

	2 Year Olds/ Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Invasion Games (KS1 & KS2) BALL SKILLS & GAMES (EYFS)	To develop bouncing and catching a ball. To develop dribbling a ball with your feet. To develop throwing and learn how to keep score. To work with others to play team games.	To develop throwing and catching with a partner. To develop dribbling with hands. To explore striking a ball and keeping score To aim when throwing and practice keeping score. To develop co-ordination and play by the rules. To work co-operatively as a team.	To understand what being in possession means and support a teammate to do this To move towards a goal with the ball. To be able to stay with a player when defending. To move into space showing an awareness of defenders. To begin to understand how to score goals To understand the role of defenders and attackers.	To support a teammate when in possession of the ball. To understand who to pass to and why when playing against a defender. To develop an understanding of marking an opponent. To learn how to maintain possession of the ball. To use a variety of skills to score goals. To learn to apply simple tactics for attacking and defending	To develop passing and moving To develop passing and moving towards a goal. To be able to defend an opponent To develop movement skills to lose a defender. To develop the shooting action. To develop playing using netball rules while applying simple tactics for attacking and defending	To develop passing and moving and play within the footwork rule. To develop passing and moving towards a goal as a team. To be able to defend an opponent and try to win the ball. To develop movement skills to lose a defender and communicate to receive the ball To develop the shooting action from different angles To develop playing using netball rules in small sided games while applying simple tactics for attacking and defending	To develop passing and moving at speed within the footwork rule To be able to use the attacking principle of creating and using space. To be able to defend ball side To be able to change direction and lose a defender creating angles to receive a pass. To develop the shooting action using different shooting techniques To use and apply skills and tactics to small sided games and begin to show an understanding for positioning	To develop passing and moving at speed within the footwork rule using a range of passes To be able to use the attacking principle of creating and using space for self and teammates. To be able to defend ball side and know when to go for interceptions. To be able to change direction and lose a defender creating angles and use communication to receive a pass To develop the shooting action from different angles using a range of shooting techniques

								To use and apply skills and tactics to small sided games in a range of different positions.
Key Vocabulary	roll throw team safely space stop kick bounce listen run throw safely team space stop catch tag score		Attacker defender dribbling pass space points score team possession received send goal teammate dodge chest pass bounce pass		footwork pivot opponent opposition receiver possession landing foot interception attack defence rebound obstruction contact mark		contest consecutive possession defend interception rebound attack contact obstruction	
Gymnastics	To copy and create shapes with your body. To be able to create shapes whilst on apparatus. To develop balancing and taking weight on different body parts. To develop jumping and landing safely. To develop rocking and rolling. To copy and create short sequences by linking actions together.	To create short sequences using shapes, balances and travelling actions. To develop balancing and safely using apparatus. To develop jumping and landing safely from a height. To develop rocking and rolling. To explore travelling around, over and through apparatus. To create sequences using apparatus.	To develop quality when performing and linking shapes. To develop stability and control when performing balances. To develop technique and control when performing shape jumps. To develop technique in the barrel, straight and forward roll. To explore travelling movements. To link gymnastic actions to create a sequence.	To perform gymnastic shapes and link them together. To be able to use shapes to create balances. To demonstrate different shapes, take off and landings when performing jumps. To develop rolling and sequence building. To be able to link travelling actions and balances using apparatus To develop sequence work on apparatus	To be able to create interesting point and patch balances. To develop stepping into shape jumps with control. To develop the straight, barrel, and forward roll. To begin to develop gymnastics travels. To be able to transition smoothly into and out of balances. To create a partner sequence incorporating equipment.	To develop individual and partner balances. To develop control in performing and landing rotation jumps. To develop the straight, barrel, forward and straddle roll. To perform a range of gymnastics travels with control To develop strength in inverted movements. To be able to create a partner sequence to include apparatus.	To be able to perform symmetrical and asymmetrical balances. To begin to to use flight from hands to travel over apparatus. To develop the straight, forward, straddle and backward roll. To be able to explore different methods of travelling, linking actions in both canon and synchronisation. To be able to perform progressions of inverted movements. To be able to create a partner sequence using apparatus.	To develop counter balance and counter tension. To be able to use flight from hands to travel over apparatus. To be able to develop the straddle, forward and backward roll. To be able to perform different methods of travelling with quality and control, linking actions in both canon and synchronisation. To be able to perform the progressions of a headstand and a cartwheel.

