



PE Subject Overview

Reception

EYFS Physical Development Education Programme (Statutory)

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 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 to develop proficiency, control and confidence.

Knowledge and Skills

- Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing
- Progress towards a more fluent style of moving, with developing control and grace.
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.
- Develop their small motor skills so that they can use a range of tools competently, safely and confidently.
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Combine different movements with ease and fluency.
- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
- Develop overall body-strength, balance, co-ordination and agility.
- Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

ELG: Gross Motor Skills (Statutory)

Children at the expected level of development will:

- 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.

	Autumn			Spring			Summer		
	Theme	Key Objectives (Chris Quigley)	Knowledge and Skills	Theme	Key Objectives (Chris Quigley)	Knowledge and Skills	Theme	Key Objectives (Chris Quigley)	Knowledge and Skills
Year 1 1 st half term	Gymnastics – Rolling and travelling	➤ To develop practical skills in order to	• Copy and repeat simple movements with control and awareness of space.	Dance - Yoga	➤ To develop practical skills in order to	• Copy and repeat simple dance movements with control.	Athletics	➤ To develop practical skills in	• Use varying speeds when running. • Explore footwork patterns.

		participate, compete and lead a healthy lifestyle.	<ul style="list-style-type: none"> Link two or more actions to make a sequence. Develop control, flexibility and balance using different parts of the body. 		participate, compete and lead a healthy lifestyle.	<ul style="list-style-type: none"> Link two or more actions to perform a sequence. Change rhythm, speed, level and direction. 		order to participate, compete and lead a healthy lifestyle.	<ul style="list-style-type: none"> Explore arm mobility. Explore different methods of throwing. Practise short distance running
1st half term SPORTS COACH	Fundamental Skills, athletics and invasion Games - Football	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> Kick/stop a ball using a Use throwing and catching skills in a game. Practise accuracy of throwing and consistent catching. confident foot while static Run straight and on a curve and sidestep with correct technique and demonstrate special awareness Begin to follow some simple rules 	Fundamental Skills and invasion Games – handball	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> Throw underarm, bounce & catch ball by self & with partner Run straight and on a curve and sidestep with correct technique Begin to follow some simple rules 	Athletics and Cricket	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> Use throwing and catching skills in a game. Practise accuracy of throwing and consistent catching. Understand basic game rules Play a game fairly and in a sporting manner.
2nd half term	Dance – under the sea	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> Copy and repeat simple dance movements with control. Link two or more actions to perform a sequence. Change rhythm, speed, level and direction. 	Country Dancing – Circassian Circle https://www.youtube.com/watch?v=MKROoYwBr6c	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> Copy and repeat simple dance movements with control. Link two or more actions to perform a sequence. Change rhythm, speed, level and direction. Work with a partner 	Athletics Striking and fielding Rounders	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> Develop co-ordination Understand and apply simple rules and play fairly Understand what a team is Develop and utilise simple rounders skills
2nd half term SPORTS COACH	Skills and invasion games – basketball	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> Develop basic sending and receiving techniques. Develop balance, agility and co-ordination. Understand simple rules and play fairly. Understand what a team is. 	Skills and invasion games - fundamentals	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> Develop basic sending and receiving techniques. Develop balance, agility and co-ordination. Understand and apply simple rules and play fairly. 	Striking and fielding, (Rounders and tennis) outdoor learning	➤ To develop practical skills in order to participate, compete and lead	<ul style="list-style-type: none"> Develop co-ordination Understand and apply simple rules and play fairly Understand what a team is Develop and utilise simple rounders skills

