

	Year 3	Year 4	Year 5	Year 6
Autumn 1	Sportshall Athletics	Sportshall Athletics	Sportshall Athletics	Sportshall Athletics
	1.RHE: Understand the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	1. RHE: Understand the benefits of physical exercise, time outdoors, community participation, voluntary and service-based activity on mental wellbeing and happiness.	1. RHE: Understand the importance of simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests	1. RHE: Understand the importance of simple self-care techniques, including the importance of rest, time spent with friends and family and the benefits of hobbies and interests.
	2. Throwing - chest push	2. Throwing - chest push	2. Throwing - javelin	2. Throwing - chest push and javelin
	3. Standing long jump	3. Standing long jump	3. Standing triple jump	3. Standing vertical jump
	4. Speed bounce	4. Speed bounce	4. Five strides	4. Five strides
	5. Relay and Sprint	5. Relay and Sprint	5. Obstacle relay	5. Obstacle relay
	6. Hurdles	6. Sprint and Hurdles	6. Sprint and Hurdles	6. Sprint and Hurdles
7. Class competition	7. Class competition	7. Class competition	7. Class competition	
Autumn 2	Dance - Extreme Earth	Dance - Haka	Dance - Pop Music	Netball
	1. Interpreting the volcanic music	1. Haka – interpreting the music	1. Smooth Criminal – viewing, listening and interpreting the music	1. Footwork – rehearse pivoting, match situations – peers to umpire and look for good examples of footwork being used
	2. Interpreting the volcanic music and learning a dance phrase	2. Haka – learning a dance phrase	2. Learning the first part of the dance, begin to create and use own gestures & movements	2. The running pass - practise in small groups, attempt to implement into match situations
	3. Creating a sequence	3. Creating their own sequence which compliments the learnt dance phrase	3. Learning the second part of the dance and refining gestures and movements created	3. Possession - creating angles and space in order to retain possession of the ball
	4. Creating a sequence	4. Creating their own sequence which compliments the learnt dance phrase	4. Combining first and second dance phrases with gestures and movements created	4. Defending -understanding importance of body shape and position whilst defending
	5. Putting the class phrase and created movements together	5. Improving their own performance by watching others	5. Improving their own performance by watching others	5. Shooting -rehearsing shooting technique in unopposed situations
	6. Rehearsal of the performance	6. Rehearsal of the performance	6. Rehearsal of the performance	6. Shooting -rehearsing shooting technique in opposed and opposed situations
7. Performance and evaluation	7. Performance and evaluation	7. Performance and evaluation	7. Games - applying the rules of netball to match situations. Applying the skills learnt to match situations	
Spring 1	Gymnastics Floor Skills	Gymnastics Floor Skills and apparatus	Gymnastics Sports Acrobatics	Gymnastics - Flight Trampettes / Spring boards / vaulting
	1.RHE:Understand the importance of building regular exercise into daily and weekly routines, understand the risks associated with an inactive lifestyle (including obesity)	1.RHE:Understand the importance of building regular exercise into daily and weekly routines, understand the risks associated with an inactive lifestyle (including obesity)	1. RHE: Understand the importance of building regular exercise into daily and weekly routines, understand how and when to seek support including which adults to speak to in school	1.RHE:Understand the importance of building regular exercise into daily and weekly routines, understand how and when to seek support including which adults to speak to in school

