



## Purpose of Study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

## Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

## Key stage 1 subject content

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Topic	Rugby (Invasion game)	OAA	Football (Invasion game)	Gymnastics	Hockey (invasion game)	Fitness	Basketball (Invasion game)	Dance	Dodgeball (Target game)	Cricket (Striking and fielding)	Tennis (Net and wall)	Athletics
Prior EYFS Learning	Revise and refine the fundamental movement skills they have already acquired rolling, crawling, walking, jumping, running, hopping, skipping, climbing	Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.  Draw information from a simple map	Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.  Revise and refine the fundamental movement skills they have already acquired rolling, crawling, walking, jumping, running, hopping, skipping, climbing	Spin and roll  Revise and refine the fundamental movement skills they have already acquired rolling, crawling, walking, jumping, running, hopping, skipping, climbing	Revise and refine the fundamental movement skills they have already acquired rolling, crawling, walking, jumping, running, hopping, skipping, climbing	Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.  Revise and refine the fundamental movement skills they have already acquired rolling, crawling, walking, jumping, running, hopping, skipping, climbing	Revise and refine the fundamental movement skills they have already acquired rolling, crawling, walking, jumping, running, hopping, skipping, climbing	Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.  Revise and refine the fundamental movement skills they have already acquired rolling, crawling, walking, jumping, running, hopping, skipping, climbing	Revise and refine the fundamental movement skills they have already acquired rolling, crawling, walking, jumping, running, hopping, skipping, climbing	Revise and refine the fundamental movement skills they have already acquired rolling, crawling, walking, jumping, running, hopping, skipping, climbing	Revise and refine the fundamental movement skills they have already acquired rolling, crawling, walking, jumping, running, hopping, skipping, climbing	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.	Revise and refine the fundamental movement skills they have already acquired rolling, crawling, walking, jumping, running, hopping, skipping, climbing	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.	Progress towards a more fluent style of moving, with developing control and grace.	Progress towards a more fluent style of moving, with developing control and grace.	Progress towards a more fluent style of moving, with developing control and grace.	Progress towards a more fluent style of moving, with developing control and grace.	Progress towards a more fluent style of moving, with developing control and grace.	Progress towards a more fluent style of moving, with developing control and grace.	Progress towards a more fluent style of moving, with developing control and grace.	Progress towards a more fluent style of moving, with developing control and grace.
	Combine different movements with ease and fluency.	Progress towards a more fluent style of moving, with developing control and grace.	Progress towards a more fluent style of moving, with developing control and grace.	Combine different movements with ease and fluency.	Combine different movements with ease and fluency.	Combine different movements with ease and fluency.	Combine different movements with ease and fluency.	Combine different movements with ease and fluency.	Combine different movements with ease and fluency.	Combine different movements with ease and fluency.	Combine different movements with ease and fluency.	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.	Progress towards a more fluent style of moving, with developing control and grace.	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.	Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.	Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.	Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.	Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.	Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.	Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.	Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.	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.	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.	Develop overall body-strength, balance, co-ordination and agility.	Develop overall body-strength, balance, co-ordination and agility.	Develop overall body-strength, balance, co-ordination and agility.	Develop overall body-strength, balance, co-ordination and agility.	Develop overall body-strength, balance, co-ordination and agility.	Develop overall body-strength, balance, co-ordination and agility.	Develop overall body-strength, balance, co-ordination and agility.	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 overall body-strength, balance, co-ordination and agility.	Develop overall body-strength, balance, co-ordination and agility.	Negotiate space and obstacles safely with consideration for themselves and others	Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming	Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming	Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming	Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming	Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming	Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming	Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming	Negotiate space and obstacles safely with consideration for themselves and others
	Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	Negotiate space and obstacles safely with consideration for themselves and others	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.	Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	Negotiate space and obstacles safely with consideration for themselves and others	Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	Negotiate space and obstacles safely with consideration for themselves and others	Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	Negotiate space and obstacles safely with consideration for themselves and others
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# Girlington Primary School P.E Curriculum

## Year 1

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Topic	Rugby (Invasion game)	OAA	Football (Invasion game)	Gymnastics	Hockey (invasion game)	Fitness	Basketball (Invasion game)	Dance (Lion King)	Dodgeball (Target game)	Cricket (Striking and fielding)	Tennis (Net and wall)	Athletics
National Curriculum Subject Content												
<b>Fundamental Movements</b>  master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Throw and catch a rugby ball to themselves and others.  Improve movement skills whilst moving with the ball in two hands.	Move in different directions and a variety of different ways.  Develop fundamental movement skills, becoming increasingly confident and competent.  Explore different ways to use and move with a ball. Show control of a ball with basic actions.  Send/ pass a ball and successfully catch/stop a ball.	Move fluently, changing direction and speed and stopping.  Develop fundamental movement skills, becoming increasingly confident and competent, moving safely using changes of speed, level, and direction.  Explore different ways to use and move with a ball. Show control of a ball with basic actions.  Send/ pass a ball and successfully catch/stop a ball.	Develop fundamental movement skills, becoming increasingly confident and competent, moving safely using changes of speed, level, and direction.  Develop agility, balance, and coordination.	Explore different ways to use and move with a ball. Show control of a ball with basic actions.  Send/ pass a ball and successfully catch/stop a ball.  Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed.	Improve speed, agility and stamina.  Develop the jumping technique safely and while moving at speed.  Explore and practice a variety of different movements and fitness techniques.	Understand the concept of moving to get in line with the ball.  Explore different ways to use, move and send the ball.  Develop skills such as sending an object to a target, catching, receiving, rolling, pushing, throwing and basic ball control.  Demonstrate a basic understanding of underarm throwing action with control and accuracy	Move confidently and safely in your own and general space, using changes of speed, level and direction.	Develop fundamental movements becoming increasingly confident  Show control of a ball with basic actions  Develop and practise ball handling skills  Move the ball in different ways, practising throwing using overarm and underarm techniques.  Roll a ball with some accuracy.	Move fluently, changing direction and speed and stopping.  Show basic control of a ball including when striking a ball  Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it.	Move fluently changing direction and speed  Explore different ways to use and move with the ball – showing control with simple actions  Basic control when striking a ball  Send/pass a ball developing throwing technique  Develop receiving technique and understand concept of moving to get in line to receive it	Show a basic level of control, coordination and consistency when running  Explore and practice a variety of movements including running, jumping and throwing techniques  Experiment with different jumping techniques, showing control, coordination and consistency  Develop the overarm throw technique, throwing accurately towards a target  Practice the underarm throw technique aiming towards a target showing increased control
<b>Team Games</b>  participate in team games, developing simple tactics for attacking and defending	Understand who the attackers and who the defenders are.  Decide when to pass and when to run.  Play simple tag rugby games understanding the rules of the game.  Learn how to tag.		Use skills in different ways when playing games.  Recognise space in games and use it to your advantage.		Use skills in different ways when playing games.  Recognise space in games and use it to your advantage.	Take turns in teams.	Receiving (stopping and catching) and passing on to a different person  Apply skills and tactics in skill based games  Recognise space in games and how to use it to your advantage when attacking  Moving in line to defend			Apply skills and tactics in simple games, including recognizing space and using it to your advantage.		
<b>Performance</b>  using simple moving patterns				Perform basic gymnastic actions, including travelling, rolling, jumping, and staying still.  Combine different ways of travelling exploring a range of movements and shapes.  Create linked movement phrases with beginning, middle and ends.  Perform movement phrases using a range of different body actions and body parts.		Improve and develop coordination, control and balance, and negotiate space.		Recognise beats in music  Respond imaginatively to a range of stimuli.  Perform movement phrases using a range of different body actions and body parts – with control and accuracy.  Create linked movements, combining different ways of travelling, with beginnings, middles and ends.				
<b>Co-operative Physical Activities</b>		Introduction to a compass and directions N, S, E, W  Understand how communication can help to solve problems with others.  Work independently, as well as cooperatively in small groups.  Participate in games following rules and playing fairly.  Begin to plan how to solve problems.  Understand risk and how to stay safe  Participate in competition with others, completing a simple orienteering event.										
<b>Health</b>	Understand that warming up is an important part of a PE lesson to prepare safely for exercise	Understand risk and how to stay safe	Describe what it feels like to breathe during exercise		Understand why being active and playing games is good for you	Discuss healthy & unhealthy foods, and why eating well is good for you.  Understand the benefits of regular exercise	Describe why being active and playing games is good for you	Describe what it feels like to breathe during exercise  Understand why being active and playing games is good for you	Understand and describe changes to their heart rate when playing a games	Understand why being active and playing games is good for you	Understand why being active and playing games is good for you	
<b>Citizenship</b>	Recognise successful and unsuccessful techniques.	Understand how communication can help to solve problems with others  Work independently, as well as cooperatively in small groups	Describe what they have done or seen others doing	Describe what you have done or seen others do.	Describe what you have done, or seen others doing.	Take turns in teams.		Describe what they have done or seen others doing	Talk about and develop movement skills needed in games  Recognise what is successful.		Describe what you have seen others doing  Engage in cooperative physical activity	Recognise successful and unsuccessful techniques.  Show good sportsmanship when taking part in a throwing competition



