

Topic area	EYFS	KS1		LKS2		UKS2	
		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Games - Invasion	<p>Health & Fitness -Describe how they feel before & after exercise.</p> <p>Developing Skills -Control patting, pushing & catching the ball -Figure out getting into space, understanding special awareness. -Discover different ways of traveling -Move around the space confidently and safely.</p> <p>Striking & hitting the ball -Control the ball on the bat for hand eye co-ordination. -Bounce the ball on the bat.</p> <p>Throwing and catching -Roll the ball through targets. -Focus on underarm throws, -Throw at targets. -Make a basket (bowl with hands) to catch the ball.</p> <p>Travelling with the ball -Bounce a ball while traveling. -Kick a ball while traveling. -Hold a ball while traveling. -Put the ball on a bat/raquet while traveling.</p> <p>Passing the ball -Kick an object at a target. -Work on eye contact. -Say their name before passing.</p> <p>Using space -Identifying what space is? Travel around discovering space. -Start to travel around in different ways (forwards, backwards, sideward etc).</p> <p>Attacking and defending -Games (Tag games)</p> <p>Evaluate -Talk about what has been done this lesson.</p>	<p>Health & Fitness -Describe how they feel before & after exercise. -Start to help with equipment.</p> <p>Developing Skills -Start to travel around confidently in different ways. -Focus on movement such as running, jumping & catching.</p> <p>Throwing and catching -Throw underarm (work on confidence). -Catch and bounce. -Use rolling skills into a game base situation.</p> <p>Travelling with the ball -Travel with the ball in different ways. -Work on changing directions with a ball.</p> <p>Passing the ball -Passing the ball to another pupil. -Introduce game situation. -Say their name before passing (confidently).</p> <p>Using space -Travel around changing directions. -Change different speeds of running, walking, sidestep or skipping.</p> <p>Attacking and defending -Games (Tag games) -start to explain the definition of an attacker.</p> <p>Evaluate -Talk about what has been done this lesson. -introduce learning burger (3 levels- 2 buns Good burger:improvement.</p>	<p>Health & Fitness -Describe how they feel before, during & after exercise. -Discuss what helps you stay healthy</p> <p>Developing Skills -Start to travel around confidently in different ways. -Focus on movement such as running, jumping & catching.</p> <p>Throwing and catching -Discover different equipment to throw. -With a partner throw and catch. -If confident start to step back (distance).</p> <p>Travelling with the ball -Walk around while bouncing a ball at the same time. -Start to introduce games kicking the ball. -Start to introduce games with passing (hands). -Start to introduce games with dribbling the ball.</p> <p>Passing the ball -Focus on different types of passing the ball (over, under, chest, shoulder etc). -Discover different ways of passing the ball) different part of foot, rolling, rugby pass etc).</p> <p>Using space -Travel around discovering different pathways pupils could take. -Start to understand the best space in a game.</p> <p>Attacking and defending -Start to explain the definition of a defender. -Discuss how to attack for better possibility of winning play.</p> <p>Evaluate -Compare and contrast different peers performances --Follow learning burger (3 levels- 2 buns Good burger:improvement.</p>	<p>Health & Fitness -Understand the importance of w-up & c-downs. -Know the importance of flexibility during experience.</p> <p>Developing Skills -Start to incorporate key skills into game base situations. -Play competitive games. -Compare performance to others.</p> <p>Throwing and catching -Confidently strike the ball with foot. -Striking the ball with foot for a distance during game situation.</p> <p>Travelling with the ball -Travel with the ball in different directions with control. -Try different ways of travelling in a game situation.</p> <p>Passing the ball -Focus on different types of passing the ball (over, under, chest, shoulder etc). -Pass the ball in two different ways during game situation.</p> <p>Using space -Discover the best space. -When in space can you pass & move into more space.</p> <p>Attacking and defending -Play games with easy to identify attacking and defending skills.</p> <p>Evaluate - Compare and contrast different peers performances -Follow learning burger to identify people strength and room for improvements.</p>	<p>Health & Fitness -Describe how your body reacts during different parts of exercise. -Explain why we do w-up and why it is important.</p> <p>Developing Skills -Start to incorporate key skills into game base situations. -Play competitive games. -Compare performance to others.</p> <p>Throwing and catching -Re-cap previous skills -Develop different way of throwing and catching the ball.</p> <p>Travelling with the ball -Re-cap previous skills. -Move the ball with control and accuracy.</p> <p>Passing the ball -Pass a ball successfully in a game situation. -Accurately pass the ball.</p> <p>Using space -Pass and move into space. -THINK? Am I in the best space to receive or to release?