						<ul style="list-style-type: none"> Understand what a team is. 		a healthy lifestyle	
Year 2 1st half term	Gymnastics – rolling and travelling	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Copy and repeat simple movements with fluency, control and awareness of space. Explore movements using different apparatus Link two or more actions to make a sequence and perform confidently. Develop control, flexibility and balance using different parts of the body 	Gymnastics – rolling and travelling	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Copy and repeat simple movements with fluency, control and awareness of space. Explore movements using different apparatus Link two or more actions to make a sequence and perform confidently. Develop control, flexibility and balance using different parts of the body 	Swimming Athletics	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Develop basic pool safety skills and confidence in water. Develop travel in vertical or horizontal position and introduce floats. Develop push and glides Develop entry and exit, travel further, float and submerge. Show breath control. Become more confident in deeper water. Tread water
1st half term SPORTS COACH	Fundamental Skills, athletics, and invasion Games - Football	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Use and develop throwing and catching skills in a game. Practise accuracy of throwing and consistent catching. Perform some dribbling skills Pass a ball accurately (hands & feet) over longer distances Combine stopping, pick up/collect & send a ball accurately Make simple decisions about when /where to move in game to receive a ball 	Fundamental Skills and invasion Games	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Perform some dribbling skills Pass a ball accurately (hands & feet) over longer distances Combine stopping, pick up/collect & send a ball accurately Make simple decisions about when /where to move in game to receive a ball 	Athletics and Cricket	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Use and develop throwing and catching skills in a game. Practise accuracy of throwing and consistent catching. Understand basic game rules and follow them. Play sports fairly and in a sporting manner.
2nd half term	Dance – London’s Burning	<ul style="list-style-type: none"> To develop practical skills in order to participate, 	<ul style="list-style-type: none"> Copy and repeat simple dance movements with control. 	Dance – Around the world	<ul style="list-style-type: none"> To develop practical skills in order to participate, 	<ul style="list-style-type: none"> Copy and repeat simple dance movements with control. 	Swimming Athletics	<ul style="list-style-type: none"> To develop practical skills in order to 	<ul style="list-style-type: none"> Develop basic pool safety skills and confidence in water. Develop travel in vertical or horizontal

		compete and lead a healthy lifestyle	<ul style="list-style-type: none"> • Link two or more actions to perform a sequence. • Change rhythm, speed, level and direction. 		compete and lead a healthy lifestyle	<ul style="list-style-type: none"> • Link two or more actions to perform a sequence. • Change rhythm, speed, level and direction. 		participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> • position and introduce floats. • Develop push and glides • Develop entry and exit, travel further, float and submerge. • Show breath control. • Become confident in deeper water. • Tread water
2nd half term Sports coach	Fundamental Skills and invasion games – basketball	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> • Use hand-eye coordination to control a ball. • Develop sending and receiving skills • Vary types of throw. • Develop skills for moving/dribbling with a ball. • Understand simple rules and apply to a game/match. 	Fundamental Skills and invasion Games	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> • Use hand-eye coordination to control a ball. • Develop sending and receiving skills • Vary types of throw. • Develop skills for moving/dribbling with a ball. • Understand simple rules and apply to a game. 	Fundamental Striking and fielding, (Rounders and tennis) outdoor learning	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> • Use hand-eye coordination to hit a ball. • Develop sending and receiving skills. • Vary types of throw. • Understand simple rules and apply to a game/match.
Year 3 1st half term	Swimming Yoga (cosmic kids)	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> • Plan, perform and repeat movements clearly, fluently and expressively to form sequences. • Respond to music in time and rhythm, expressing a variety of moods & feelings. • Develop physical strength and suppleness. 	Gymnastics – Travelling and Rolling	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> • Plan, refine and perform a movement sequence showing contrast in speed, level and direction. • Link four or more actions to devise a sequence showing a clear beginning, middle and end. • Develop combinations of movements using different apparatus e.g. mats, bars, hoops, bench etc. • Begin to self-assess and assess others giving guidance. 	SWIMMING Athletics	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> • Run in different directions and at different speeds, using a good technique. • Improve throwing technique. • Reinforce jumping techniques. • Understand the relay and passing the baton. • Choose and understand appropriate running techniques. • Compete in a whole school competition.

<p>1st half term</p> <p>SPORTS COACH</p>	<p>Skills and invasion Games - Football</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Run in different directions and at different speeds, using a good technique. • Improve throwing technique. • Reinforce jumping techniques. • Perform a range of actions, maintaining control/possession of the ball. • Pass a ball accurately (hands & feet) over longer distances to a team mate • Combine stopping, pick up/collect & send a ball accurately to other players • Make simple decisions about when /where to move in game to receive a ball 	<p>Skills and invasion Games – Handball</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Perform a range of actions, maintaining control/possession of the ball. • Pass a ball accurately (hands & feet) over longer distances to a team mate • Combine stopping, pick up/collect & send a ball accurately to other players • Make simple decisions about when /where to move in game to receive a ball 	<p>Athletics and Cricket</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Develop a range of skills in striking and fielding. • Develop and investigate different ways of throwing and to know when it is appropriate to use them. • Develop correct technique for catching. • Develop the correct batting and fielding technique. • Begin to understand and apply the basic rules of Cricket
<p>2nd half term</p>	<p>Dance - Egyptians</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Plan, refine and perform a movement sequence showing contrast in speed, level and direction. • Link four or more actions to devise a sequence showing a clear beginning, middle and end. • Develop combinations of movements using different apparatus e.g. mats, bars, hoops, bench etc. • Begin to self-assess and assess others giving guidance. 	<p>Dance - Romans</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Plan, perform and repeat movements clearly, fluently and expressively to form sequences. • Respond to music in time and rhythm, expressing a variety of moods & feelings. • Develop physical strength and suppleness. 	<p>Athletics</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Select and use correct running technique for speed or distance. • Throw with accuracy and power for push and pull throws, exploring footwork patterns • Identify and apply techniques of relay running. • Understand which technique is most effective when jumping for distance/height. • Participate in whole school competition