								To be able to create a group sequence using formations and apparatus.
Key Vocabulary	copy over travel backwards space shape rock sideways forwards over around through roll		direction straddle pike tuck sequence level action travel roll balance link jump		matching direction contrasting sequence interesting flow control shape create technique perform apparatus quality rotation inverted extension		symmetrical rotation inverted asymmetrical extension synchronisation canon progression aesthetics momentum counter balance formation stability inverted progression counter tension	
Dance	To explore different body parts and how they move. To explore different body parts and how they move and remember and repeat actions. To create movements and adapt and perform simple dance patterns. To express and communicate ideas through movement exploring directions and levels. To copy and repeat actions showing confidence and imagination. To move with control and co-ordination,	To explore actions in response to a theme and begin to use counts. To copy, repeat and explore actions in response to a theme. To explore and remember actions considering level, shape and direction. To explore movement using a prop with control and co-ordination. To move with control and co-ordination, expressing ideas through movement. To remember and repeat actions moving	Use counts of 8 to help you stay in time with the music. To copy, repeat, create and perform actions that represent the theme. To remember, repeat actions to tell a story through dance To explore speeds and actions in our pirate inspired dance. To explore pathways in my dance. To create my own dance using, actions, pathways and counts.	To use counts of 8 to move in time and make my dance look interesting. To copy, remember and repeat actions using facial expressions to show different characters. To remember, repeat and link actions to tell the story of my dance. To develop an understanding of dynamics and how they can show an idea. To explore pathways and levels. To remember and rehearse our circus dance showing expression and character.	To create actions to move in contact with a partner or interact with a partner. To share ideas of actions and dynamics to create a dance that shows a theme. To remember, repeat and create actions to represent an idea. To select and link appropriate actions and dynamics to show our dance idea. To create actions in response to a stimulus and move in unison with a partner. To use choreographing ideas to develop our dance.	To develop a dance using matching and mirroring with a partner To choose actions which relate to the theme. To learn and create dance moves in the theme of carnival. To copy and create actions in response to an idea and be able to adapt this using changes of space. To develop a carnival dance using formations, canon and unison. To develop a dance phrase and perform as part of a class performance.	To work with a partner to copy and repeat actions keeping in time with the music. To create a dance using a random structure and perform the actions showing quality and control. To copy and repeat movements in the style of rock 'n' roll. To understand how changing dynamics changes the appearance of the performance. To understand and use relationships and space to change how a performance looks. To work collaboratively with a group to create a dance in	To copy and repeat a set dance phrase showing confidence in movements with a partner To select, order, structure and perform movements in a bhangra style, showing various group formations To demonstrate a sense of rhythm and energy when performing bhangra style motifs. To use changes in dynamics in response to the stimulus. To perform a bhangra dance, showing an awareness of timing, formations, and direction. To work with others to explore, develop and

	linking, copying and repeating actions.	in time with the music.					the style of Rock 'n' Roll.	perform the dance idea.
Key Vocabulary	move around space safely shape copy sideways forwards backwards		counts move direction speed fast slow level pose shape action travel forwards backwards balance timing mirror space pathway		unison explore create perform timing levels dynamics expression feedback flow actions space reaction performance represent		levels actions formation timing relationship performance expression unison posture dynamics canon phrase choreograph contrast structure	
Net and wall games (KS1 & KS2) BALL SKILLS & GAMES (EYFS)	To use equipment safely and responsibly. To develop throwing and learn how to keep score. To work co-operatively and learn to take turns.	To stop safely and develop control when using equipment To develop co-ordination and play by the rules. To learn to play against a partner. To aim when throwing and practice keeping score.	To develop racket and ball skills. To develop sending a ball using a racket. To explore hitting with a racket. To develop hitting over a net. To defend space, using the ready position. To play against an opponent and keep the score.	To develop racket skills and use them to return a ball. To develop returning a ball with hands. To develop returning a ball using a racket. To use the ready position to defend space on court. To play against a partner. To play against an opponent using a racket.	To develop racket and ball control. To develop hitting the ball using a forehand. To develop returning the ball using a forehand To develop the two handed backhand. To be able to rally using a forehand. To develop shot selection To develop playing against an opponent.	To develop hitting the ball using a forehand with control and accuracy To develop returning the ball using a forehand with control To develop the backhand and understand when to use it. To work co-operatively with a partner to keep a continuous rally going. To develop shot selection in game situations To use simple tactics in a game to outwit an opponent.	To develop returning the ball using a forehand groundstroke. To develop returning the ball using a backhand groundstroke. To work cooperatively with a partner to keep a continuous rally. To develop the underarm serve and understand the rules of serving. To develop the volley and understand when to use it. To use a variety of strokes to outwit an opponent.	To develop returning the ball using a forehand groundstroke with control and accuracy To be able to return the ball using a backhand groundstroke with control and accuracy. To develop accuracy of the underarm serve. To select and use the volley when needed To work co-operatively with a partner and employ tactics to outwit an opponent
Key Vocabulary	roll throw team safely space stop bounce listen run throw safely team space stop catch score		safely racket ready position net underarm partner space score point		ready position control opponent racket return track rally accurately forehand backhand serve		ready position control volley return serve outwit opponent forehand	