# Girlington Primary School P.E Curriculum

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Topic	Rugby (Invasion game)	OAA	Football (Invasion game)	Gymnastics	Hockey (Invasion game)	Fitness	Basketball (Invasion game)	Dance (Lion King)	Dodgeball (Target game)	Cricket (Striking and fielding)	Tennis (Net and wall)	Athletics
Activities	<p>Introduction</p> <p>Ball exploration games and how to hold and run with ball</p> <p><u>Passing and moving</u></p> <p>Pairs and circle passing using different ways to pass the ball and receiving technique</p> <p>Square pass and move</p> <p><u>Tagging</u></p> <p>Tag belt familiarisation</p> <p>Tig style games using tags</p> <p><u>Passing and simple tactics</u></p> <p>Directional passing in teams</p> <p><u>Simple decision making</u></p> <p>1v1, 2v1 attack vs defence</p> <p><u>Simple games</u></p> <p>Small sided games</p>	<p>Funny faces – using equipment recreate face picture cards</p> <p>River rescue – stepping stones work as team to collect equipment</p> <p>DVD game – move on commands, play pause rewind fast-forward stop</p> <p>Captains on deck instructional game</p> <p>Parachute games (sharks, crocodiles, cat and mouse, ripples, up and over, parachute fly, rollerball, weather forecast, head shoulder knees and toes, two ball, fruit basket)</p> <p>Keywords tunnel game (make tunnel with hands pair whose keyword is called run around and through tunnel)</p> <p>Follow the leader</p> <p>Scavenger hunt – work as team finding your colour equipment, teamwork and safety</p> <p>Cardinal points instruction game</p> <p>Match the map symbols – team to find all 'human features' hidden under cones</p> <p>Compass challenge – take 5 steps north and 10 west etc follow and set</p> <p>Obstacle course</p> <p>Picture orienteering</p>	<p>On the Marker – movements on the spot</p> <p>Group numbers game</p> <p>Truck and Trailer – agility and reaction follow leader varying movements</p> <p>Directions game, change direction, stop, ball/beanbag leave and collect, touch floor, jump, find a space etc.</p> <p>Ball manipulation hands then feet</p> <p>Relays hands and feet</p> <p>Dribbling through the gates</p> <p>attacking and defending principles - 1v1 rolling and kicking to exploit space get ball past opponent</p>	<p>Spot balance</p> <p>Traffic lights (colour cone signal balance, hold a shape, find a partner, move on stomach etc progression-multiple cones to link movements and balances</p> <p>Key shapes – straight, star, tuck, dish, arch and mat game</p> <p>Linking shapes and levels e.g. straight to star high (stood up) tuck to dish (low to floor)</p> <p>Spot forwards backwards sidesteps</p> <p>Linking different ways of travelling</p> <p>Progression of balances – fewer points of contact and linking balances with same points of contact</p> <p>Develop sequence with start shape, 2 linked movement and finishing shape</p>	<p>Catch your colour - coordination agility</p> <p>Leave collect swap</p> <p>Around it goes- moving ball with hands around body</p> <p>Balancing ball different body parts</p> <p>How many? Competitions with self and others throw and catch</p> <p>Put it in a space – on command children to find space and place ball</p> <p>Numbers group game</p> <p>Colour finder – on command touch colour cone</p> <p>Through the gate – how to hold stick, discussion about what they see others doing</p> <p>1v1 score a goal – attack principle shoot for space, defend get in line to block</p>	<p>Speed and agility:</p> <p>Animal yard- tig crossing game</p> <p>The swamp-running and jumping game</p> <p>Relay races</p> <p><u>Jumping:</u></p> <p>Animal jump – variety of jumping styles frog crouch jump, dolphin half turn etc</p> <p>Hurdle mania – 1 child jump as many hurdles other counts</p> <p>Obstacle course</p> <p><u>Balance control and coordination:</u></p> <p>Colour cone run</p> <p>Partner challenge – how many stations can you get round</p> <p>Obstacle relay races</p> <p><u>Turn taking:</u></p> <p>Stepping hoop relay</p> <p>Colour collect – relay to collect your colour equipment</p> <p><u>Speed and stamina:</u></p> <p>Food groups – on command run to healthy/unsure or unhealthy section</p> <p>Colour cone sequence</p> <p>Slalom running</p> <p><u>Circuit:</u></p> <p>Speed bounce</p> <p>Circuit relays</p> <p>Body parts – on command touch cone with that body part</p>	<p>Introduction</p> <p>Ball manipulation</p> <p>Key skills 1v1</p> <p><u>Ball familiarisation</u></p> <p>Rolling ball – cooperatively</p> <p>Ball exploration – bouncing on spot 2 hands, 1 hand, 1 hand to other</p> <p>Balance the ball on different parts of hands and body – view and describe others</p> <p>Partner 'copycat' ball manipulation describe what you have done and tips to help partner</p> <p>Swap, roll, bounce</p> <p>instructions game</p> <p><u>Ball control</u></p> <p>Ball dribbling and bouncing trying to beat personal best</p> <p><u>Passing: throwing and catching</u></p> <p>Self-throw and catch</p> <p>Pairs and teams rolling to bouncing to throwing to develop receiving and passing techniques as well as developing turning to pass in another direction</p> <p><u>Simple games</u></p> <p>Skill based games - Rob the nest</p> <p>Number instructional game</p> <p>Empty your goal</p> <p><u>Final lesson</u></p> <p>Simon says</p> <p>attacking and defending principles - 1v1 2v2 rolling and throwing exploiting space to get ball past opponent</p>	<p>Introduction to music beats and clapping</p> <p>Moving like animals as individual, group and class</p> <p>Performing in unison using beat counts</p> <p>Learning sections of dance to contribute to overall performance</p> <p>Final performance</p>	<p>Cars – instructional movement game</p> <p>Pairs cone target – rolling, bouncing underarm throw</p> <p>Smash it – throwing downwards (smash throw) to target lines</p> <p>Dodge it – 3s 1 person in middle dodging rolling bouncing throwing</p> <p>Doctor dodgeball – variation of dodgeball</p> <p>Find a goal</p> <p>Inside out – team on outside striking team on inside till all inside are outside</p> <p>Stop the ball – through gates focus on getting in line and stopping moving ball</p> <p>River ball – if ball lands over, pupil can swim across</p> <p>Crab ball – moving like crabs try get most balls in opponents half</p> <p>Bowling square – roll ball to hit pupil pins</p>	<p>Tail tig</p> <p>Ball manipulation</p> <p>Instructional games</p> <p>Find the hoop – bounce and catch</p> <p>Roll it goal-roll ball past partner attack and defend</p> <p>Roll it – roll various</p> <p>equipment swapping on command</p> <p>Through the gate rolling accuracy and stopping</p> <p>Batting – how to hold bat, forward swing</p> <p>Place the shot- hit ball off tee aiming for gate,</p> <p>fielders and feeder return ball</p> <p>Beanbag cricket throwing and fielding</p>	<p>Beanbag tennis – throwing into hoop and defending</p> <p>Find the hoop – how to hold and use racket, flat hit up and into hoop</p> <p>Ball and racket challenges, egg and spoon, keep ups, balance on handle etc</p> <p>Play shots – throwing with given number of bounces progress to rackets</p> <p>Hit the target – beanbags into hoops</p> <p>Throwing tennis – small court cooperative rallies 1v1 2v2 beanbag tennis throwing to hoops/space</p>	<p>Introduction</p> <p>Comparing good and bad techniques and discussion</p> <p><u>Co-ordination and movement</u></p> <p>Co-ordination, reaction and agility games – touch the colour cone, collect the cones and relay races</p> <p><u>Running</u></p> <p>Relay races – running techniques to compare times</p> <p>Relay races to focus on hurdle technique</p> <p>Relay race shuttles to focus on agility and change of direction - running, skipping, hopping etc</p> <p>Treasure chest game – collecting equipment for your chest</p> <p><u>Jumping</u></p> <p>Standing long jump exploration and technique</p> <p>Animals variation of jumping game</p> <p>Pairs catching and cone target game</p> <p><u>Throwing</u></p> <p>Catch – throw and catch practice</p> <p>Star throw – aim for partner's star</p> <p>Hoop targets close, middle and far</p> <p><u>Overarm throwing</u></p> <p>Technique exploration and competition against self and others</p> <p>'Tidy the room' game</p>
Vocabulary	<p>• Attack • Belts • Catch • Defend • Pass • Run • Space • Target • Throw • Try</p>	<p>• Teamwork • Together • Compass • Map • Route • Directions • Safety • Orienteering • Problem solving • Challenge</p>	<p>• Ball Control • Control • coordination • Direction • Dribble • Movement • Partner • Rules • Space</p>	<p>• Arch • Balance • Backwards • Direction • Straight • Dish • Explore • Forwards • High • Low • Travelling • Individual • Jump • Key Shape • Level • Tuck • Linking • Movement • Sequence • Shapes</p>	<p>• Aim • Balance • Control • Ball • Movement • React • Dribble • Space • Speed • Stick</p>	<p>• Jump • Land • Space • Hurdle • Control • Balance • Forfeit • Movement • Stretch • Speed • Stamina • Balance</p>	<p>• Aim • Ball control • Bounce • Throw &amp; catch • Close • Control • Describe • Dribble • Explore • Pass • Roll • Swap • Ready • Skills • Team work</p>	<p>• Actions • Copy Dance • Move • Beat • Count • Direction • Performance • Character • Create • Imagination • Position</p>	<p>• Accuracy • Aim • Ball Control • Bounce • Control • Hands ready • Heart • React • Roll • Rolling • Rules • Scoring • Smash • Success • Target • Teamwork</p>	<p>• Aim • Backwards • Ball • Control • Bat • Bounce • Catch • Direction • Feeder • Forwards • Free space • Grip • Left and right • Stop • Movement • Score • Space •</p>	<p>• Aim • Balance • Bounce • Move • Experiment • Ball control • Move • Racket • Receive Roll • Score • Send • Swing • Throw • Underarm</p>	<p>• Coordination • Balance • Landing • Movement • Teamwork • Improve • Aim • Measure • Throw • Target • Jump</p>



# Girlington Primary School P.E Curriculum

## Year 2

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Topic	Rugby (Invasion game)	OAA	Football (Invasion game)	Gymnastics	Hockey (invasion game)	Fitness	Basketball (Invasion game)	Dance (Thriller)	Dodgeball (Target game)	Cricket (Striking and fielding)	Tennis (Net and wall)	Athletics
National Curriculum Subject Content												
<b>Fundamental Movements</b>  master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Develop control and accuracy when throwing and catching a rugby ball.  Successfully beat a defender.  Begin to understand and develop correct technique of passing the ball.		Pass a ball with control.  Show control when moving, changing speed and direction, both with and without a ball.  Develop fundamental movement skills, becoming increasingly confident and competent.  Perform a variety of skills keeping the ball under control.		Perform a range of skills with control of the ball. Pass a ball with control and increasing accuracy and consistency.  Pass a ball with control and increasing accuracy and consistency.  Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed – with and without a ball.	Improve speed, agility and stamina  Develop the safe jumping technique to gain height and distance  Explore and practice a variety of movements and fitness techniques  Complete exercise with good technique and focus, and with good energy	Throw and catch the ball with increasing control, and throw the ball in different ways e.g. fast, slow, high, low (mastering basic throwing technique).  Perform a range of actions with the ball keeping it under control.	Perform a range of actions and simple movement patterns with control and coordination.  Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.  Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.	Develop movement skills relevant to games i.e. dodging.  Develop catching and striking skills.  Pass/Send a ball, with increasing control, at different speeds – fast/low	Develop fundamental movement skills, becoming increasingly confident and competent.  Perform a range of actions with control including catching, gathering, and hitting a ball with increasing accuracy.  Throw/hit a ball in different ways e.g. high, low, fast, slow.	Use and move with a tennis racket with control.  Perform a range of actions including catching/ gathering skills and sending/passing with control  Throw/ hit a ball in different ways e.g. high, low, fast, slow	Understand the variety of correct running techniques.  Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.  Begin to evaluate and improve own performance.  Explore and practice a variety of athletic movements and apply athletic skills and techniques to a variety of activities.  Develop coordination and balance whilst exploring different running, jumping, and throwing techniques.  Begin to show control, coordination, and consistency when running at speed.  Develop a range of jumping techniques.  Develop the underarm and pull throw technique.
<b>Team Games</b>  participate in team games, developing simple tactics for attacking and defending	Develop understanding of tag rugby and participate in small games.  Use simple tactics in game situations.  Begin tagging players in game situations.		Participate in team games – showing good awareness of others		Understand and follow the rules of the game.  Choose and use simple tactics to suit different situations in small sided games.  React to situations in ways that make it difficult for opponents.	Work well as a team	Show good awareness of others when playing games.  React to situations to make it difficult for opponents – using simple tactics.		Engage in competitive physical games, employing simple tactics.  Develop problem solving and decision-making strategies	React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points.  Show good awareness of others when playing games.	Understand and follow the rules of the game.  Engage in competitive physical activities (both against self and against others).  Choose and use skills and simple tactics to suit different situations – showing good awareness of others.	
<b>Performance</b>  using simple moving patterns				Perform a range of actions with control and confidence.  Explore, remember, and repeat a range of gymnastic actions with control, precision, and coordination.  Form simple sequences of different actions, using the floor and a variety of apparatus.  Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another  Develop agility, balance, and coordination.		Develop control, balance and coordination when completing a variety of tasks		Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.  Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.  Describe phrases and expressive qualities.				
<b>Co-operative Physical Activities</b>		Begin to problem solve with others.  Understand what a compass is used for and be able to use the direction points.  Has knowledge of safety rules and procedures for taking part in orienteering events.  Introduction to map reading. Be able to use some basic features on a map to select and plan a route.  Work well in big groups, sharing, taking turns, and cooperating with others. Begin to understand the competitive side of orienteering and take part in a picture orienteering event.  Meets challenges effectively working as part of a team.										
<b>Health</b>			Understand and describe changes to your heart rate when playing a game.	Understand and describe changes to your heart rate when playing a game.	Understand and describe changes to your heart rate when playing a game	Discuss healthy & unhealthy foods, and why eating well is good for you.	Begin to understand the importance of preparing safely and carefully for exercise – warming up/down  Understand and describe changes to your heart rate when playing a game.	Begin to understand the importance of warming up	Begin to understand the importance of preparing safely for exercise – warming up.	Begin to understand the importance of preparing safely for exercise – warming up.	Begin to understand the importance of preparing safely and carefully for exercise – warming up.	
<b>Citizenship</b>		Work well in big groups, sharing, taking turns, and cooperating with others. Begin to understand the competitive side of orienteering and take part in a picture orienteering event.  Begin to problem solve with others.  Meets challenges effectively working as part of a team.	Recognise what is successful. Use actions and ideas you have seen to improve your own skills.	Watch and describe a performance accurately	Watch and describe a performance accurately. Recognise what is successful.	Work well as a team.	Show good awareness of others when playing games	Watch and describe a performance accurately and recognise what is successful  Work individually and with others.	Describe what you have done, or seen others doing.	Recognise what is successful.  Show good awareness of others when playing games.	Watch and describe a performance accurately. Use actions and ideas you have seen to improve your own skills.  Engage in cooperative physical activity	Begin to evaluate and improve own performance.