</p> <p>Attacking and defending -Play a game using attacking and defending situations.</p> <p>Evaluate -Watch, describe and evaluate an individual's performance. -Discuss how to modify their performance to improve.</p>	<p>Health & Fitness -Understand why and how your body changes during throughout exercises. -Get pupils to explain safety principles.</p> <p>Developing Skills -Start to incorporate key skills into game base situations. -Play competitive games. -Compare performance to others.</p> <p>Throwing and catching -To be able to identify different ways of throwing a ball.</p> <p>Travelling with the ball -Use a variety of different ways of dribbling throughout the game. -start to link skill and dribbling together.</p> <p>Passing the ball - Pass a ball successfully with the right power & accuracy. -Use the appropriate technique when passing the ball.</p> <p>Using space -Confidently show awareness of self and other players</p> <p>Attacking and defending -Start to focus on the technique -Identify the strengths of attacking. -Identify the key skills of defending and attacking.</p> <p>Evaluate -To be able to discuss and evaluate their own and peers performance. -design a plan for self-development.</p>	<p>Health & Fitness -Start to be able to deliver w-ups & c-downs or discuss the key skills are. -To be able to discuss reasons to stay healthier and how.</p> <p>Developing Skills -Start to incorporate key skills into game base situations. -Play competitive games. -Compare performance to others.</p> <p>Throwing and catching -Confidently throw and catch the ball under pressure. -Use key skills during a game situation.</p> <p>Travelling with the ball -Dribble using the ball with control. Travel with the ball under pressure with confidence.</p> <p>Passing the ball - To be able to make a quick & positive decision when passing the ball. -To be able to pass & move with control.</p> <p>Using space -Show good awareness throughout a game. -Make the most out of the space they have in a positive way.</p> <p>Attacking and defending -Design a plan to make your play more successful. -Use knowledge within your team to show your technique and skills.</p> <p>Evaluate -To be able to discuss and evaluate their own and peers performance. -design a plan for self-development.</p>

<p>Games – Net, Wall, Strike & Fielding</p>	<p>Health & Fitness -Describe how they feel before & after exercise.</p> <p>Developing Skills -Control patting, pushing & catching the ball -Figure out getting into space, understanding awareness. -Discover different ways of traveling Move around the space confidently and safely.</p> <p>Striking & hitting the ball -Control the ball on the bat for hand eye co-ordination. -Bounce the ball on the bat.</p> <p>Throwing and catching -Roll the ball through targets. -Focus on underarm throws, -Throw at targets. -Make a basket (bowl with hands) to catch the ball.</p> <p>Travelling with the ball -Bounce a ball while traveling. -Kick a ball while traveling. -Hold a ball while traveling. -Put the ball on a bat/raquet while traveling.</p> <p>Using space -Identifying what space is? Travel around discovering space. -Start to travel around in different ways (forwards, backwards, sideward etc).</p>	<p>Health & Fitness -Describe how they feel before & after exercise. -Start to help with equipment.</p> <p>Developing Skills -Start to travel around confidently in different ways. -Focus on movement such as running, jumping & catching.</p> <p>Striking & hitting the ball -Control the ball on the bat for hand eye co-ordination. -Focus on technique on how to hit the ball with a bat. -Work on striking, sending & receiving.</p> <p>Throwing and catching -Throw underarm (work on confidence). -Catch and bounce. -Use rolling skills into a game base situation.</p> <p>Using space -Travel around changing directions. -Change different speeds of running, walking, sidestep or skipping.</p>	<p>Health & Fitness -Describe how they feel before, during & after exercise. -Discuss what helps you stay healthy.</p> <p>Developing Skills -Start to travel around confidently in different ways. -Focus on movement such as running, jumping & catching.</p> <p>Striking & hitting the ball -Start to connect with the ball. Introduce games using skill of striking the ball and fielding. -Work on body position when striking the ball.</p> <p>Throwing and catching -Discover different equipment to throw. -With a partner throw and catch. -If confident start to step back (distance).</p> <p>Using space -Travel around discovering different pathways pupils could take. -Start to understand the best space in a game.</p>	<p>Health & Fitness -Understand the importance of w-up & c-downs. -Know the importance of flexibility during experience.</p> <p>Developing Skills -Start to incorporate key skills into game base situations. -Play competitive games. -Compare performance to others.</p> <p>Striking & hitting the ball -Start to connect with the ball. Introduce games using skill of striking the ball and fielding. -Work on body position when striking the ball.</p> <p>Throwing and catching -Confidently strike the ball. -Striking the ball for a distance during game situation.</p> <p>Using space -Discover the best space. -When in space can you pass & move into more space.