

| | Year 3 | Year 4 | Year 5 | Year 6 |
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| Autumn 1 | SPORTSHALL ATHLETICS | YOGA | SPORTSHALL ATHLETICS | FOOTBALL |
| | 1. To develop agility. | 1. To explore connecting breath and movement. | 1. To improve reaction speed. | 1. To be able to run effectively with the ball using both feet. |
| | 2. To develop throwing techniques. | 2. To explore yoga poses and begin to connect them. | 2. To develop the javelin throw technique. | 2. To be able to dribble the ball under pressure. |
| | 3. To improve jumping techniques. | 3. To explore gratitude when remembering and repeating a yoga flow. | 3. To use the standing triple jump technique. | 3. To pass the ball accurately to help to maintain possession. |
| | 4. To use the sprint technique within a relay. | 4. To develop flexibility and strength in a positive yoga flow. | 4. To use the standing long jump technique. | 4. To use different turns to keep the ball away from defenders. |
| | 5. To hurdle with accuracy and efficiently. | 5. To develop flexibility in an individual yoga flow. | 5. To use an efficient sprint technique. | 5. To develop defending skills to gain possession. |
| | 6. To use the skills in a competition situation. | 6. To develop strength in arm balances. | 6. To use the skills in a competition situation. | 6. To be able to apply the rules and tactics you have learnt to play in a football tournament. |
| Autumn 2 | Dance - HAKA | Lawn Bowls | Dance – Rock 'N' Roll | Netball |
| | 1. To interpret the music and begin to think of movements and gestures. | 1. To explore how the wood moves in the game of bowls. | 1. To learn a variety of movements and gestures. | 1. To use accurate footwork patterns. |
| | 2. To learn a dance phrase. | 2. To develop the Backhand draw. | 2. To learn a set dance phrase. | 2. To develop the running pass. |
| | 3. To Create a sequence which compliments the learnt dance phrase | 3. To develop the Forehand draw. | 3. To refine a set dance phrase. | 3. To create creating angles and space in order to retain possession of the ball |
| | 5. To develop the performance using large movements and gestures. | 4. To develop The 'blocker' shot. | 4. To link a starting pose with movements and gestures. | 4. To understand importance of body shape and position whilst defending |
| | 5. To refine their performance. | 5. To be able to use The 'fire' effectively. | 5. To refine the sequence. | 5. To use accurate shooting techniques. |
| | 6. To evaluate and improve performance. | 6. Game play. | 6. To perform and evaluate the sequence. | 6. Games - applying the rules of netball to match situations. Applying the skills learnt to match situations |
| Spring 1 | Gymnastics Floor Skills | FITNESS- SPEED & BALANCE | Gymnastics Sports Acrobatics | Basketball |
| | 1. To improve body control through individual balances. | 1. To develop an awareness of what your body is capable of. | 1. To develop the correct technique and control in jumps and shapes. | 1. To dribble the ball with control under pressure. |
| | 2. To develop paired balances. | 2. To develop speed and strength. | 2. To be able to perform a roll accurately. | 2. To move into and create space to support a teammate. |

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| | 3. To learn a variety of jumps. | 3. To develop co-ordination and agility. | 3. To be able to perform a roll accurately. | 3. To choose when to pass and when to dribble. |
| | 4. To learn a variety of rolls. | 4. To develop balance. | 4. To produce paired balances | 4. To develop shooting technique while under pressure. |
| | 5. Creating and refining a routine. | 5. To develop stamina. | 5.To create a routine using an increasing amount of accuracy, control and imagination Using larger apparatus to create shapes | 5. To develop individual defensive technique. |
| | 6. Performing and evaluating a routine. | 6. To create fitness challenges. | 6. Performing and evaluating a routine | 6. To apply skills and tactics in a game situation. |
| | Tennis | Table tennis | Volleyball | Hockey |
| Spring 2 | 1. To be able to throw accurately on the tennis court. | 1. To develop ball control. | 1. To develop reaction speed. | 1. To develop dribbling in order to beat a defender. |
| | 2. To develop racket and ball control. | 2.To be able to grip the racket using the correct technique, and move into the ready position after each shot played. | 2.To develop the fast catch volley. | 2. To send and receive the ball under pressure. |
| | 3. To develop returning the ball using a forehand groundstroke. | 3. To use the backhand push. | 3. To develop the set shot. | 3. To be able to decide when to pass and when to dribble. |
| | 4. To develop the two handed backhand | 4. To use the backhand push. | 4 To be able to volley the ball using a set shot. | 4. To move into space to create options for teammates. |
| | 5. To develop the serve. | 5 To use the forehand push | 5. To develop the dig and understand when to use it. | 5. To develop individual defensive technique |
| | 6. To work collaboratively with a partner and compete against others. | 6. To develop the serve. | 6. To keep a continuous rally going over the net. | 6. To apply skills and tactics in a game situation. |

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| Summer 1 | Cricket | Table tennis | Volleyball | Cricket |
| | 1. To be able to catch in a variety of positions. | 7. To develop the forehand drive. | 7. To develop the underarm serve and learn the rules of serving. | 1. To be able to select the correct throw and perform it accurately. |
| | 2. To be able to produce an overarm throwing technique | 8. To develop the backhand drive. | 8 To develop the underarm serve and learn the rules of serving. | 2. To use the overarm bowling technique. |
| | 3. To learn how to grip the bat and to play a straight drive. | 9.To develop the smash. | 9. To develop the smash. | 3. To play the back-foot drive. |
| | 4. To be able to field a ball using a two-handed pick up and a short barrier. | 10.To play a combination of shots. | 10. To play a combination of shots. | 4 To develop the square cut shot. |
| | 5. To develop the bowling technique. | 11. To play a combination of shots. | 11. To play ' throw' volleyball. | 5. To develop the pull shot. |
| 6. To play apply skills learnt to mini cricket. | 12. To use the skills in a game. | 12. To apply the rules, skills and tactics learnt to play in a volleyball tournament. | 6. To use the skills within a game. | |
| Summer 2 | OAA | Golf | OAA | Tennis |
| | 1. To develop cooperation and teamwork skills | 1. To explore hitting technique and aiming towards a target. | 1. To build communication and trust whilst showing an awareness of safety. | 1. To be able to change the direction of ball. |
| | 2. To develop trust and team work. | 2 To explore the technique for putting. | 2 To work as a team to solve problems, sharing ideas and collaborating with one another. | 2. To be able to push ball using forehand and backhand. |
| | 3. To involve all team members in an activity and work towards a collective goal. | 3. To explore the technique for chipping. | 3. To create games which develop teamwork and communication | 3. To use groundstrokes with increasing accuracy. |
| | 4. To develop trust whilst listening to others and following instructions. | 4. To explore the technique for the long game. | 4. To develop tactical planning and problem solving. | 4. To be able to play a smash. |
| | 5. To be able to identify objects on a map and to be able to draw map. | 5. To use a combination of driving, chipping and putting. | 5. To share ideas and work as a team to solve problems. | 5. To develop the tennis serve. |
| 6. To orientate a map and navigate around a grid. | 6. To use the skills in a games situation. | 6. To develop navigational skills and map reading. | 6. To use the skills in a game situation. | |