<p>2nd half term</p> <p>SPORTS COACH</p>	<p>Skills and invasion Games – Basketball</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Develop an understanding and knowledge of game rules. • Use good hand/eye co-ordination to pass and receive a ball successfully. • Develop skills and understand the range of passes depending on the distance the ball needs to travel. • Understand how to make space by moving away and coming back and by dodging. • Demonstrate a range of defending skills and understand how to mark an opponent. • Understand how to intercept a pass. 	<p>Skills and invasion games – uni-hoc</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Develop an understanding and knowledge of game rules. • Understand how to use a hockey stick and use good hand/eye co-ordination to send and receive a ball successfully. • Develop skills and understand the range of passes depending on the distance the ball needs to travel. • Demonstrate a range of defending skills and understand how to mark an opponent. • Understand how to intercept a pass. 	<p>Striking and fielding, (Rounders and tennis) outdoor learning</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Develop and investigate different ways of throwing • Use ABC (agility, balance, co-ordination) to field a ball. • Use hand-eye coordination to strike a moving and a stationary ball • Develop fielding and catching skills and understand their importance when playing a game. • Develop the correct batting technique. • Begin to understand and apply the basic rules of rounders in a game.
<p>Year 4 1st half term</p>	<p>Gymnastics -</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Plan, refine and perform a movement sequence showing contrast in speed, level and direction • Link four or more actions to devise a sequence • Develop combinations of movements using different apparatus and perform a sequence or routine. • Develop confidence to assess and lead others sharing constructive feedback. 	<p>Gymnastics</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Plan, refine and perform a movement sequence showing contrast in speed, level and direction • Link four or more actions to devise a sequence • Develop combinations of movements using different apparatus and perform a sequence or routine. • Develop confidence to assess and lead others sharing constructive feedback. 	<p>Athletics</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Select and maintain appropriate running speeds • Improve throwing technique with power and accuracy. • Reinforce jumping techniques • Understand the relay and passing baton techniques • Compete in whole school competition, recording scores.

<p>1st half term</p> <p>SPORTS COACH</p>	<p>Athletics and invasion Games</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Select and maintain appropriate running speeds • Improve throwing technique with power and accuracy. • Reinforce jumping techniques • Travel with a ball, showing changes of speed and direction. • Know and use a range of skill allowing them to keep possession before passing. • Perform an advancing range of skills with accuracy and control • In a small group, make up a game with simple rules and purpose. • Understand positions for defending/attacking 	<p>Skills and invasion Games</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Travel with a ball, showing changes of speed and direction. • Know and use a range of skill allowing them to keep possession before passing. • Perform an advancing range of skills with accuracy and control • In a small group, make up a game with simple rules and purpose. • Understand positions for defending/attacking 	<p>Athletics and Cricket</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Develop striking and fielding skills • Develop different ways of throwing • Further develop correct technique for catching a ball. • Further develop the correct batting technique and hit for distance. • Develop the correct technique for fielding • Understand the basic rules of Cricket and use rules in a game.
<p>2nd half term</p>	<p>Dance - Vikings</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Respond imaginatively to stimuli related to character/music/story • Plan, perform and repeat clear & fluent dances with varying speeds and levels • Develop physical strength and suppleness. 	<p>Dance – Scottish and Irish</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Learn structured movements and patterns and create short dance sequences • Develop knowledge and technique around a theme • Communicate positively with others and improve social wellness 	<p>Athletics</p>	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Select and maintain appropriate running speeds • Improve throwing technique with power and accuracy. • Reinforce jumping techniques • Understand the relay and passing baton techniques • Compete in whole school competition, recording scores.
<p>2nd half term</p> <p>Sports coach</p>	<p>Skills and invasion games - basketball</p>	<p>➤ To develop practical skills in order to participate, compete</p>	<ul style="list-style-type: none"> • Travel with a ball, showing changes of speed and direction. • Know and use a range of skill allowing them to 	<p>Skills and invasion games - Football</p>	<p>➤ To develop practical skills in order to participate, compete</p>	<ul style="list-style-type: none"> • Travel with a ball, showing changes of speed and direction. • Know and use a range of skill allowing them to 	<p>Striking and fielding, (Rounders and tennis)</p>	<p>➤ To develop practical skills in order to participate</p>	<ul style="list-style-type: none"> • Develop a range of skills in striking and fielding. • Develop different ways of throwing