</p>	<p>Health & Fitness -Describe how your body reacts during different parts of exercise. -Explain why we do w-up and why it is important.</p> <p>Developing Skills -Start to incorporate key skills into game base situations. -Play competitive games. -Compare performance to others.</p> <p>Striking & hitting the ball -Successfully serve underarm. -Start using bat, racquet or hockey stick with accuracy.</p> <p>Throwing and catching -Re-cap previous skills -Develop different way of throwing and catching the ball.</p> <p>Using space -Pass and move into space. -THINK? Am I in the best space to receive or to release? .</p>	<p>Health & Fitness -Understand why and how your body changes during throughout exercises. -Get pupils to explain safety principles.</p> <p>Developing Skills -Start to incorporate key skills into game base situations. -Play competitive games. -Compare performance to others.</p> <p>Striking & hitting the ball -Identify the different technique when playing different racquet sports. -Work on different technique when striking with a bat.</p> <p>Throwing and catching -To be able to identify different ways of throwing a ball. -To be able to play cricket, rounders etc: to field as a team.</p> <p>Using space -Confidently show special awareness.</p>	<p>Health & Fitness -Start to be able to deliver w-ups & c-downs or discuss the key skills are. -To be able to discuss reasons to stay healthier and how.</p> <p>Developing Skills -Start to incorporate key skills into game base situations. -Play competitive games. -Compare performance to others.</p> <p>Striking & hitting the ball -Understand the rules and key parts of a game situation. -To be able to ball overarm at competent level. -Confidently strike the ball with a bat.</p> <p>Throwing and catching -Confidently throw and catch the ball under pressure. -Use key skills during a game situation.</p> <p>Using space -Show good awareness throughout a game. -Make the most out of the space they have in a positive way.</p>
<p>Gymnastics</p>	<p>Health & Fitness -Describe how the body feels (red face & heart beating faster)</p> <p>Developing Skills -Different types of rolls. -Different ways of stretching. -Controlled jumps -Balances with contro -Different Levels of control</p> <p>Rolls Start to develop the skills to perform: - - Curled side roll (egg roll). -Log roll (Pencil roll) -Teddy roll</p> <p>Jumps Pupils will be introduced into different jumps: - -Straight Jumps -Tuck Jumps -Jumping Jack -Half turn jumps</p> <p>Handstands, Cartwheels & round offs Developing the start technique is key during this time period: - -Bunny Hops</p> <p>Travelling & linking actions Progressing to putting sequences together is very important, even at a fundamental level. -Tiptoe, jump & hop</p> <p>Shapes & balances During the balances, pupils will be focusing on one level. -Standing balance</p> <p>Complete/perform</p>	<p>Health & Fitness -Describe how they feel before & after exercise. -Start to help with equipment.</p> <p>Developing Skills -Create movements & sequences. -Recognise different contrasting (small, tall, wide & narrow). -Simple stretches -Move around, under & through different objects & equipment -Begin to move with control & care -Hold balances with controlled movement -Travel with different speeds</p> <p>Jumps Pupils will recap the 4 jumps. -Straight Jumps -Tuck Jumps -Jumping Jack -Half turn jumps</p> <p>Rolls Pupils should start performing these rolls controlled: - - Curled side roll. -Log roll (Pencil roll) -Teddy roll</p> <p>Handstands, Cartwheels & round offs Develop body strength. -Bunny hops</p> <p>Travelling & linking actions Progressing to putting sequences together is very important, even at a fundamental level.</p> <p>-Tiptoe, jump & hop -Hopscotch -Skipping -Galloping</p> <p>Shapes & balances</p>	<p>Health & Fitness -Explain what your body needs to stay healthy</p> <p>Developing Skills -Create different movements & sequences to make a routine -Travel in a variety of ways, progression include rolls. -Hold still a shape whilst balancing on different points of the body. -Jump in a variety of ways & land with increasing control & balance. -Jumps from different levels controlled.</p> <p>Jumps All jumps will be controlled & set pieces will be put together. -Straight Jumps -Tuck Jumps -Jumping Jack -Half turn jumps - Straddle</p> <p>Rolls Pupils will now be performing the 3 rolls controlled:- - Curled side roll (egg roll). -Log roll (Pencil roll) -Teddy roll -Rocking forward roll -Crouched forward roll</p> <p>Handstands, Cartwheels & round offs Develop body strength & technique. -Bunny hops -T-Lever -Scissor kick</p>	<p>Health & Fitness -Explain the importance of w-up & cool-down.</p> <p>Developing Skills -Independently choose their own movements to create a sequence. (Increasing confidence, including changes of direction, speed or level). -Develop the quality of their actions, shapes & balances. -While travelling, start to interlink turns with co-ordination, control & care. -Use flexible movements holding body shapes with control.