop an understanding of yoga 2. Know how to link actions together to create a yoga flow 3. Develop strength through yoga flows 4. Know how create your own flow showing quality in control, balance and technique 5. Develop balance through yoga flows 6. Develop strength, balance and control when taking weight on my hands	Unit: Fitness 1. Develop an awareness of what my body is capable of 2. Develop a sprinting technique and speed 3. Develop strength using my own body weight 4. Develop co-ordination through skipping 5. Know how to perform actions that develop agility 6. Know how to complete actions to develop stamina	Unit: Tag Rugby 1. Develop attacking principles, understanding when to run and when to pass 2. Develop throwing and catching with control 3. Know how to use a 'forward pass' and 'offside' rules 4. Know how to play games- tagging rules 5. Develop dodging skills to lose a defender 6. Develop drawing defence and understand when to pass	Unit: Tennis 1. Develop the forehand groundstroke 2. Know how to turn the ball using a backhand groundstroke 3. Know how to use a split step to react quickly to the ball and keep a rally going 4. Develop the volley and understand when to use it in a game 5. Develop accuracy of the underarm serve 6. Know how to show respect, honesty and fair play when competing	Unit: Cricket 1. Develop throwing accuracy and catching skills 2. Develop underarm bowling accuracy 3. Develop batting accuracy and directional batting 4. Develop catching skills 5. Develop overarm bowling technique and accuracy 6. Develop the defensive and driving hitting techniques
Key Vocabulary					
All children to know the meaning of these words by the end of the unit					
Cooperation Flow Balance	Tactical Control technique	Coordination Agility Stamina	Forehand Groundstroke Serve Driving hit	backhand Underarm Split step Directional batting	
Enrichment Opportunities					
Trips / visitors/ WOW moments					
Y6 Participate in an outdoor adventurous residential trip Premier enrichment sessions - Clubs - Planned sports events- Outdoor learning -- Sports Day - sports captains					



Autumn Term 2		Spring Term 2		Summer Term 2	
Unit: Hockey 1. Develop dribbling with control 2. Develop dribbling to beat a defender 3. Develop sending the ball using a push pass 4. develop receiving the ball with control 5. Know how to move into space to support a teammate 6. Develop using an open stick (block) tackle and jab tackle to gain possession	Unit: Dance 1. Know how to perform the Charleston 2. Know how to perform the Lambeth Walk 3. Know how to perform the Lindy Hop 4. Know how to plan an interpretive dance which tells the story of a wartime event 5. Know how to perform an interpretive dance which reflects an aspect of WWII 6. Know how to plan and perform in a WWII style dance party	Unit: Netball 1. Develop passing and moving towards a goal 2. Know how to use the attacking principle of creating and using space 3. Know how to change direction and lose a defender 4. Know how to defend ball side and know when to go for interceptions 5. Develop the shooting action 6. Know to change direction to get free from a defender and receive a pass	Unit: Gymnastics 1. Know how to perform symmetrical/ asymmetrical balances 2. Develop the straight, forward, straddle and backward roll 3. Develop the straight, barrel, forward, straddle and backward roll 4. Explore different methods of travelling, linking actions in both canon &synchronisation 5. Know how to perform progressions of inverted movements 6. Know how perform progressions of a handstand	Unit: Athletics 1. Know how to work collaboratively with a partner to set a steady pace 2. Develop my own sprinting technique 3. Develop running over obstacles with greater control 4. Develop take off position when jumping for height 5. Develop power, control and technique for the triple jump 6. Develop power, control and technique when throwing for distance	Unit: Rounders 1. Know how to throw and catch with accuracy 2. Develop the bowling action and understand the role of the bowler 3. Develop batting technique 4. Know how to make decision about where and when to send the ball to stump a batter out 5. Develop a variety of fielding techniques 6. Develop long and short barriers in fielding
Key Vocabulary					
Control Dribbling Push pass Block Tackle possession		Interception Defending Symmetrical Inverted movements Travel Barrel	Attacking Receiving Synchronisation canon Straight Straddle	Collaboratively Sprint Power Fielding	Obstacle Control Long and short barrier
Enrichment Opportunities					
Trips / visitors/ WOW moments					
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