		and lead a healthy lifestyle	<ul style="list-style-type: none"> keep possession before passing. Perform an advancing range of skills with accuracy and control In a small group, make up a game with simple rules and purpose. Understand positions for defending/attacking 		and lead a healthy lifestyle	<ul style="list-style-type: none"> keep possession before passing. Perform an advancing range of skills with accuracy and control In a small group, make up a game with simple rules and purpose. Understand positions for defending/attacking 	outdoor learning (stubbers?)	te, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> Further develop correct technique for catching a ball. Further develop the correct batting technique and hit for distance. Develop the correct technique for fielding Understand the basic rules of Cricket and use rules in a game.
Year 5 1st half term	Dance - Victorians	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Learn structured movement patterns, creating short sequences Compose creative, imaginative sequences and perform expressive, fluent dances Develop physical strength and suppleness Perform expressively and hold a precise and strong body posture. 	Dance - Greeks	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Learn structured movement patterns, creating short sequences Compose creative, imaginative sequences and perform expressive, fluent dances Develop physical strength and suppleness Perform expressively and hold a precise and strong body posture. 	Dance – Creative combat	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Learn structured movement patterns, creating short sequences Compose creative, imaginative sequences and perform expressive, fluent dances Develop physical strength and suppleness Perform expressively and hold a precise and strong body posture.
1st half term Sports coach	Athletics and invasion Games - football	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Develop a range of skills in striking and fielding. Develop different ways of throwing Further develop correct technique for catching a ball. Further develop the correct batting technique and hit for distance. Travel with a ball, showing changes of speed and direction 	Skills and invasion Games	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Travel with a ball, showing changes of speed and direction Use a range of techniques when passing Strike a ball with intent and accuracy. Effectively play a competitive net/wall game Create difficulties for opponents by using the techniques learned 	Athletics and Cricket/rovers	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Develop a range of skills in striking and fielding. Develop different ways of throwing Further develop correct technique for catching a ball. Further develop the correct batting technique and hit for distance. Develop the correct technique for fielding

			<ul style="list-style-type: none"> • Use a range of techniques when passing • Strike a ball with intent and accuracy. • Effectively play a competitive net/wall game • Create difficulties for opponents by using the techniques learned 						<ul style="list-style-type: none"> • Understand the basic rules of Cricket/rounders and use rules in a game.
2nd half term	Gymnastics -	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Plan, refine and perform a movement sequence showing contrast in speed, level and direction • Link four or more actions to devise a sequence showing a clear beginning, middle and end. • Develop combinations of movements using different apparatus • Develop confidence to assess and lead others sharing constructive feedback. 	Gymnastics -	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Plan, refine and perform a range of movement sequences showing contrast in speed, level and direction • Link sequences using similar or contrasting shapes/movements showing a clear beginning, middle and end. • Develop longer and more varied sequences and routines, using different apparatus • Collaborate with others to plan and lead a group sequence. 	Athletics/rounders	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Use correct technique to run at speed and distance • Throw with accuracy and power. • Identify and apply techniques of relay running. • Explore different footwork patterns. • Understand which technique is most effective when jumping for distance or height. • Learn how to use skills to improve the distance of a pull throw.
2nd half term Sports coach	Skills and invasion games - basketball	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Travel with a ball, showing changes of speed and direction • Use a range of techniques when passing. • Strike a ball with intent and accuracy. • Effectively play a competitive net/wall game • Create difficulties for opponents by using the techniques learned 	Skills and invasion games	<p>➤</p>	<ul style="list-style-type: none"> • Travel with a ball, showing changes of speed and direction. • Use a range of techniques when passing • Strike a ball with intent and accuracy. • Effectively play a competitive net/wall game • Create difficulties for opponents by using the techniques learned 	Striking and fielding, (Rounders and tennis) outdoor learning	<p>➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<ul style="list-style-type: none"> • Develop a range of skills in striking and fielding. • Develop different ways of throwing • Further develop correct technique for catching a ball. • Further develop the correct batting technique and hit for distance. • Develop the correct technique for fielding