</p> <p>Jumps All jumps will be overlooked from Y2. -Straight Jumps -Tuck Jumps -Jumping Jack -Star jump -Straddle jump -Pike jump</p> <p>Rolls Pupils will now be performing rolls from standing position:- -Tucked backward roll -Forward roll standing -Crouched forward roll</p> <p>Handstands, Cartwheels & round offs Develop body strength liaising with technique & control. -Bunny hops -T-Lever -Scissor kick</p>	<p>Health & Fitness -Describe how the body reacts at different times & how this affects performance.</p> <p>Developing Skills -Start to change directions, speed & levels during sequences. -Progression, develop technique & flexibility throughout the performance. -Carry out balances, recognising the position of their centre of gravity & how this effects the balance. -Interlink a sequence to a theme.</p> <p>Jumps All jumps will be synced to turns. -Straight Jumps -Tuck Jumps -Jumping Jack -Star jump -Straddle jump -Pike jump -Straight Half Turn -Straight full turn</p> <p>Rolls Pupils will now be performing rolls into different balance/positions:- -Straddle forward roll -Tucked backward roll -Forward roll standing -Crouched forward roll -Backwards straddle</p> <p>Handstands, Cartwheels & round offs Throughout year 4 this section will progress into: -Lunge into handstand</p>	<p>Health & Fitness -Explain the principals of safety before, during & after exercise.</p> <p>Developing Skills -Perform balance, shapes & jumps with control. -Confidently use gymnastics equipment (vault) -Develop strength, technique & flexibility throughout performance. -Confidently develop the placement of their body parts in balance. -Recognising the position of their centre of gravity & where is should be in relation to the base of the balance.</p> <p>Jumps During year 5 jumps will be controlled accurately into turns. -Straight Jumps -Tuck Jumps -Jumping Jack -Star jump -Straddle jump -Pike jump -Cat leap -Straight Half Turn -Straight full turn</p> <p>Rolls In year 5 there will be an overview of year 4 & progression into different gymnastics positions. -Straddle forward roll -Tucked backward roll -Forward roll standing -Crouched forward roll</p>	<p>Health & Fitness -Discuss ways of becoming healthier</p> <p>Developing Skills -Develop strength throughout the performance with technique & flexibility. -Show precision & control throughout performances. -Confidently incorporate equipment into sequence. -Perform a routine using key skills, travelling, balancing, holding shapes. Jumping, leaping, swinging, vaulting & stretching.</p> <p>Jumps During year 6 jumps will be controlled movement. -Straight Jumps -Tuck Jumps -Jumping Jack -Star jump -Straddle jump -Pike jump -Straight Half Turn -Straight full turn -Split leap -Stag leap</p> <p>Rolls During year 6 pupils will now be performing rolls into standing positions & at a fast pace while controlled. -Straddle forward roll -Forward roll standing -Tucked backward roll -Backwards straddle -Tucked backward roll -Backwards roll to standing pike -Dive forward roll</p>

	<p>-Controlled body & movements when performing routines</p>	<p>During the balances, pupils will be focusing on static balance to help progress in different topics.</p> <ul style="list-style-type: none"> -Standing balance -Kneeling balance -Pike, tuck, star straight & straddle <p>Complete/perform</p> <ul style="list-style-type: none"> -Perform using a range of actions & body parts with some co-ordination. -Begin to perform learnt skills with some control. 	<p>Travelling & linking actions</p> <p>Progressing to putting sequences together is very important, even at a fundamental level.</p> <ul style="list-style-type: none"> -Tiptoe, jump & hop -Hopscotch -Skipping -Gallop -Straight jump half-turn <p>Shapes & balances</p> <p>During the balances, pupils will be focusing on static balance to help progress in different topics.</p> <ul style="list-style-type: none"> -Standing balance -Kneeling balance -Pike, tuck, star straight & straddle -Front & back support <p>Complete/perform</p> <ul style="list-style-type: none"> -Perform using a range of actions & body parts with some co-ordination. -Perform learnt skills with some control. 	<p>Travelling & linking actions</p> <p>Progressing to putting sequences together is very important.</p> <ul style="list-style-type: none"> -Tiptoe, jump & hop -Hopscotch -Skipping -Gallop -Straight jump half-turn -Chassis steps -Cat leap <p>Shapes & balances</p> <p>During the balances, pupils will be focusing on static balance to help progress in different topics.</p> <ul style="list-style-type: none"> -Large & small body parts including kneeling & standing -Balances on apparatus. -Front & back support <p>Complete/perform</p> <ul style="list-style-type: none"> -Develop quality of actions in performance. -Compete against self & other in a controlled manor. <p>Vault/equipment</p> <p>To begin to use equipment to vault</p>	<ul style="list-style-type: none"> -Lunge into cartwheel <p>Travelling & linking actions</p> <p>Recap year 3- Progression pivot</p> <ul style="list-style-type: none"> -Tiptoe, jump & hop -Hopscotch -Skipping -Gallop -Straigh jump half turn -Chassis steps <p>Shapes & balances</p> <p>During the balances, pupils will be progressing to point balances: -</p> <ul style="list-style-type: none"> -Large & small body parts including kneeling & standing -Balances on apparatus. -Front & back support -Point balance 1,2,3 & 4 <p>Complete/perform</p> <ul style="list-style-type: none"> -Perform a routine with fluency & expression -Perform with technique & control/accuracy. <p>Vault/equipment</p> <p>Use equipment to vault in a variety of ways</p>	<ul style="list-style-type: none"> -Backwards straddle -Pike roll to straddle <p>Handstands, Cartwheels & round offs</p> <p>Next stage would be controlled & accurate technique.