# Girlington Primary School P.E Curriculum

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Topic	Rugby (Invasion game)	OAA	Football (Invasion game)	Gymnastics	Hockey (Invasion game)	Fitness	Basketball (Invasion game)	Dance (Thriller)	Dodgeball (Target game)	Cricket (Striking and fielding)	Tennis (Net and wall)	Athletics
Activities	Tag games using tags – collect as many as possible and tails  Stuck in the mud (without tags holding rugby balls)  Rats and rabbits directional tag game on command  Holding ball and passing recap  Circle catch and race – on whistle player with ball passes then has to run around circle beating ball  Run the gauntlet – defender stay on lines attack to get past and score try (hands on ball when touched ground)  Directional passing in teams  Defender in the middle  1v1 and 2v1 attack vs defence  2v1, 3v1 and 3v2 attacking overloads  Small sided games	Funny faces – using equipment recreate face picture cards  River rescue – stepping stones work as team to collect equipment  Parachute games (sharks, crocodiles, cat and mouse, lilies, up and over, parachute fly, rollerball, weather forecast, head shoulder knees and toes, two ball, fruit basket)  Slow motion sports  Cardinal points instruction game  Match the map symbols – team to find all 'human features' hidden under cones  Compass challenge – take 5 steps north and 10 west etc follow and set  Obstacle course  Picture orienteering	Fast feet – cones in a line zigzags, 1 in each, 2 in each, 2 forwards 1 back etc  Move from marker directions instruction game  Follow the leader  Through the gates – dribbling ball competition against self  Through the gates in pairs  Stop on signal  Beat the ball circle game throwing then passing with feet  Dribbling – different parts of feet, do you know any tricks  Turns – experiment with turning discussion about any you have seen others doing 180 degrees teach drag back  Empty your goal – dribble balls into opponent's goal return to collect other from your goal  Passing pairs – correct part of foot to pass and receive  3v1 attack over load  Dribbling relays  3v1 score by ball touching cone game, throwing progress to passing with feet	Copy cats – pairs on the spot  Add a part – groups of 6 add to previous shape travel roll or jump  Key shapes – recap yr 1 (straight, star, tuck, dish, arch) and learn straddle and pike and mat game  Link shapes together – high medium low  How to land  Animals – different movements different speeds  Travelling on apparatus – linking movements over and under  Individual balances – arch, front support and crab and create own balances with given points of contact  Partner balances  Linking balances – perform one learnt balance followed by another  Funny walks  Key shapes instructional game  Link shapes and balances  Individual sequence with 4 elements then team up with partner to combine 8 elements – floor progress to apparatus	Develop running technique  Moving in different directions  How to hold stick  Follow the path  Stop on signal  Colour connector – on command find that colour – using hands progress to hockey dribble  Through the gates  Ball carry relays  Empty your goal – using hockey sticks dribble balls into opponent's goal return to collect other from your goal  Passing pairs – sending and receiving  Through the gates- dribbling and pass through gate to partner  Follow the leader – first person dribbles on command leaves ball and runs to back  3v1 throwing progress to hockey sticks discussion of evaluation star something good wish something to improve	<u>Speed and agility:</u> Arm and leg tag Animal yard Volcano crossing – jumping game Relay races  <u>Balance and coordination:</u> Fridge loads and fish multi role tag game Hurdle mania Obstacle course  <u>Balance control and coordination:</u> Cardio corners Partner challenge Challenge relay  <u>Team work</u> Ice bergs – on call of number, children to get on mat with that number of people  Speed relays  Hoop mania collect your colour and return to hoop  <u>Speed and Stamina</u> Food groups – teacher holds food and children run to healthy, unsure or unhealthy Sprint studies Wacky laps – complete each lap in a different way  <u>Fitness relays</u> Double speed bounce Fitness relay, run out and complete exercise on card at each cone	Ball manipulation – moving bouncing ball different hands, find a partner  3v1 can't move with ball score by tapping ball on a cone  Balance the ball and throw catch challenges  Number fun – number instructional game  Cannon ball – throw balls to force beach/gym bigger ball over opponents' line  Through the gates  Bowls – player closest to the marker wins  Developing chest pass in pairs  Beat the ball – circle game one person runs round to try beat ball round  Get in line – rolling bouncing throwing  3v1 netball	Introduction to music beats and clapping  Creatures of the night – move as goblins, ghosts, zombies, bats  Performing in unison and cannon  Learn sections to dance – always stay in character, importance of silent performing, beat counting, listening for cues in music  Groups choreograph their own dance to last 30 seconds  Smash it – throwing downwards (smash throw) to target lines  Rescue mission – tag game with rescuers on outside who throw ball to rescue players stuck in the mud  Dodgeball tag  Quick movements – run, throw catch dodge activity  Modified dodgeball – out if the ball hits them directly or rolls or bounces and hits them  High 5 dodgeball – pairs have to run from opposite sides, high five and return without being hit by throwers  Down the alley – special awareness, team work throwing and dodging  Doctor ball  Zombie ball – progression from year 1 doctor dodgeball	Think fast – 3 lives dodgeball tag game  Zombie ball – progression from year 1 doctor dodgeball  Target practice – roll and throw to hit cones  River ball – progression from year 1 introductions of ducks and dams.  Smash it – throwing downwards (smash throw) to target lines  Rescue mission – tag game with rescuers on outside who throw ball to rescue players stuck in the mud  Dodgeball tag  Quick movements – run, throw catch dodge activity  Modified dodgeball – out if the ball hits them directly or rolls or bounces and hits them  High 5 dodgeball – pairs have to run from opposite sides, high five and return without being hit by throwers  Down the alley – special awareness, team work throwing and dodging  Doctor ball  Zombie ball – progression from year 1 doctor dodgeball	Balance the ball  Circle catch  The long barrier stopping technique  Underarm throw technique  Drop the ball Catch your own  On your knees – 3 lives 1 knee, 2 knees 3 and out  Hit the stumps target practice  How to hold the bat with correct grip  Playing a shot – progression from year 1 drop bowling not tee shot  Over the line – points scored depending which line – fielder to collect  3 to collect – timed fielding  Junior kick ball – kick cricket  Cricket rounders- circle of cones 3 hits to score as many points 1 point for each cone  The longest rally – times cooperative rallies with different partner  Score the game- learning rules and scoring  1 hitter 1 catcher – 2v2 try to get ball to bounce twice on opponents side	Find the hoop racket and ball  balance on command drop into hoop and back onto racket  Meet the challenge – partner challenge egg and spoon, keep up flip flops etc  1 hitter 1 catcher – 2v2 try to get ball to bounce twice on opponent's side  Play shots – in pairs one throw then with racket – given number of bounces  No racket – tennis game throwing and catching, can bounce twice three times is point to opponent as well as hitting nets or out of court  Pairs receiving the ball  Throwing round robin – throw and run to back of opposite line  Cooperative rally throwing and catching  Cricket rounders- circle of cones 3 hits to score as many points 1 point for each cone  The longest rally – times cooperative rallies with different partner  Score the game- learning rules and scoring  1 hitter 1 catcher – 2v2 try to get ball to bounce twice on opponents side	Running  Running, jumping throwing recap and development  Follow the leader – movement, agility and reactions  Rights vs wrongs – 2 teams 1 team putting coloured equipment in right coloured hoop one team putting in wrong coloured hoop  On and under – same principle as above but with ball on/under cones  Relay races focusing on further developing running technique  Relay races with additional movements e.g. star jumps and more emphasis on competition.  Team jump competition – jump from where previous person landed  Throwing  Developing underarm throw technique  Learn pull throw technique  Underarm throw competition  Pull throw competition  Long distance running – how many shuffles in 1 minute  Chase the snake – circle run head of snake runs around to join back – 3 teams first team to have all member complete the run wins  Track relays
Vocabulary	Tag • Belts • Target • Pass • Catch • Space • Attack • Run • Trick • Defend • Try • Target • Dodge • Teamwork solving • Challenge	Teamwork • Together • Compass • Map • Route • Directions • Safety • Orienteering • Problem solving • Challenge	Aim • Attack • Control • Coordination • Turn • Teamwork • Shooting • Passing • Speed • Space • Dribble • Defend • Space • Movement • Rules	Key shapes • Travel • Smart • Sequence • Balance • Explore • Individual • Arch • High/Low • Point • Routine • Dish • Straight • Tense • Linking • Level	Rules • Score • Teamwork • Shoot • Target • Passing • Dribbling • Push pass • Space • Send & receive • Roll • Hockey stick • Goal • Direction • Attack & defend	Agility • Technique • Posture • Coordination • Height • Distance • Control • Relay • Fitness • Stamina • Energy	Aim • Catch • Close • Control • Explore • Pass • Ready • Teamwork • Accuracy • Rules • Score • Space	Actions • Beat • Smart • Character • Levels • Performance • Movement • Neat • Count • Practise • Expression • Improve • Create • Imagination • Unison	Dodge • Throw • Catch • Bounce • Speed • Teamwork • React • Pass • Hands • Ready • Roll • Reaction time • Control • Aiming • Target • Underarm	Batting • Fielding • Striking • Grip • Long barrier • Teamwork • Catching • Wickets • Bat • Ball • Aim • Feeder • Fielder • Underarm • Striking	Racket • Balance • Ball control • Opposition • Swing • Score • Positioning • Movement • Aiming • Accuracy • Rolling • Send • Throw • Bounce • Competition • Underarm • Ready position • Bounce feed • Receive • Cooperate	Challenge • Running • Landing • Aim • Coordination • Movement • Balance • Teamwork • Relay • Improve • Target • Speed



### Key stage 2 subject content

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.