	2. Individual balances - control of body shape and tension	2. Individual balances - control of body shape and tension – with greater imagination	2. Individual/paired balances using imagination, control, accuracy & apparatus	2. Individual and Paired balances Floor jumps.
	3. Jumping – introduction to four basic jumps	3. Forward roll -rehearse and refine so speed and accuracy are improved	3. Jumping and creating shapes in the air, create with accuracy and control	3. Flight – tuck, straddle, pike, straight
	4. Log Roll/ Teddy Bear roll - rehearse and refine the rolls	4. Backward roll - perform with greater accuracy	4. Forward and backward rolls - perform with greater accuracy	4. Flight – tuck, straddle, pike, straight
	5. Paired balances -use a variety of shapes and apparatus to create paired balances	5. Counterbalance - think carefully about the distribution of weight and how to create interesting balances in pairs	5. Creating a routine using an increasing amount of accuracy, control and imagination	5. Tucking on to the trestle successfully - vaulting
	6. Creating and refining a routine	6. Using and exploring large apparatus	6. Using larger apparatus to create shapes	6. Create a routine containing a jump and a balance, using the trestle table
	7. Performing and evaluating a routine	7. Performing and evaluating a routine	7. Performing and evaluating a routine	7. Performing and evaluating a routine
	OAA	OAA	OAA	OAA
Spring 2	1. To trust and support their peers	1. Team games, work through challenges in a collaborative manner	1. To follow precise instructions and work successfully within a team	1.To find their own solutions to problems and physically support teammates
	2. To solve problems within a team	2. Leadership skills	2. To solve problems and use appropriate lifting techniques	1. To create their own short course maps
	3. To use effective communication – verbal and non-verbal	3. To navigate around a space	3. To use effective communication and solve problems both individually and within a team	2. To use short course maps and compasses with an increased accuracy
	4. To draw a simple map and follow a basic route	4. To begin to be able to read a map	4. To follow a route from a given map and begin to use the compass	4. To use short course maps and compasses with an increased accuracy
	5. To draw a simple map and then follow a basic route	5. To create symbols which are effective for map reading	5. To create a game which uses teamwork	5. To complete a short course orienteering route within a time limit
	6. To work through a variety of individual challenges	6. To follow map symbols with an increased accuracy	6. To evaluate a teamwork game	6. To complete a short course orienteering route within a time limit
	7. Assessment lesson – evaluating communication and the ability to understand symbols from a map	7. Assessment lesson – evaluating communication and the ability to follow map symbols	7. Assessment lesson – evaluating communication and problem solving	7. Assessment lesson – evaluating communication and the use of a compass to navigate

	Year 3	Year 4	Year 5	Year 6
Summer 1	Athletics – Track and Field	Athletics – Track and Field	Athletics – Track and Field	Athletics – Track and Field
	1.RHE: to understand the importance of healthy eating	1. RHE: to understand the importance of healthy eating and know how to categorise food	1. RHE: to understand the importance of healthy eating and know how to plan a healthy meal	1. RHE: to understand the importance of healthy eating and know how to plan healthy meals
	2. Throwing – refining and rehearsing the tennis ball throw	2. 60m sprint - techniques to improve speed and efficiency	2. Throw - Shot put	2. Middle distance running - 600 m
	3. Jumping – improve jumping techniques Standing long jump	3. Sprint relay – shuttle ensure that sprint techniques are controlled and efficient	3. 80m sprint - improving control, keeping head still and using arms more efficiently	3. Sprinting 80 m
	4. Sprinting – circuit of sprinting techniques	4. Middle distance running – 400 m	4. Sprint relay - improving speed of changeover	4. Relay - sprint relay 5 x80 m
	5. Middle distance running – 400metres	5. Improving accuracy and control in standing long jump	5. Middle distance running - 600 m	5. Throw - Shot put and javelin
	6. Javelin – building on sportshall athletics and the tennis ball throw	6. Throwing – cricket ball throw	6. Jumping - standing long jump	6. Jump - Standing triple jump
	7. Sprint relay	7. Javelin – improving control, distance and accuracy	7. Circuit of events - rehearsing and refining throwing, jumping and sprinting	7.Circuit of events - rehearsing and refining throwing, jumping and sprinting
Summer 2	Tennis	Tennis	Tennis	Tennis
	1. Ball familiarisation - ground rallies	1. To play a successful forehand stroke	1. Catching tennis game-using the rules of tennis play 2v2 games, spatial awareness	1. To spin the ball whilst playing ground strokes
	2. Ball familiarisation - ground rallies	2. To play a successful backhand stroke	2. To play increasingly accurate ground strokes	2. To understand the importance of the 'ready' position
	3. Introduction to the forehand performing the forehand along the ground	3. To play a forehand volley	3. To play the drop shot	3. To be able to play accurate ground strokes
	4. Introduction to the backhand Performing the forehand along the ground	4. To play a successful underarm serve, to begin to use the overarm serve	4. To be able to play an accurate overarm serve	4. To play the smash shot
	5. Volley - to play a successful short volley	5. To play a successful underarm serve, to begin to use the overarm serve	5. To be able to play a backhand volley	5. To serve with increasing accuracy
	6. Games - throwing tennis game use basic rules of tennis to compete	6. Games - use basic rules of tennis to play 2v2 matches	6. Games - to be able to select and apply skills to match situations	6. Games - to apply the scoring system to match situations
	7. Assessment lesson -evaluating the forehand and short volley	7. Assessment lesson - evaluating the backhand and serve	7. Assessment lesson - evaluating the backhand volley and overarm serve	7. Assessment lesson - evaluating knowledge of the scoring system, evaluating the ability to play the smash shot