</p> <ul style="list-style-type: none"> -Lunge into handstand -Lunge into cartwheel -Lunge into round-off <p>Travelling & linking actions</p> <p>Recap year 4 progression pivot</p> <ul style="list-style-type: none"> -pivot <p>Shapes & balances</p> <p>In year 5 partner balances are introduced using weights.</p> <ul style="list-style-type: none"> -Part body weight partner balances -Large & small body parts including kneeling & standing -Balances on apparatus -Front & Back support -Point balance 1,2,3 & 4. <p>Complete/perform</p> <ul style="list-style-type: none"> -Perform sequences longer & to music -Perform with control & consistency. <p>Vault/equipment</p> <p>Use equipment to vault in a variety of ways with control</p>	<p>Handstands, Cartwheels & round offs</p> <p>Year 6 will start hurdle step into sequences.</p> <ul style="list-style-type: none"> -Lunge into handstand -Lunge into cartwheel -Hurdle step -Hurdle step into cartwheel -Hurdle step into round-off <p>Travelling & linking actions</p> <p>Recap year 5 progression pivot</p> <ul style="list-style-type: none"> -pivot <p>Shapes & balances</p> <p>During the balances, pupils will progress with partner with control & complexity of part-weight partner balances.</p> <ul style="list-style-type: none"> -Large & small body parts including kneeling & standing -Balances on apparatus. -Front & back support -Point 1,2,3 &4. <p>Complete/perform</p> <ul style="list-style-type: none"> -Link actions & sequences to movement & music to develop a performance. -Record one another to evaluate & improve. <p>Vault/equipment</p> <p>Use equipment to vault in a variety of ways with control</p>
<p>Ninja Warrior</p>	<p>Parkour challenge event</p> <p>Using the skills acquired during gymnastics to free-run a course with developing control, speed, agility and confidence. Differentiation by outcome.</p>						
<p>Health, Fitness and Exercise</p>	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe how they feel before & after exercise. 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe how they feel before & after exercise. -Carry and place equipment safely 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Recognise and describe how they feel before, during & after exercise. -Discuss what helps you stay healthy 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Recognise and describe how they feel before, during & after exercise. -Understand the importance of w-up & c-downs. -Know the importance of strength and flexibility during experience. 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe how your body reacts during different parts of exercise. -Explain why exercise is good for your health -Explain why we do w-up and why it is important. 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Understand why and how your body changes during throughout exercises. -Get pupils to explain safety principles. 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Start to be able to deliver w-ups & c-downs or discuss the key skills are -Understand why exercise is good for health, fitness and well-being.. -Carry out and lead w ups and c downs safely and effectively -To be able to discuss reasons to stay healthier and how.
<p>Dance and Movement</p>	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe how the body feels <p>Developing skills</p> <ul style="list-style-type: none"> -Travel around different ways confidently. Crawling Jumping Skipping Hopping Walking <ul style="list-style-type: none"> -Introduced to fun dancing games, to understand the movement of the body. -Be able to dance and build repertoire to music and songs. -Interlink the music and dance movements. <p>Dance skills</p> <ul style="list-style-type: none"> -Start to link different movements together. To be able to create short movement pieces. -To be able to start changing speed with actions and movement phases. 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe how the body feels before and after exercising. -Understand how to carry equipment safely. <p>Developing skills</p> <ul style="list-style-type: none"> -Develop fundamental movements in a competent and confident manner. -Perform dance routine using simple patterns. -Confidently master different ways to travel round. <p>Dance skills</p> <ul style="list-style-type: none"> -Copy and repeat action be shown. -Start understanding choreographic devices such as mirroring and canon. -Begin to independently create simple dance movements. <p>Perform/Evaluate</p> <ul style="list-style-type: none"> -Explain what they have done throughout the lesson & how they can improve. 