# Girlington Primary School P.E Curriculum

## Year 3

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Topic	Rugby (Invasion game)	OAA	Football (Invasion game)	Gymnastics	Hockey (invasion game)	Fitness	Basketball (Invasion game)	Dance (Rather Be)	Dodgeball (Target game)	Cricket (Striking and fielding)	Tennis (Net and wall)	Athletics
National Curriculum Subject Content												
Fundamental Movements  running, jumping, throwing and catching in isolation and in combination	To be able to pass the ball backwards to a teammate.	Move confidently in different ways, developing agility, balance, and co-ordination.	Move with a ball keeping it under control.  Perform basic skills needed for games with control and accuracy.  Pass/send a ball with increasing accuracy and at different speeds.  Shoot/ score with some success.		Move with a ball keeping it under control.  Develop control and technique  Pass/send a ball with increasing accuracy and at different speeds.  Shoot/ score with some success.		Move with a ball keeping it under close control.  Pass/send a ball with increasing accuracy and receive a ball successfully.		Improve consistency when catching a ball at different heights.  Show control when moving at speed.  Move the ball in different ways, with increasing accuracy and control.	Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.  Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique.  Intercept and stop the ball consistently.	Perform basic skills needed for the games with control and accuracy, including throwing and stopping the ball.  Perform a basic forehand action.  Throw/ Send a ball using a variety of techniques.	Understand the pace judgement when running over an increased distance  Show control, coordination and consistency when running, throwing, and jumping.  Choose the appropriate running speed to meet the demand of the task.  Apply and develop a broad range of athletic skills in different ways.
Competitive games  play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Improve decision making skills and choose the right skills that meet the needs of the situation.  Play simple tag rugby games with an understanding of the basic rules  To follow the rules of the game  Know how to tag another player  Develop attacking and defending skills within tag rugby		Employ simple tactics in game situations.  Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending).		Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending).  Employ simple tactics in game situations.		Keep possession of a ball as part of a team  Take up spaces/positions that make it difficult for opponents  Employ simple tactics in game situations		Understand how finding space can help in game situations.  Explain what success you have seen in games, and how individuals and teams achieved it.  Use a range of skills and tactics to win games.	Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.	Compete with others – Keeping and following the rules of the game.  Take up space/ positions that make it difficult for opponents.  Keep a rally going.	
Individual performance  Develop flexibility, strength, technique, control and balance.				Perform a range of actions, agility and skills with consistency, fluency, and clarity of movement.  Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.  Create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end.  Create, perform, and repeat sequences that include changes of dynamic e.g. changes of level, speed, or direction.  Develop flexibility, strength, control, technique, and balance.		Understand what core strength is and develop it using correct techniques.  Develop upper and lower body strength, fitness, speed, aerobic endurance, balance, body coordination, and show good control and technique.  Show self-belief and determination to manage and accomplish tasks.						
Dance  Using a range of movement patterns								Explore and create narratives in response to a stimulus.  Show control, accuracy and fluency of movement when performing actions with a partner.  Develop dance phrases using canon, unison, repetition, action/reaction, and question/answer.  Communicate what you want through your dances and perform with control.  Combine actions and maintain the quality of performance when performing at the same time as a partner.				
Outdoor Adventurous Activity  Individually and within a team		Participate in competitive orienteering events, following instructions of the game  Recognise that activities need thinking through and planning.  Participate in team games, working cooperatively, solving problems with others.  Communicate effectively with other people and discuss plans to achieve success.  To make a map with symbols and be able to recognise where you are on a map, using basic techniques										
Self-evaluation compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Compare their performance with previous ones and demonstrate improvement to achieve their personal best.	Evaluate your performance and recognise what went well and what could be improved	Recognise good performance and be able to identify what you need to practice to improve your own performance.	Learn how to evaluate and recognise your own success and areas for improvement, as well as the effectiveness and quality of a performance	Learn how to recognise your own success.		Recognise and explain good performances.	Describe and evaluate the effectiveness and quality of a dance.	Identify what you do best and what you find difficult.	Identify what you need to practice improving your performance.	Identify what you do well and what you find difficult.	Recognise what they do well and what they find difficult, identifying what they need to practice to improve their performance.
Health			Describe how your body feels when exercising.	Describe how your body feels when exercising	Describe how your body feels when exercising.	Understand what aerobic exercise is.  Discuss the importance of leading a healthy lifestyle.  Understand the importance of warming up and cooling down	Understand the link between heart rate and breathing when exercising.		Begin to understand why you get hotter when you exercise and play games	Understand the link between heart rate and breathing when exercising  Devise suitable warm up activities for upcoming activities.	Understand the link between heart rate and breathing when exercising.	Body awareness Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise.
Citizenship		Evaluate your performance and recognise what went well and what could be improved  Participate in team games, working cooperatively, solving problems with others.  Communicate effectively with other people and discuss plans to achieve success.	Recognise good performance and be able to identify what you need to practice to improve your own performance	Learn how to evaluate and recognise your own success and areas for improvement, as well as the effectiveness and quality of a performance	Learn how to recognise your own success	Work well both independently and in small groups.  Show self-belief and determination to manage and accomplish tasks.	Recognise and explain good performances.	Describe and evaluate the effectiveness and quality of a dance.  Collaborate with others.	Identify what you do best and what you find difficult.  Explain what success you have seen in games, and how individuals and teams achieved it.	Identify what you need to practice improving your performance.	Identify what you do well and what you find difficult.	Leadership and teamwork Enjoy competing with others.