									<ul style="list-style-type: none"> Understand the basic rules of rounders and use rules in a game.
Year 6 1st half term	Gymnastics - Rolls	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Plan, refine and perform a range of movement sequences clearly showing entrance and exits, with varying speeds and levels. Link sequences using similar or contrasting shapes/movements showing a clear beginning, middle and end. Demonstrate and perform on a range of apparatus using good body tension with the emphasis on extension and clear body. 	Dance - Broadway	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Learn structured movement patterns, creating short sequences in response to stimuli. Compose creative, imaginative sequences and perform expressive, fluent dances with high energy and knowledge. Develop physical strength and suppleness Perform expressively and hold a precise and strong body posture. 	Gymnastics – sequence/wall bars	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Plan, refine and perform a range of movement sequences clearly showing entrance and exits, with varying speeds and levels. Link sequences using similar or contrasting shapes/movements showing a clear beginning, middle and end. Demonstrate and perform on a range of apparatus using good body tension with the emphasis on extension and clear body.
1st half term Sports coach	Athletics and invasion Games - football	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Develop a range of skills in striking and fielding. Develop different ways of throwing Further develop correct technique for catching a ball. Further develop the correct batting technique and hit for distance. Develop the correct technique for fielding Develop a range of skills in striking and fielding. Develop different ways of throwing 	Skills and invasion Games	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Develop a range of skills in striking and fielding. Develop different ways of throwing Further develop correct technique for catching a ball. Further develop the correct batting technique and hit for distance. Develop the correct technique for fielding and use it in a game situation. Understand the basic rules of Cricket and use rules in a game. 	Athletics and Cricket	<ul style="list-style-type: none"> To develop practical skills in order to participate, compete and lead a healthy lifestyle 	<ul style="list-style-type: none"> Demonstrate and refine previous skills when running, jumping and throwing. Identify and apply techniques of relay running. Refine different footwork patterns. Refine skills to improve the distance of a pull and push throw. Understand the importance of and demonstrate responsibility in

			<ul style="list-style-type: none"> • Further develop correct technique for catching a ball. • Further develop the correct batting technique and hit for distance. • Develop the correct technique for fielding and use it in a game situation. • Understand the basic rules of Cricket and use rules in a game. 						warm up/cool down activities.
2nd half term	Dance - Charleston	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> • Learn structured movement patterns, creating short sequences • Compose creative, imaginative sequences and perform expressive, fluent dances with high energy and knowledge. • Develop physical strength and suppleness • Perform expressively and hold a precise and strong body posture. 	Gymnastics - flight	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> • Select and perform a range of movements showing different entrance and exits. • Perform a combination of actions and agilities that show clear differences between levels, speeds and directions with fluency and accuracy. • Execute a sequence of actions, shapes and balances clearly, consistently and fluently with good body tension and extension. • Adapt sequences to include a partner or small group. 	Athletics/ outdoor adventures activities (Mersea)	➤ To develop practical skills in order to participate, compete and lead a healthy lifestyle	<ul style="list-style-type: none"> • Work confidently in changing environments and adapt quickly. • Devise and put into practice a range of solutions and challenges. • Analyse and select skills and techniques within an activity and suggest ways to improve performance. • Understand the importance of and demonstrate responsibility in warm up/cool down activities and how this prepares them for exercise.
2nd half term Sports coach	Skills and invasions Games - basketball	➤ To develop practical skills in order to participate, compete and lead a	<ul style="list-style-type: none"> • Refine a range of skills in striking and fielding. • Develop different ways of throwing • Further develop correct technique for catching a ball. 	Skills and invasions Games	➤ To develop practical skills in order to participate, compete and lead a	<ul style="list-style-type: none"> • Refine a range of skills in striking and fielding. • Develop different ways of throwing • Further develop correct technique for catching a ball. 	Athletics/ Rounders and tennis	➤ To develop practical skills in order to participate, compete	<ul style="list-style-type: none"> • Recognise the rules for cricket, showing they can umpire fairly. • Refine fielding skills with ability to bowl and pass

		healthy lifestyle	<ul style="list-style-type: none"> • Further develop the correct batting technique and hit for distance. • Develop the correct technique for fielding and use it in a game situation. • Understand the basic rules of Cricket and use rules in a game. 		healthy lifestyle	<ul style="list-style-type: none"> • Further develop the correct batting technique and hit for distance. • Develop the correct technique for fielding and use it in a game situation. • Understand the basic rules of Cricket and use rules in a game. 		and lead a healthy lifestyle	<ul style="list-style-type: none"> • Have a wide range of skills that they can choose and use to keep possession and score. • Refine batting control, showing ability to hit with precision, speed and direction.
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