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe how the body feels during exercise. -Discuss what the body needs to start a healthier lifestyle. <p>Developing skills</p> <ul style="list-style-type: none"> - Develop fundamental movements in a competent and confident manner. -Perform dance routine using simple patterns. -Confidently master different ways to travel round. <p>Dance skills</p> <ul style="list-style-type: none"> -Confidently copy and repeat and remember actions shown. -Start to change the level of movements. -Use simple choreographic devices such as mirroring and canon. 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe the effects of exercise on your body. -Understand the important sector when doing exercise. <p>Developing skills</p> <ul style="list-style-type: none"> -start to link action & sequence together to design a routine. -Collaborating with their pupil to a complete level. -Develop strength, flexibility, technique and control. -Be able to explain how to improve their performances. -When performing dance routines, must show movement patterns. <p>Dance skills</p> <ul style="list-style-type: none"> -Start to work with a partner to create a simple dance movements & sequences. 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe how the body reacts and acts in different times before, during and after exercise. -Be confident explaining why exercise id good for them. <p>Developing skills</p> <ul style="list-style-type: none"> -start to link action & sequence together to design a routine. -Collaborating with their pupil to a complete level. -Develop strength, flexibility, technique and control. - Be able to explain how to improve their performances. -When performing dance routines, must show movement patterns. <p>Dance skills</p> <ul style="list-style-type: none"> -Compose a dance routine to reflect the style/music. 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe how the body feels <p>Developing skills</p> <ul style="list-style-type: none"> -start to link action & sequence together to design a routine. -Collaborating with their pupil to a complete level. -Develop strength, flexibility, technique and control. - Be able to explain how to improve their performances. -When performing dance routines, must show movement patterns. <p>Dance skills</p> <ul style="list-style-type: none"> -Confidently repeat and identify movement patterns. -Identify the movements patterns of different dance styles. 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe how the body feels <p>Developing skills</p> <ul style="list-style-type: none"> -start to link action & sequence together to design a routine. -Collaborating with their pupil to a complete level. -Develop strength, flexibility, technique and control. - Be able to explain how to improve their performances. -When performing dance routines, must show movement patterns. <p>Dance skills</p> <ul style="list-style-type: none"> -Identify the movement patterns of different dance styles. -Compose solo dance routines. -As a group design dance movement to chosen dance style.

	<p>Perform/Evaluate</p> <ul style="list-style-type: none"> -Control over the body when performing routines. -perform sequences. -Explain what they have done throughout the lesson. 	<ul style="list-style-type: none"> -perform sequences and routines using different actions & body parts. -Show control when performing. 	<ul style="list-style-type: none"> -Be introduced to unison choreographic. <p>Perform/Evaluate</p> <ul style="list-style-type: none"> -Demonstrate & perform their own routine with co-ordination. -Compete again self-performance and peers. -Explain what they have done throughout the lesson. -Analysis one another's performances. 	<ul style="list-style-type: none"> -Be introduced to simple dance vocabulary to improve work. -In small groups design and compose large sequences. <p>Perform/Evaluate</p> <ul style="list-style-type: none"> -Start to focus on the quality of the technique and movements. -Confidently perform taught skills. -Compare performance against peers to improve personal performances. -explain how their performance has improved and how they are going to improve in the future. 	<ul style="list-style-type: none"> -Improvise confidently with a partner or individually. -In small groups design and compose large sequences. -repeat and identify movement patterns. <p>Perform/Evaluate</p> <ul style="list-style-type: none"> -Fluently perform a routine with sequences and controlled techniques. -Accurately perform skills with expression and emotions. -Watch, describe and analysis performances. 	<p>Perform/Evaluate</p> <ul style="list-style-type: none"> -Design a routine including sequences and patterns to music. -show control and technique when dancing. -Using the criteria evaluate personal performance. -Explain the reasoning of skills and movements chosen in the routine. 	<ul style="list-style-type: none"> -Confidently perform a routine with a range of movement patterns. <p>Perform/Evaluate</p> <ul style="list-style-type: none"> -Start to interlink actions, sequences and movements to create a complex routine. -Link the music to the routine. -Confidently show skills and techniques. -Using criteria evaluate peers' performance. -Using the analyst report explain key parts to improve.