# Girlington Primary School P.E Curriculum

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Topic	Rugby (Invasion game)	OAA	Football (Invasion game)	Gymnastics	Hockey (Invasion game)	Fitness	Basketball (Invasion game)	Dance (Rather Be)	Dodgeball (Target game)	Cricket (Striking and fielding)	Tennis (Net and wall)	Athletics
Activities	<p>Tag games using tags with and without rugby ball</p> <p>Ball manipulation</p> <p>Team relays focussing on moving with ball and sending to next person</p> <p>Attack vs defence game with opportunities to add extra defender/attacker for overloads</p> <p>Chain reaction team game</p> <p>Offside rugby – end zone tag rugby game but ball can be passed in any direction</p> <p>Passing and decision making - 3 attacker vs 2 defenders only moving horizontally on the run if space, pass if blocked or take tackle unless final tackle</p> <p>Colour reaction game to (run but and then react to colour cone held up)</p> <p>Octopus tag game</p> <p>Square attack – run round cone and attack vs defence 3 v 1 progress to 3 v 2</p> <p>Small sided rugby games (5v5)</p>	<p>Bench balance – order from birth months, days, height, first name initial etc</p> <p>Cross the river – markers for stepping stones work as team to retrieve equipment to next person</p> <p>Countdown letters under cone game</p> <p>Obstacle course</p> <p>3 in a row relay</p> <p>Hurdles with given foot</p> <p>Counting cones – using map work around cones</p> <p>Map the area – children to draw map as equipment is added to area, thinking about placement and scale</p> <p>Cardinal points warm up</p> <p>Picture orienteering – from picture find control point location and record on record sheet – first one done as class</p> <p>Single control orienteering – find control on map and make way to control point then record on sheet</p>	<p>Find a partner – half class with ball half without, transfer ball roll, throw pass</p> <p>Skill circuit – Pass the ball, keep ups, head ups, dribble, piggy in the middle, through the target, slalom</p> <p>Empty your goal</p> <p>Through the gate dribbling – colour and speed challenge</p> <p>Numbers game 1v1 move to 2v2s</p> <p>5v5 score by dribbling and stopping ball in endzone</p> <p>Pass and move in 4s</p> <p>Through the gates passing</p> <p>Island Football – 4 v 4 but players must stay on markers</p> <p>Shooting in pairs – shooting technique</p> <p>Shooting numbers – dribbling and when your number's called, get into a position and shoot at goal</p> <p>Goal line football 1 v 1 – must stay on goal line try to score past opponent and stop them scoring using feet only</p> <p>Jump the island - tig dribbling game</p> <p>Key Skills Game – 3v1, 3v2 team of three cannot dribble with ball and have 3 small goals to score in, team of 1 or 2 can dribble and have 1 large goal to score in, no contact</p>	<p>How to land</p> <p>Key shapes recap and mat game – straight, tuck star, fish, arch, pike, straddle</p> <p>Points of contact – Linking together 4 shapes with feet/torso/hands as the main point of contact</p> <p>Travelling in different ways – body parts, directions, speeds, levels and combining elements</p> <p>Linking together 3 ways of travelling in different directions/speeds</p> <p>Alphabet soup – make the letter shape with your body</p> <p>Individual balances – arch balance, front support, arabesque, crab</p> <p>Link together 4 balances with different points of contact</p> <p>Link shapes with different ways of moving in between each shape</p> <p>Create sequence - A Start position: Linking 3 balances with 3 different ways of travelling e.g. Balance, travel, balance, travel, travel balance and finish with a finishing position</p>	<p>Ball manipulation and dribbling</p> <p>Wobble wobble stick and ball – cone dodge dribbling</p> <p>Roundabout Madness – dribbling round circle on whistle change direction</p> <p>Empty your goal</p> <p>Through the gates – colour and speed challenge</p> <p>Cries cross relay</p> <p>Knockout – 9 players 1 gk you score thought to next round, 1 player eliminated</p> <p>Through the gates passing</p> <p>Groups of 4 passing and moving push pass technique and controlling ball</p> <p>Island hockey – 4 v 4 players must stay on marker</p> <p>Shooting in pairs – shooting technique back and forth</p> <p>Numbers shooting – dribbling and when your number is called get into a shooting position and shoot at goal</p> <p>Numbers game – when number called player 1 v 1 against same number on opposite team</p> <p>Spy tag – stuck in the mud style</p> <p>Key Skills Game – 3v1, 3v2 team of three cannot dribble with ball and have 3 small goals to score in, team of 1 or 2 can dribble and have 1 large goal to score in, no contact</p>	<p>Lower body circuit</p> <p>Jumping spots – variety of jumps activity</p> <p>Stations -</p> <p>Knee ups</p> <p>Lunges</p> <p>Prig jumps</p> <p>Chair squats</p> <p>Glute bridge kicks</p> <p>Kangaroo jumps</p> <p>Aerobic circuits</p> <p>Colour memory – relay to collect sequence of cones</p> <p>Stations -</p> <p>Star jumps</p> <p>Sprint on spot</p> <p>Speed bounce</p> <p>Hot steps</p> <p>Knee raises</p> <p>Spotty dogs</p> <p>Upper body circuits</p> <p>Crab tag</p> <p>Stations -</p> <p>Box press up</p> <p>Lateral arm circles</p> <p>Crab punch</p> <p>Arm scissors</p> <p>Tricop dip</p> <p>Boxercise</p> <p>On the move – find empty hoop and perform 10 air punches</p> <p>Stations -</p> <p>Step and punch</p> <p>Kick outs</p> <p>Ladders</p> <p>Running punches</p> <p>Footwork sprint</p> <p>Crunch and punch</p> <p>Core circuits</p> <p>Plank wars 1 v 1 plank roll ball</p> <p>Stations -</p> <p>Toe touches</p> <p>The plank</p> <p>Bicycle crunches</p> <p>Flutter kicks</p> <p>Heel taps</p> <p>Overhead reach</p> <p>Full body circuits</p> <p>Crab races</p> <p>Stations -</p> <p>Bench mountain climbers</p> <p>Bench bounces</p> <p>Crab walk</p> <p>Swimming</p> <p>Windmill</p> <p>Squat to shoulder press</p>	<p>Chest pass development</p> <p>Ball manipulation throwing and catching personal best and different challenges e.g. clap once, turn around etc. and play Simon Says</p> <p>Dribbling technique – still in space – pushing technique with fingertips not palms</p> <p>Prince of the ring – 5 attackers to try knock everyone else's ball out of ring.</p> <p>One bounce – partner hold ball out and drops whenever they want, partner must catch ball after it has bounced once – reaction and coordination</p> <p>Developing chest pass technique</p> <p>Keep the ball 3 v 1 netball style (no dribbling)</p> <p>Through the gate – children to dribble ball</p> <p>Hoop Ball – 4 v 4 directional game with target player in hoop to score. Double allowed introduce double dribble rule.</p> <p>Keep the ball out of the area 4 on outside 2 in middle</p> <p>3 v 1 directional game with hoops on floor for 3 and 1 hoop opposite for 1 (3 cannot travel with ball 1 can</p>	<p>Move to the beat – progression from clapping - clap, clap, nod, nod, circle right shoulder, circle left shoulder, jump and fold arms.</p> <p>Performing in canon</p> <p>Strike a pose- children come up with own pose</p> <p>Introduction to tutting</p> <p>Children (as a whole) to choreograph own phase including:</p> <p>Starting positions -</p> <p>Movements in unison -</p> <p>Tutting' actions - Finishing positions</p> <p>Square dance</p> <p>Performance</p>	<p>Tunnel ball – rolling aim and target zones</p> <p>Under the sea – variation of dodgeball, children must stay on mats and deep sea divers to collect balls to give back to children on mats – other dodgeball rules apply</p> <p>Rolling gallery – 3 v 3 rollers behind line dodgers in end zone swap roles</p> <p>The dungeon – variation of dodgeball if out stand behind bench, you can be freed (and back in game) if you catch a ball thrown by your team</p> <p>Quick dodge – 1 person on dodgers, person on can take 3 steps before throwing swap after all out</p> <p>Secret agent – variation of dodgeball – dodgeball rules but players to sit down where they are if out, secret agent high five to bring them back in to game, if secret agent out stays out</p> <p>Dodge in 3s – A has to high five C without B tagging them</p> <p>Prison break – variation of dodgeball with prisoners behind back line and prison guards stopping balls thrown by prisoners</p> <p>Cone target – throw a ball at cones, collect if you hit it.</p> <p>Powerball – all players trying to hit anyone else, balls cannot be thrown only pushed using palms</p> <p>Agility challenge – agility stations</p> <p>Duke and Duchess – variation dodgeball – players sit if out and can still throw – if duke or duchess is hit whole team is out</p>	<p>Copy cats cricket</p> <p>Catch and clap – throw 1 clap catch then 2 claps, 3 etc</p> <p>3 to collect – feeder rolls 3 balls to stay in area, on go fielder collects and timer times</p> <p>Roll it football – rolling ball to practice rolling and stopping and exploiting space</p> <p>Move apart – pairs throw and catch one step back every catch</p> <p>On your knees – circle with feeder in middle, if drop ball go to one knee, then 2 knees then out</p> <p>Hit the stumps 1 - underarm bowling practice with fielder and wicket keeper</p> <p>Batting grip</p> <p>Playing a shot – batter, feeder, wicket keeper 2 fielders – feeder drop feed for batter and fielders work ball back</p> <p>Over the line – hitting off tee points depending on line ball crosses, fielders return ball</p> <p>Two ball challenge- pairs rolling 2 balls so cross</p> <p>Field on the move – feeder rolls ball for fielder to chase and field swap roles</p> <p>Junior kick ball – kick cricket game</p> <p>Catch in different ways – catch ball one hand, 2 hands, alternate hands etc</p> <p>Key skills game – bat from tee, score runs by jumping in and out of hoop before fielders return ball</p>	<p>Look after the ball – move in pairs rolling ball to each other using rackets</p> <p>Tennis tag – variation of stuck in the mud – moving with ball balanced on racket – free by rolling ball through legs with racket</p> <p>Number of bounces – using racket hit the ball with given number of bounces between partner</p> <p>Racket vs no racket – 1v1 ball can bounce twice variation of tennis – 3 bounces or out or net and opponent scores point</p> <p>Cooperative rally – racket and ball how many can you get with your partner</p> <p>Keep the kettle boiling – throwing and catching – 2 opposite lines, throw over net and run to join other line</p> <p>Cannon ball – throw balls to make bigger ball cross opponents line</p> <p>Hand tennis – cooperative rally throw and catch 2 bounces allowed</p> <p>Racket vs no racket</p> <p>1v1 tennis throwing and catching progress to 1v1 with rackets</p>	<p>Colour cone reaction and agility game</p> <p>Athletics key skills techniques exploration</p> <p>Grasshopper – variety of jumps game</p> <p>Follow the leader</p> <p>Developing different variations of jump (1 foot to 2 feet, 2 feet to 2 feet etc)</p> <p>Hop dance – in pairs develop hop dance routine, teach to another pair and learn another pair's</p> <p>On and Under – agility team game ball on/under cone</p> <p>Stopping technique</p> <p>Developing sprinting technique</p> <p>Tidy the room and rob the test – team games using correct sprinting technique</p> <p>Developing how to jump higher technique breakdown</p> <p>Jump it – children have to cross area in given number and type of jumps</p> <p>Developing standing jumps technique breakdown</p> <p>Pull throw – further breakdown of pull throw technique with beanbag</p> <p>Hit the target bouncing in hoop game</p> <p>Personal best pull throw competition</p> <p>Explore all variations of techniques of run throw jumps and discuss and compare effectiveness</p>
Vocabulary	<p>• Dodge • Evade • Backwards • Pass • Accuracy • Target • Defend</p> <p>Teamwork • Pocket Pass • Attack • Dummy • Speed</p>	<p>Teamwork • Map Skills • Picture Orienteering • Control Plotting • Indoor Mapping • Communication Problem Solving</p>	<p>Speed • Dribble • Movement • Shoot • Space • Marking • Attack • Defend • Decision • Accuracy • Tackle • Strike • Power • Receive • Position • Experiment</p>	<p>Teamwork • Straddle • Experiment • Pathway • Level • Point • Front Support • Quality • Pike • Control • Routine • Combine • Apparatus • Arabesque • Practise • Describe</p>	<p>Opposition • Passing • Dribbling • Shoot • Stick • Control • Teamwork • Direction • Decision Making • Aim • Turn • Slap • Possession • Speed • Slap pass • Push pass • Attack • Defence</p>	<p>• Strength • Independent • Aerobic • Endurance • Self-Belief • Determination • Combination • Lifestyle • Core Strength</p>	<p>Shoot • Skills • Teamwork • Rules • Score • Space • Accuracy • Chest / bounce • Pass • Speed • Dribbling • Passing • Possession</p>	<p>Audience • Canon • Choreography • Level • Fluency • Performance • Phrase • Position • Control • Tutting • Emotions • Expressions • Rhythm • Unison • Count</p>	<p>• Accuracy • Aim • Control • Space • React • Target • Teamwork • Strike • Compete • Dodge • Pass • Overarm • Speed • Duck • Movement • Underarm • Position • Technique</p>	<p>• Batting • Control • Feeder • Fielder • Grip • Score • Wickets • Communication • Long Barrier • Striking • Teamwork • Underarm • Wicket Keeper • Bowler • Position • Technique</p>	<p>Swing • Cooperative • Cooperative • Movement • Partner • Direction • Send • Catch • Court target • Power • Accuracy • Space • Free • Space • Control • Bounce • Aim</p>	<p>Develop • Experiment • Distance • Combination • Balance • Co-ordination • Movement • Distance • Pull • Target • Technique • Accelerate</p>