			receive defend opponent trap return collect				backhand co-operatively continuously	
Striking and fielding (KS2) Ball skills (EYFS & KS1)	To develop bouncing and catching a ball. To develop rolling a ball to a target. To develop accuracy when throwing to a target. To develop stopping a rolling ball.	To develop throwing and catching with a partner. To develop accuracy when throwing to a target. To develop rolling and tracking a ball.	To explore catching with two hands. To explore accuracy when rolling a ball. To explore throwing with accuracy towards a target. To explore tracking a ball that is coming towards me.	To develop co- ordination and technique when throwing and catching. To be able to roll a ball to hit a target. To develop co- ordination and be able to stop a rolling ball.	To develop overarm throwing and catching. To develop underarm bowling. To learn how to grip the bat and develop batting technique. To be able to field a ball using a two handed pick up and a short barrier. To develop overarm bowling technique. To play apply skills learnt to small sided cricket matches	To develop overarm throwing and catching and knowing when to use it To develop underarm bowling with consistent accuracy. Develop batting technique and using different shots. To be able to field a ball using a two handed pick up and a short barrier and using it correctly within game situations. To develop overarm bowling. To play apply skills learnt to small sided adopting various different roles and positions within cricket matches	To develop throwing accuracy and catching skills under pressure. To develop batting placement of a ball into space. To develop overarm bowling technique and accuracy. To develop a range of fielding techniques To develop playing in a range of cricket roles and positions To think tactically when batting	To apply throwing accuracy and catching skills under pressure within match situations. To recognise space and apply batting placement of a ball into that space. To develop overarm bowling technique and accuracy and apply in match situations To select and apply a range of fielding techniques To play confidently in a range of cricket roles and positions. To apply tactics and strategy when batting
Key Vocabulary	roll throw team safely space stop kick bounce listen run throw safely team space stop catch tag score		roll aim throw catch direction send balance overarm underarm distance collect target		runs strike fielding stance grip technique retrieve stumped wicket batting wicket keeper bowl two- handed pick up short barrier		Strike, fielding, consistently, support, batting, wicket, tracking, obstruction, wicket keeper, retrieve	

Athletics (KS1 & KS2) Fundamental Movement Skills (EYFS)	To develop balancing whilst stationary and on the move. To develop running and stopping. To develop jumping and landing To develop hopping and landing with control.	To develop balancing. To develop running and stopping. To develop jumping. To develop hopping.	To develop balance. To move at different speeds over varying distances. To develop agility and co-ordination. To explore hopping, jumping and leaping for distance. To develop throwing for distance. To develop throwing for accuracy.	To develop the sprinting action. To develop jumping for distance. To develop technique when jumping for height. To develop throwing for distance. To develop throwing for accuracy. To develop technique when taking part in an athletics carousel.	To develop the sprinting technique and improve on your personal best. To develop changeover in relay events. To develop jumping technique in a range of approaches and take off positions. To develop throwing for distance and accuracy. To develop throwing for distance in a pull throw. To develop officiating and performing skills	To develop stamina and an understanding of speed and pace in relation to distance. To develop power and speed in the sprinting technique. To develop technique when jumping for distance. To develop power and technique when throwing for distance. To develop a pull throw for distance and accuracy. To develop officiating and performing skills.	To be able to apply different speeds over varying distances. To develop fluency and co-ordination when running for speed. To develop technique in relay changeovers. To develop technique and co-ordination in the triple jump. To develop throwing with force for longer distances. To develop throwing with greater control and technique.	To work collaboratively with a partner to set a steady pace. To develop your own and others sprinting technique. To develop power, control and technique for the triple jump. To develop throwing with force and accuracy for longer distances.
Key Vocabulary	run hop safely direction space stop jump listen		fast slow jump aim direction hop safely travel balance sprint pace direction take off landing height distance speed overarm underarm jog swing		speed determination control strength pace accurately power personal best further faster stamina technique determination perseverance officiate accuracy flight		Technique, determination, compete, continuous pace, flight, personal best, momentum, officiate, stride, rhythm technique, trajectory, control, force, rotation, transfer of weight	
OAA								To work as a team to solve problems, sharing ideas and collaborating

								with one another. To develop navigational skills and map reading. To share ideas and work as a team to solve problems. <i>*In addition pupils also attend their school journey in which they take part in a range of OOA.</i>
Key Vocabulary								tactical control card critical thinking co-operatively orienteeing navigation location Symbol leader orientate strategy boundaries

SWIMMING							*Attend intensive 2 week swimming course aiming to achieve the statements below Swims competently, confidently and proficiently over a distance of at least 25 metres Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke. Performs safe self-rescue in different water-based situations.	*Pupils that did not achieve the statements below in year 5 attend 1 week intensive top up lessons Swims competently, confidently and proficiently over a distance of at least 25 metres Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke. Performs safe self-rescue in different water-based situations.
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