Athletics	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe how the body feels <p>Developing skills</p> <ul style="list-style-type: none"> -shows increasing control over an object in pushing =, patting, throwing, catching or kicking it. -understand special awareness while running. -They move confidently in a range of ways, safely negotiating space. <p>Running</p> <ul style="list-style-type: none"> -Run around using agility and control -Start fun, easy game to become confident running around. <p>Jumping</p> <ul style="list-style-type: none"> -Display different types of jumps in a fun interactive way <ul style="list-style-type: none"> -Long jump -high jump -Triple jump <p>Throwing</p> <ul style="list-style-type: none"> -Throw under arm -Push and roll the ball -Focus on aiming at a target. <p>Evaluate</p> <ul style="list-style-type: none"> -Talk about your performance. -What have the pupils done throughout their lesson -How confidently did they feel the lesson went. <p><u>(Green-confident Yellow-ok or red-Not confidently)</u></p>	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe how the body feels before and after exercising. -Understand how to carry equipment in safe way. <p>Developing skills</p> <ul style="list-style-type: none"> -Master basic movements including running, jumping, throwing and catching. -Develop balance agility and co-ordination. <p>Running</p> <ul style="list-style-type: none"> -Understand different paces and speeds. -To be able to run in a straight line. -Change different directions. <p>Jumping</p> <ul style="list-style-type: none"> -Jump in different types of ways, one-foot, other foot, high knees and two feet. Jump as far as can with control. Land safely when jumping. <p>Throwing</p> <ul style="list-style-type: none"> -Start to be able to throw far away. -Throw under arm with more confidence. -Start to understand how to throw over arm. <p>Evaluate</p> <ul style="list-style-type: none"> -What did the pupils do throughout the lesson? -What could they improve on in next lesson. -How confidently did they feel the lesson went? <p><u>(Green-confident Yellow-ok or red-Not confidently)</u></p>	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe how the body feels during exercising. -Discuss what the body needs to start a healthier lifestyle. <p>Developing skills</p> <ul style="list-style-type: none"> -Master basic movements including running, jumping, throwing and catching. -Develop balance agility and co-ordination. <p>Running</p> <ul style="list-style-type: none"> -Understand different paces when jogging/running distances (100-200m). -Start to complete obstacle courses. -Control your breathing when running. <p>Jumping</p> <ul style="list-style-type: none"> -Combine different jumps with control. -understand what muscles are used when jumping (leg muscles). -Investigate how to develop a long jump. -Control jump, landing on two feet. <p>Throwing</p> <ul style="list-style-type: none"> -Throw different types of equipment in different ways, for accuracy and distance. -Throw with accuracy at targets of different lengths & heights. -Investigate ways to alter their throwing technique to achieve greater distance. <p>Evaluate</p> <ul style="list-style-type: none"> -What could they improve on in next lesson? -Compare each other's performances. -How confidently did they feel the lesson went? <p><u>(Green-confident Yellow-ok or red-Not confidently)</u></p>	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe the effects of exercise on the body. -Understand the important sector when doing exercise. <p>Developing skills</p> <ul style="list-style-type: none"> -Develop flexibility, control, balance and strength. -Start to compare performance, to see improvements to achieve personal bests. <p>Running</p> <ul style="list-style-type: none"> -To introduce the hurdles, focusing on the technique. -Focus on knee, toe action while running. -Understand adjusting pace when running. -Understand why using a technique to run is key. <p>Jumping</p> <ul style="list-style-type: none"> -Focus on take off position when jumping. -Develop an understanding on how to land with control and safety. -control the flight stage of jump. <p>Throwing</p> <ul style="list-style-type: none"> -Demonstrate a push throw & discuss the technique. -focus on the accuracy of an under arm throw. -Throw with control. <p>Evaluate</p> <ul style="list-style-type: none"> -Discuss performances and what skills need to be focused on in the next lessons. -Understand and explain how the performance last session is different to this lesson. 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Describe how the body reacts and acts in different times before, during and after exercise. -Be confident explaining why exercise is good for them. <p>Developing skills</p> <ul style="list-style-type: none"> -Develop flexibility, control, balance and strength. -Start to compare performance, to see improvements to achieve personal bests. <p>Running</p> <ul style="list-style-type: none"> -Confidently be able to sprint multiple distances (100-200m). -Be able to participate in a relay. -To understand how to speed up and slow down. <p>Jumping</p> <ul style="list-style-type: none"> -To be taught how to hop, skip and jump (focus on triple jump). -Land safely. -Start to measure and compare different jumps. <p>Throwing</p> <ul style="list-style-type: none"> -Focus on the distance of throwing. -be able to measure the distance of throwing. -Start to develop skills for push throw. <p>Evaluate</p> <ul style="list-style-type: none"> -Confidently explaining what skills and technique is used when throwing. -In partners discuss and compare distance and techniques. 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Know the reason why warming up your body is key. -Describe what elements of safety is needed when exercising. <p>Developing skills</p> <ul style="list-style-type: none"> -Develop flexibility, control, balance and strength. -Start to compare performance, to see improvements to achieve personal bests. <p>Running</p> <ul style="list-style-type: none"> -Focus on starting position to accelerate start off. -practice running technique. -Understand how technique can affect a sprint. <p>Jumping</p> <ul style="list-style-type: none"> -Improve technique of a long jump. -Perform confidently the long jump. -Land safely on a triple jump. -Measure height and distance of jumps. <p>Throwing</p> <ul style="list-style-type: none"> -Be confident demonstrating a fling throw. -To be able to explain the reasoning of the technique of each throw. -confidently measure and compare throws. <p>Evaluate</p> <ul style="list-style-type: none"> -Using the criteria measure peers' performance. -To be able to explain which technique and skills were used. 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Understand the reasoning of why warming up and cooling down is important. -Understand the wellbeing and mentality of exercise. <p>Developing skills</p> <ul style="list-style-type: none"> -Develop flexibility, control, balance and strength. -Start to compare performance, to see improvements to achieve personal bests. <p>Running</p> <ul style="list-style-type: none"> -Recap running while using skills confidently. -Be able to compete against peers in sprint, hurdles and long distances. -Confidently show stamina when competing in long distances and relay. <p>Jumping</p> <ul style="list-style-type: none"> -Start focusing on the technique when performing the vertical jump. -Confidently measure partners jump. -Control different stages of the triple jump. <p>Throwing</p> <ul style="list-style-type: none"> -In groups measure each others throws. -Develop and show skills of throws by improving distance and technique. <p>Evaluate</p> <ul style="list-style-type: none"> -To be able to evaluate personal performance and group. -Discuss in groups what improvements are needed.