# Girlington Primary School P.E Curriculum

## Year 4

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Topic	Rugby (Invasion game)	OAA	Football (Invasion game)	Gymnastics	Hockey (invasion game)	Fitness	Basketball (Invasion game)	Dance (Club Can't Handle Me)	Dodgeball (Target game)	Cricket (Striking and fielding)	Tennis (Net and wall)	Athletics
National Curriculum Subject Content												
<b>Fundamental Movements</b>  running, jumping, throwing and catching in isolation and in combination	Move in different directions learning to move away from your opponent and keep control of the ball when running.  Learn how to pass in rugby, catching successfully and improving skills whilst on the move.  Develop physical characteristics needed for the game, e.g. speed, fitness, agility.	Demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination.	Move the ball keeping it under control whilst changing direction.  Pass, shoot and receive a ball with increasing accuracy, control and success.		Move the ball keeping it under control whilst changing direction.  Perform basic skills needed for the games with control and accuracy. Pass, shoot and receive a ball with increasing accuracy, control, and success.		Move the ball keeping it under control whilst changing direction.  Pass, shoot and receive a ball with increasing accuracy, control and success. Pass in different ways e.g. high, low, fast, slow.		Send a ball with accuracy, control, and consistency, whilst moving at different speeds.  Practice and improve the underarm throw and side shot throw.	Show control, coordination and consistency when throwing and catching a ball.  Hit a ball with increasing control from a tee and progress to without a tee.	Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target.  Perform a basic forehand action with control and accuracy.  Begin to apply basic movements in a range of activities and in combination.	
<b>Competitive games</b>  play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To begin to understand the rules of tag rugby.  Move forward to attack as part of a team – running in a line.  To work as part of a team when defending, keeping in a line, and spreading out.  Successfully score a try.		Apply basic attacking and defending principles such as finding and using space in game situations.  Challenge a player in possession of the ball.  Employ and explain simple tactics in game situations		Explain simple tactics in game situations.  Apply basic attacking and defending principles, collaborating with others, and using tactics to keep possession.		Explain and apply basic attacking and defending principles.  Find and use space in game situations and work well as part of a team.  Use a range of tactics to keep possession of the ball, and explain simple tactics in game situations.		Find and use space in game situations and explain the importance in this tactic.  Get in good positions to throw and receive the ball.  Participate in games using skills learnt in previous lessons, including striking, dodging and ball handling skills.	Explain the tactics you have used in games.  Chose fielding skills which make it difficult for your opponent.  Take up spaces/positions that make it difficult for the opposition.	Send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent.  Apply basic principles for attacking including finding and using space in game situations  Keep a rally going using a range of shots.	
<b>Individual performance</b>  Develop flexibility, strength, technique, control and balance.			Find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement.  Show control, accuracy and fluency of movement when performing actions on your own and with a partner.  Devise and perform a gymnastic sequence, showing a clear beginning, middle and end.  Create, perform, and repeat a combination of actions that include changes of dynamic e.g. changes of level, speed and direction, and clarity of shape.		Develop lower body and core strength, fitness, balance and coordination.  Show self-belief and determination to manage and accomplish tasks.  Demonstrate correct techniques of core strength exercises with control.							
<b>Dance</b>  Range of movement patterns								Explore and create characters and narratives in response to a range of stimuli.  Perform dances using a range of movement patterns – accurately, fluently, consistently and with control.  Use different compositional ideas to create motifs incorporating unison, canon, action, and reaction.  Experiment with a wide range of actions, varying and combining spatial patterns.				
<b>Outdoor Adventurous Activity</b>  Individually and within a team		Have knowledge of safety rules and procedures for taking part in orienteering event.  Work as a team to plan and decide what approach to use to meet the challenges.  Develop a basic understanding of map reading/making and apply these skills and techniques in games.  Work cooperatively and successfully as part of a team, improving communication skills.  Recognise where you are on a map.										
<b>Self-evaluation</b>  compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Learn to recognise your own success.	Explain how you could improve your performance.	Learn to recognise your own success.	Recognise and explain a good performance.	Recognise what you do well and what you find difficult.		Identify what you need to practice to improve your performance.	Be able to describe your own dance, taking characters into account as well as identifying what they need to practice to improve their dance.	Evaluate your own performance and describe skills you need to improve your play.	Recognise what you do well and what you find difficult and explain good performances	Recognise and explain good performances and learn how to recognise and evaluate your own success	
<b>Health</b>	Making safe decisions and understanding the relationships between physical activity and its effect on the body.	Have knowledge of how to stay safe	Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.		Understand the link between heart rate and breathing when exercising.  Devise suitable warm up activities for the upcoming activity.	Understand what aerobic exercise is and how to develop it  Discuss the importance of leading healthy, active lifestyles.  Identify parts of the body we are working during exercise	Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.	Understand the link between heart rate and breathing when exercising	Describe how your body feels when you are warming up and playing games		Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising.	
<b>Citizenship</b>		Work as a team  Explain how you could improve your performance.  Work cooperatively and successfully as part of a team, improving communication skills	Learn to recognise your own success.	Recognise and explain a good performance.  Collaborate with others	Recognise what you do well and what you find difficult	Work well as part of a team to achieve success  Show self-belief and determination to manage and accomplish tasks.	Identify what you need to practice to improve your performance.	Be able to describe your own dance, taking characters into account as well as identifying what they need to practice to improve their dance.  Work well as part of a team	Evaluate your own performance and describe skills you need to improve your play.	Communicate, collaborate, and compete with others, following the rules of the game  Recognise what you do well and what you find difficult and explain good performances	Recognise and explain good performances and learn how to recognise and evaluate your own success	



# Girlington Primary School P.E Curriculum

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Topic	Rugby (Invasion game)	OAA	Football (Invasion game)	Gymnastics	Hockey (invasion game)	Fitness	Basketball (Invasion game)	Dance (Club Can't Handle Me)	Dodgeball (Target game)	Cricket (Striking and fielding)	Tennis (Net and wall)	Athletics
Activities	<p><u>Ball control and working as a team</u></p> <p>Ball control – different movements and challenges with ball</p> <p>Moving as a team – split class defending team run in a horizontal line attacking team run in diagonal line</p> <p>Variety of relay races including placing ball and picking ball up</p> <p><u>Accurate passing and catching in a team</u></p> <p>Passing – standing in 4s – swinging action and passing backwards (static)</p> <p>Passing in 4s – moving as a 4 swinging action and passing backwards (moving forwards as 4)</p> <p><u>Attacking</u></p> <p>Dumpling and side stepping</p> <p>2 attackers vs 1 defender</p> <p>4 attackers vs 2 defenders</p> <p>Tag rugby rules – passing backwards, tackling person with ball, scoring try (explanation by technique)</p> <p><u>Defending and tagging</u></p> <p>Keep in line – pairs facing each other 1 leader other must mirror</p> <p>Tag practice – 4 attackers (with tag belts) vs 2 defenders (without tag belts)</p> <p>Defenders try to take tag of player in possession if they do follow 4 steps –</p> <p>1. The defender must hold the tag up and shout 'tagged'.</p> <p>2. Both defenders must pucker move at least 1 metre away from the attacker.</p> <p>3. The attacker must pass the ball within 3 seconds.</p> <p>4. The defender with the tag must give it back to the attacker and not disturb play</p> <p>The attacker must replace their tag before joining back in with the game.</p> <p>6v6 mini game using what they have learned so far plus knock on rule</p> <p><u>Circuit skills and tactics</u></p> <p>Tag lg</p> <p>Pass and move</p> <p>Winger race</p> <p>Square grid passing</p> <p><u>Competition</u></p> <p>4 teams round robin</p>	<p><u>Core task</u></p> <p>Sheep pen – guiding blindfolded group to pen without using spoken language</p> <p>Fetch – in pairs – first person leaves piece of equipment in playground and marks on map, 2nd player to retrieve it using map – no talking</p> <p><u>Teamwork</u></p> <p>Life boats warm up</p> <p>Obstacle course relay</p> <p><u>Map skills</u></p> <p>Cardinal points warm up</p> <p>Matching symbols – run out to find matching card under cone relay</p> <p>Map reading and orientation – set map and then move round area keeping map orientated correctly</p> <p>Indoor mapping</p> <p>Discussion about maps</p> <p>Map the area – children to draw map of area with equipment thinking about size of equipment compared to area and rotation e.g. bench the right way</p> <p><u>Picture orienteering</u></p> <p>Using picture clue find control point if correct get new picture if not have discussion</p> <p><u>Control plotting</u></p> <p>Discussion</p> <p>Single control orienteering</p>	<p><u>Introduction</u></p> <p>Stuck in the mud football</p> <p>4v2, 4v3 key skills game – player to receive ball in end zone and then score in the goal</p> <p><u>Dribbling</u></p> <p>All children dribbling in area – ball close, looking for space, lots of touches etc.</p> <p>Ball carry relays, dribbling to line opposite</p> <p>Prince of the ring – 5 attackers to try knock everyone else's ball out of ring.</p> <p><u>Passing</u></p> <p>Passing and moving in 4s in small square</p> <p>Attackers to stay on outside of square and keep ball vs 2 defenders in middle section – players locked to zones – variety of passes</p> <p>Shooting</p> <p>2 ball challenge – in pairs roll and control 2 balls</p> <p>Shooting technique in pairs – faces, head over the ball to shoot down, follow through for power</p> <p>Power shooting – 5 v 5 (gk on each team) must stay in own half, make 4 passes and then shoot at oppositions goal</p> <p>Shuttle run dribbling</p> <p>Number shooting – 1 goal and gk other players numbered, on call of number work a position to shoot at goal</p> <p>2 v 2 mini game no goalkeepers</p> <p><u>Final lesson</u></p> <p>First touch – passing in pairs teaching points on first touch</p> <p>4v2, 4v3 key skills game – player to receive ball in end zone and then score in the goal</p>	<p><u>Introduction</u></p> <p>How to land</p> <p>Create a jumping routine with given equipment</p> <p><u>Key shapes</u></p> <p>Recap previous shapes (straddle, tuck star, dish, arch, pike, straddle) and learn back support and front support</p> <p>Create own routine linking 3 shapes with movements at different speeds and directions</p> <p><u>Travelling</u></p> <p>Travelling in different ways (body parts, directions, speeds, levels, elements)</p> <p>Apparatus – 3 ways of travelling under, over and through</p> <p><u>Crafting sequences</u></p> <p>Rolling – tuck roll to stand and shoulder roll</p> <p>Linking shapes together – linking 3 different low shapes with slow rolls between each repeat but with fast rolls</p> <p><u>Partner work</u></p> <p>Partner balances – v sit, shoulder stand, knee support, straddle support, 1 bridge</p> <p>Working in pairs, create a routine with: A starting position, 3 balances, 2 ways of travelling and 2 jumps and a finishing position.</p> <p><u>Final lesson</u></p> <p>How to land</p> <p>Partner sequence – Working in pairs, create a routine with: A starting position, 3 balances, 3 shapes, 2 ways of travelling and 2 jumps and a finishing position. Develop routine on apparatus, different dynamics etc</p> <p>Round the clock – play to dribble to given number then back to middle</p> <p>Zig zag pass and follow</p> <p>4v2, 4v3 key skills game – player to receive ball in end zone and then score in the goal</p>	<p><u>Introduction</u></p> <p>Copy cats hockey</p> <p>Through the gates dribbling</p> <p>4v2, 4v3 key skills game – player to receive ball in end zone and then score in the goal</p> <p><u>Stick and ball familiarisation</u></p> <p>Roundabout madhires – dribbling round circle on whistle change direction</p> <p>Empty your goal – must dribble with ball</p> <p>Prince of the ring – 5 attackers to try knock everyone else's ball out of ring.</p> <p>Dribbling</p> <p>Leave 1 – instructional coordination and movement game</p> <p>Say tag – 4 children on stool in the middle</p> <p>End zone dribbling – 5 v 5 score by dribbling ball and stopping in end zone</p> <p><u>Passing</u></p> <p>Pass and move in small area – communication and push pass</p> <p>Stuck in the middle – circle of 4 attackers keep ball from 1 defender in middle</p> <p>Keep possession – 3 v 3</p> <p>Shooting</p> <p>Shooting technique – slap pass/shoot turns to shoot at empty goal</p> <p>Dribble and shoot – feeder play balls to attacker who attempts to beat defender and shoot swap roles.</p> <p>Power shooting – 5 v 5 (gk on each team) must stay in own half, make 4 passes and then shoot at oppositions goal</p> <p><u>Final lesson</u></p> <p>Round the clock – play to dribble to given number then back to middle</p> <p>Zig zag pass and follow</p> <p>4v2, 4v3 key skills game – player to receive ball in end zone and then score in the goal</p>	<p><u>Lower body circuits</u></p> <p>Mountains relay</p> <p>Stations –</p> <p>Step ups</p> <p>Lunges</p> <p>Frog jumps</p> <p>Chair squats</p> <p>Glute bridge kicks</p> <p>Kangaroo jumps</p> <p><u>Acrobatic circuits</u></p> <p>Salmon running</p> <p>Stations –</p> <p>Star jumps</p> <p>Sprint on spot</p> <p>Speed bounce</p> <p>Hot steps</p> <p>Knee raises</p> <p>Spotty dogs</p> <p><u>Upper body circuits</u></p> <p>Tiger ball – 1 v 1 bring knee to chest to push ball to opponent's goal</p> <p>Stations –</p> <p>Box press up</p> <p>Lateral arm circles</p> <p>Crab punch</p> <p>Inchworm</p> <p>Arm scissors</p> <p>Tricop dips</p> <p><u>Rowing</u></p> <p>Number punch – partner gives number sentence – partner has to perform that many punches</p> <p>Stations –</p> <p>Step and punch</p> <p>Kick outs</p> <p>Ladders</p> <p>Running punches</p> <p>Footwork sprint</p> <p>Crunch and punch</p> <p><u>Core circuits</u></p> <p>Crunch ball – with partner pass ball in different ways to engage core</p> <p>Stations –</p> <p>Toe touches</p> <p>Toe touches</p> <p>The plank</p> <p>Bicycle crunches</p> <p>Flutter kicks</p> <p>Heel taps</p> <p>Overhead reach</p> <p><u>Full body circuits</u></p> <p>Beat the burpees – runner</p> <p>Stations –</p> <p>Bench mountain climbers</p> <p>Bench bounces</p> <p>Crab walk</p> <p>Swimming</p> <p>Windmill</p> <p>Squat to shoulder press</p>	<p><u>Introduction</u></p> <p>Chest pass</p> <p>4v2, 4v3 key skills game – player to receive ball in end zone and then score in hoop</p> <p><u>Ball skills</u></p> <p>Recap of dribbling technique (fingertips push)</p> <p>Empty your goal – ball must be dribbled</p> <p>Beat the ball – circle game one player to run around</p> <p><u>Passing</u></p> <p>Chest pass and bounce pass technique in pairs</p> <p>Stuck in the middle</p> <p>End zone pass – 4v4 in middle 1 in each end zone – can't move with ball, score by passing to your team mate in opposite end zone (directional)</p> <p>Set shot technique</p> <p>Set shot 3 hoops – close 1 point, medium 2 points, far 3 points</p> <p>Race to 21 – in teams point for hitting net, 2 point for rim, 3 points for backboard square, 5 points for hoop</p> <p><u>Simple games</u></p> <p>Around the numbers – pass and move in sequence</p> <p>Bench ball with dribbling (double dribble rule applies), no contact, restart from backline</p> <p><u>Final lesson</u></p> <p>Zig-zag pass and follow</p> <p>4v2, 4v3 key skills game – player to receive ball in end zone and then score in hoop</p>	<p><u>Lesson 1</u></p> <p>Moving to beat at different tempos</p> <p>Children to perform on numerical instruction</p> <p>Children to perform specific move on given lyric</p> <p><u>Lesson 2</u></p> <p>Copy cats dance</p> <p>Moving like puppets – body movements to replicate being controlled</p> <p><u>Lesson 3</u></p> <p>Create 'moff' shape that can be used as a pose</p> <p>Pose on given beat</p> <p>Movements in unison and for given counts</p> <p><u>Lesson 4</u></p> <p>For the court – different movements for different counts</p> <p>Chorus – moves in unison and for given counts</p> <p><u>Lesson 5</u></p> <p>Group choreography – design phrase with A starting position – Movements in unison – Floor Work – moves at different levels – At least 1 freeze/hold – A finishing position</p> <p><u>Lesson 6</u></p> <p>The finale – last section of dance</p> <p>Performance</p>	<p><u>Introduction</u></p> <p>Cone dash – collectors relay to collect a cone from central area, if hit by thrower they must leave the cone</p> <p>Team transfer – dodgeball but when out you jump in to the other team</p> <p>Ball skills</p> <p>Hit the pin – in teams one player to throw ball at cone, if knocked over collect cone</p> <p>Guard and vip – 8 throwers in circle trying to hit vip, guard has to protect vip</p> <p>Protect the town – variation of dodgeball with cones to hit at opposite end</p> <p>Ball familiarisation</p> <p>Target training – throw balls at different equipment e.g. cone, hoop, bucket, tennis ball off cone</p> <p>Long ball – kicker kicks ball, fielder to collect and try and hit kicker before they've run to end zone</p> <p><u>Aiming</u></p> <p>Roller target – aiming for first line, then 2nd then 3rd etc</p> <p>Life line – variation of dodgeball 5 lives lose a life if it hits limb, out if hits body</p> <p><u>Simple games</u></p> <p>Around the clock – players on outside to throw with player on inside then move round to next player</p> <p>Dead zone – dodger to try collect and put on bib throwers to try hit whilst in dead zone</p> <p><u>Final lesson</u></p> <p>3 team of 4/1 team attacking try to catch ball in each corner other 2 team defend, if intercept become attackers</p> <p>Corner dodgeball – 4 team, on call of number 1 player from each team to enter middle and try to illuminate other players</p>	<p><u>Introduction</u></p> <p>Find a partner – 5 times on swap find player without ball and complete 5 throw and catches</p> <p>Cricket variation – batter hits ball off tee and jumps in and put of hoop for runs, fielder to collect ball and all must touch ball then touch stumping cone with ball</p> <p><u>Fielding – throwing and catching</u></p> <p>Catch the high one – underarm throw to partner high in the air for partner to catch</p> <p>Move apart – every successful catch take one step back</p> <p>Keep the ball – 3 attackers keep ball from 1 defender throw and catch</p> <p>Playing a shot – hitting ball off tee teaching points on stance and body movement</p> <p>Place the shot 2 – batter to hit off tee and through gate, 1 point if ball goes through gate 4 if goes out of play, fielder can only field behind gate to stop ball going out</p> <p><u>Simple games</u></p> <p>Underarm bowling technique</p> <p>Bow through the gate</p> <p>Bowls – who can underarm bowl closest to land ball closest to marker</p> <p><u>Tournament</u></p> <p>3 to collect – timed collection of 3 balls into hoops</p> <p>Mini cricket – batter to hit off tee and run to 1-point line or 2-point line before fielder get ball back to wicket keeper</p> <p>Corner dodgeball – 4 team, on call of number 1 player from each team to enter middle and try to illuminate other players</p> <p><u>Final lesson</u></p> <p>Cricket variation – batter hits ball off tee and jumps in and put of hoop for runs, fielder to collect ball and all must touch ball then touch stumping cone with ball</p>	<p><u>Introduction</u></p> <p>Racket drop, balance racket and let go, catch before drops</p> <p>Find the hoop – balance ball on racket when get to hoop drop into hoop and back on to racket</p> <p>1 v 1 throw and catch tennis aim to make ball bounce twice in opponents half – introduce rackets</p> <p><u>Cooperative rallies</u></p> <p>Hand tennis cooperative rally</p> <p>The shadow – 2 v 2 but play 1 v 1 and the other player shadows their partner's shots, when rally breaks down swap players playing ball</p> <p><u>Court targets</u></p> <p>Double catch – 2 ball throw and catch</p> <p>Hit the target – take turns to hit 5 balls over net and try to land on markers/hoops</p> <p>Football tennis – 1 v 1 try to score by hitting ball along floor with racket in opposite goal, must stay on goal line</p> <p><u>Relay races</u></p> <p>Baton pass technique</p> <p>Relay exchange – teams first person runs round square passes to person at back and pass along line</p> <p>Score the game – 1 v 1 focus on rules and scoring</p> <p>3 to score – can only score after a rally of 3</p> <p><u>Single games</u></p> <p>Underarm serve</p> <p>Always different – cooperative rally playing different shot to your partner's last shot</p> <p>Winning ticket – 1v1 3 bounce rule, winning ticket allows you to win game automatically</p> <p><u>Final lesson</u></p> <p>1 v 1 cooperative rally starting at front of court, every 5 successful hits players take step back</p> <p>1 v 1 throw and catch tennis, aim to make ball bounce twice in opponents half – introduce rackets</p>	<p><u>Introduction</u></p> <p>Coordination and movement colour cone game</p> <p>Exploration of different movements for different purposes</p> <p>Running</p> <p>Long distance running – how many lengths in 2 minutes</p> <p>Chain tag</p> <p>Distance race – 7 runners and 1 official – complete 3-5 laps</p> <p><u>Jumping</u></p> <p>Jump it – cross area in given number and type of jump</p> <p>Triple jump technique – hop, step, jump</p> <p>How far? triple jump working in groups of 3 measure and analysis</p> <p><u>Throwing</u></p> <p>Develop pull throw technique introducing 3 step run up</p> <p>Hit the target – pull throw ball into centre of hoop</p> <p>Pull throw personal best – 3 step approach bean bag and foam javelin</p> <p>Analysis</p> <p><u>Relay races</u></p> <p>Baton pass technique</p> <p>Relay exchange – teams first person runs round square passes to person at back and pass along line</p> <p>Relay game – number 1s complete lap as number 2s get in position, 1 pass to 2 then 3s get in position etc</p> <p><u>Final lesson</u></p> <p>Leave, catch, bounce, swap instructional game</p> <p>Exploration of different types of run, jump and throw for different purposes</p>
Vocabulary	<p>Avoid • Tag • Backwards • Cover • Pass • Share • Accuracy • Target • Defend • Mark • Agility • Pocket Pass • Attack • Dummy • Speed</p>	<p>Teamwork • Map Skills • Indoor mapping • Picture • Orienteering • Control • Plotting • Communication • Problem Solving</p>	<p>Defending • Attacking • Communication • Cooperative • Tactics • Teamwork • Turn • Experiment • Power • Strike • Trick • Target • Opposition • Possession • Position</p>	<p>Teamwork • Transition • Defence • Marking • Level • Linking • Pike • Quality • Straddle • Control • Routine • Combine • Apparatus • Arabesque • Create • Describe</p>	<p>Communicate • Cooperation • Defence • Marking • Possession • Power • Strike • Support • Tackle • Opposition • Avoiding • Recover • React • Attack • Defend • First touch</p>	<p>Achieve • Success • Aerobic • Endurance • Determination • Lifestyle • Technique • Identify • Healthy • Develop</p>	<p>Shoot • Rules • Chest • Bounce pass • Improve • Dribbling • Foul • Hold • Possession • Speed • Power • Set shot • Technique • Double Dribble</p>	<p>Performance • Phrase • Control • Emotions • Timing • Expressions • Rehearse • Rhythm • Utison • Canon • Choreography • Fluency • Health • Fitness • Pose • Routine</p>	<p>Aim • Explore • Heart Rate • Dodge • Pass • React • Strike • Communicate • Position • Side shot • Overarm</p>	<p>Fielding • Fielder • Wickets • Communication • Striking • Teamwork • Underarm • Wicket keeper • Skill • Technique • Points • Swing • Tournament • Compare • Evaluate • Discuss • Free Space</p>	<p>Swing • Aim • Cooperative • Play • Movement • Partner • Direction • Send • Position • Court keeper • Power • Accuracy • Direction • Free Space • Control • In line • Racket</p>	<p>Develop • Distance • Accelerate • Personal Best • Co-ordination • Movement • Push • Pull • Pace • Exchange • Timing • Communication • Triple Jump</p>