Outdoor Adventures/ Swimming				<p>Health & Fitness</p> <ul style="list-style-type: none"> -Understand the importance of physical activity. -Why it is important to w-up & cool-down. <p>Developing skills</p> <ul style="list-style-type: none"> -During outdoor adventurous pupils will be still focusing on skills & technique used in different topics. 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Explain why the body acts different throughout the exercise. -Confidently explain reason for cooling down. -Give key facts why exercise is good for your health. <p>Developing skills</p>	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Explain & discuss reasons for warming up & cooling down in a confident manner. -Explain safety principals during the activity. <p>Developing skills</p> <ul style="list-style-type: none"> -During outdoor adventurous pupils will be still focusing on 	<p>Health & Fitness</p> <ul style="list-style-type: none"> -Take a w-up & cool down with guidance & support. -Explain the safety procedures when taking w-up. -Explain how you can become healthier. <p>Developing skills</p> <ul style="list-style-type: none"> -During outdoor adventurous pupils will be still focusing on skills

				<p>-Developing teamwork (communication). -Take part in different outdoor challenges & games. -Help one & another reach their personal best.</p> <p>Trails -Be confident using orientate skills. -Accurately follow trails.</p> <p>Problem Solving -Use effective communication skills to discuss positive outcomes. -Understand symbols used on a key.</p> <p>Preparation & organisation -Confidently identify needed equipment for the task ahead. -Delegate within teams key roles.</p> <p>Communication -Confidently ask each other for help. -Understand different ways of communication (speech, body or codes)</p> <p>Perform/Evaluate -Complete a task in the time that has been given. -Evaluate performances & discuss, positives & negatives.</p>	<p>-During outdoor adventurous pupils will be still focusing on skills & technique used in different topics. -Developing teamwork (communication). -Take part in different outdoor challenges & games. -Help one & another reach their personal best.</p> <p>Trails -Orientate in teams a short trail. -Confidently design a short trail course for others to do.</p> <p>Problem Solving -Using key positive communication skills clearly explain plan with teammates. -Confidently understand the role within the challenge that has been given.</p> <p>Preparation & organisation -Discover different types of equipment to successfully complete challenge given. -As a group make a decision in a calm & professional manner.</p> <p>Communication -Use clear voices & eye contact with communicating with teammates. -Work as a team.</p> <p>Perform/Evaluate -Complete an orienteering course individually & as a team. -Evaluate each performances, to discuss positives & negatives. -How to modify skills to create a better performance.</p>	<p>skills & technique used in different topics. -Developing teamwork (communication). -Take part in different outdoor challenges & games. -Help one & another reach their personal best.</p> <p>Trails -Confidently orientate themselves around the short course. -Challenge others by design their own orienteering course. -Start to use navigation equipment to help with the trail.</p> <p>Problem Solving -Understand the different communication & task with different roles throughout the team. -Complete the course as an individual & as a team.</p> <p>Preparation & organisation -Confidently pick the correct equipment for the outdoor activity & explain why? -Design a plan to help lead your team. -Create a plan with your team, comparing your design.</p> <p>Communication -Work effectively as part as a team. -Discuss reasoning for using compass navigation.</p> <p>Perform/Evaluate -confidently & accurately complete a short orienteering course. -Compete against your time to complete a course.</p>	<p>& technique used in different topics. -Developing teamwork (communication). -Take part in different outdoor challenges & games. -Help one & another reach their personal best.</p> <p>Trails -Confidently complete the orienteering course under pressure. -Design an orienteering course challenging but clear for others to follow. -Use navigation equipment to help improve trail (map/compasses).</p> <p>Problem Solving -Confidently take any role & demonstrate it well. -Be able to complete an orienteering course part of a team & individually. -Use different skills throughout task e.g. Map reading.</p> <p>Preparation & organisation -Confidently pick the equipment for outdoor activity under pressure. -As an individual create an orienteering course for others to follow. -Create an event for others to compete in.</p> <p>Communication -Keep speech calm & easy to understand with pressure. -Keep communication clear & accurate. -Explain next decision & instruction clearly. -Lead an event.</p> <p>Perform/Evaluate -To be able to complete an orienteering course more than once & in confidence. -Display an effective evaluation for individual & team. -Understand feedback been given & understand the improvements for next time.</p>
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