# Girlington Primary School P.E Curriculum

## Year 5

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Topic	Rugby (Invasion game)	OAA	Football (Invasion game)	Gymnastics	Hockey (invasion game)	Fitness	Basketball (Invasion game)	Dance (Search for a hero Olympic dance)	Dodgeball (Target game)	Cricket (Striking and fielding)	Tennis (Net and wall)	Athletics
National Curriculum Subject Content												
<b>Fundamental Movements</b>  running, jumping, throwing and catching in isolation and in combination	Increase accuracy and control when passing and catching whilst moving at speed.  Continue to improve different ways to pass – fast, slow, high, low		Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique.	Develop flexibility, strength, technique, control, and balance.	Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique.	Apply and link learned fundamental movement skills	Perform skills (e.g. passing) with accuracy, confidence and control, and increasing speed.		Move quickly (dodge) with good control.  Improve control when moving at speed.  Increase accuracy and consistency of throws, including a side shot throw, towards a moving target.	Develop control and technique whilst performing skills at speed	Play shots on the forehand and backhand side of your body  Use good footwork that allows the ball to be hit with good technique.	Choose the appropriate speed to run at for the distance to be covered.  Use running, jumping, throwing, and catching in isolation and in combination.  Compare their performances with previous ones and demonstrate improvement to achieve their personal best
<b>Competitive games</b>  play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Begin to understand the importance of lines in tag rugby – both for attack and defence.  Use simple tactics in games to achieve success as a team.  Understand the defensive duties in tag rugby and the process of tagging.  Participate in competitive games, following the rules and playing fair.		Choose different formations to suit the needs of the game.  Apply basic principles for defending - Defend by marking, covering, and tracking opponents as appropriate  Participate in competitive games, modified where appropriate.  Keep possession of the ball when faced with opponents.  Apply basic principle for attacking – Use a variety of tactics to keep possession of the ball.		Choose different formations to suit the needs of the game.  Participate in competitive games, modified where appropriate.  Apply basic principle for attacking – choosing when to pass or dribble to keep possession of a ball.  Keep possession of the ball when faced with opponents.  Apply basic principles for defending - Defend by marking, covering and tracking opponents as appropriate.		Apply basic principle for attacking – Using skills to keep possession of the ball.  Work effectively as part of a team and keep possession of the ball when faced with opponents.  Begin to apply defending principles in games; Communicating well as a team to regain possession of the ball.		Understand the importance of quick reactions in dodgeball.  Participate in games fairly, following the rules.  Apply appropriate skills and tactics in game situations.	Choose skills and tactics to meet the needs of the situation, (i.e. to outwit opponents when fielding)  Show good awareness of others in game situations.  Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs.	Identify spaces and understand the tactic of hitting into gaps  Hit the ball with purpose.  Direct the ball towards the opponent's court or target area.  Adopt a good ready position and show good position on court.	
<b>Individual performance –</b>  Develop flexibility, strength, technique, control and balance.			Apply basic principles for defending - Defend by marking, covering, and tracking opponents as appropriate.  Participate in competitive games, modified where appropriate.  Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique.  Keep possession of the ball when faced with opponents.  Apply basic principle for attacking – Use a variety of tactics to keep possession of the ball.	Develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles.  Perform movements accurately with a sense of rhythm.  Explore, improvise, and combine movement ideas fluently and effectively.  Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation.  Develop flexibility, strength, control, technique, and balance.		Develop lower body and core strength, fitness, speed and aerobic endurance.  Show determination to complete tasks using the correct techniques  Demonstrate stamina.					Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control.  Communicate, collaborate, and compete with others. Working effectively as part of a team.  Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.	
<b>Dance</b>  Using a range of movement patterns								Continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus.  Use basic compositional principles when creating dances – combining movements fluently and effectively  Perform a range of movements accurately with a sense of rhythm.  Create and structure dance motifs, phrases, and sections of dances, developing expressive qualities				
<b>Outdoor Adventurous Activity</b>  Individually and within a team		Understand relevant techniques to navigate to and from control points.  To orientate themselves and map correctly keeping track of their position with increasing accuracy  Work within a team trusting and valuing each other.  Develop communication skills and use these skills to achieve success  Make a map with symbols and legend and begin to understand scale.  Compete in orienteering events, problem solving with team members										
<b>Self-evaluation</b>  compare their performances with previous ones and demonstrate improvement to achieve their personal best.		Identify what they have done well and adapt plans for future challenges		Identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback.	Learn how to evaluate and recognise success.	Select an area of physical activity that you want to improve.	Learn how to evaluate and recognise success, explain why a performance is good.	Identify which aspects were performed consistently, accurately, fluently, and clearly and be able to provide feedback	Develop an understanding of how to improve when playing games.	Watch and evaluate the success of games and good performance.	Watch and evaluate the success of games, being able to explain why a performance is good, and what part of a performance could be improved and why.	
<b>Health</b>	Healthy Participation; making safe long-term decisions and understanding the relationships between physical activity and its effect on the body.	Develop physical fitness and be able to describe its importance in orienteering.	Understand how physical activity can contribute to a healthy lifestyle.		Understand the importance of being physically fit.	Understand and explain the importance of good upper body strength  Recognise the physical and mental benefits of increased activity, and develop an appreciation of physical activity as a lifelong habit	Explain how your body reacts and feels when taking part in different activities and undertaking different roles.  Understand how physical activity can contribute to a healthy lifestyle.	Explain how their bodies react and feels when taking part in different activities and undertaking different roles.  Understand how the muscles work.	Understand how physical activity can contribute to a healthy lifestyle and explain how your body reacts and feels when taking part in physical activity.  Create short warm up routines that follow basic principles e.g. raising body temperature, mobilise joints and muscles.	Watch and evaluate the success of games and good performance.	Watch and evaluate the success of games, being able to explain why a performance is good, and what part of a performance could be improved and why.	Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.  Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit. Explain how their body reacts and feels when taking part in different activities and undertaking different roles and understanding how this affects the muscles.
<b>Citizenship</b>		Identify what they have done well and adapt plans for future challenges  Work within a team trusting and valuing each other.  Develop communication skills and use these skills to achieve success  Build confidence during team activities	Learn how to evaluate and recognise success.	Identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback.	Learn how to evaluate and recognise success.  Work effectively as part of a team	Show determination to complete tasks using the correct techniques	Learn how to evaluate and recognise success, explain why a performance is good.  Work effectively as part of a team	Identify which aspects were performed consistently, accurately, fluently, and clearly and be able to provide feedback  Work effectively as part of a team.	Develop an understanding of how to improve when playing games.  Show good teamwork.	Watch and evaluate the success of games and good performance.  Work as part of a team, adapting games and activities making sure everyone has a role to play	Watch and evaluate the success of games, being able to explain why a performance is good, and what part of a performance could be improved and why.	Communicate, collaborate, and compete with others. Working effectively as part of a team.



Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2		
Topic	Rugby (Invasion game)	OAA	Football (Invasion game)	Gymnastics	Hockey (invasion game)	Fitness	Basketball (Invasion game)	Dance (Search for a hero Olympic dance)	Dodgeball (Target game)	Cricket (Striking and fielding)	Tennis (Net and wall)	Athletics	
Activities	<p><b>Coordination control and cooperation</b></p> <p>Ball control – throw and increasing claps</p> <p>Working as a team – relay races, passing ball, placing ball down and weaving</p> <p><b>Cooperation with teammates</b></p> <p>Each player to perform skill pass to next player: run into space with ball, throw and catch and side step</p> <p>Passing on the move – moving as team level and backwards passing</p> <p>Ausie rules – 4 v 4 minichip with football goals, can't move with ball, take tag from player with ball and gain possession</p> <p><b>Attacking and tagging</b></p> <p>Shadow – copy partner's movements</p> <p>4 attackers with tag belts keep ball from defenders, if tag is taken must hold the tag, defender must hold the tag up and shout 'tagged' – Both defenders must move at least 1m away from the attacker. The attacker must release the ball (pass) within 3 seconds. The defender must give the tag back to the attacker who needs to replace their tag before joining back in.</p> <p>6 v 6 forward pass rule and knock on rule</p> <p><b>Defending</b></p> <p>Tagging – 1 v 1 how many times can you take partners tag in 30 secs, swap roles</p> <p>2 v 1 defending principles, get in front of attacker</p> <p>4 v 2 defending principles closest player close ball, flat line</p> <p><b>Circuit skills and tactics</b></p> <p>Tag tag</p> <p>Pass and move with partner through gates</p> <p>Winger race</p> <p>Square grid passing</p> <p><b>Competition</b></p> <p>4 teams rugby matches</p>	<p><b>Core Task</b></p> <p>3 mat cross the hall in teams</p> <p>Cross the river same as above but collecting equipment</p> <p><b>Teamwork</b></p> <p>Obstacle challenge – blindfolded, attached together, carrying equipment/drape and ball</p> <p><b>Line orienteering</b></p> <p>Children given route cards and must travel along lines in order of the given letters on the route map. When they get to a zone they make note of the number, check with adult did you get the right overall number.</p> <p><b>Indoor mapping</b></p> <p>Map the area – children to draw map of area and plot on pieces of equipment as the teacher places them thinking about location, size and scale</p> <p><b>Single control event</b></p> <p>Discussion and single control event</p> <p><b>Control plotting</b></p> <p>Discussion – Groups to draw their map, hide their controls relevant details, then each group to take part in orienteering event with one groups controls and maps joining back in.</p> <p>Score in any goal – 5 v 5 4 goals (one on each side of goal) no GK (outside of defending team to focus on defensive leading points)</p> <p><b>Tournament</b></p> <p>3 points for a win, 2 for a draw, 1 for a loss, opportunities for children to referee, analyse and discuss tactics</p> <p><b>Final lesson</b></p> <p>Skill circuit – pass the ball, keep it up (kick ups), keep it up (head upshotted tennis), dribble, keep the ball 1v1 through the target, salom</p> <p>Key skills game – 5 v 3 and 4 v 5 shooting in one larger goal, team of 3/4 shooting in 2 smaller goals (one in each corner)</p>	<p><b>Copy cats football</b></p> <p>Key skills game – 5 v 3 and 4 v 5 shooting in one larger goal, team of 3/4 shooting in 2 smaller goals (one in each corner)</p> <p><b>Passing</b></p> <p>Short passing in groups of 4, communication pass and move weight of pass driven</p> <p>Long passing – even pass technique and lofted pass</p> <p><b>Attacking play</b></p> <p>Criss cross relay</p> <p>1v1 square – 2 teams of 4 with players 'locked' in 1v1 grids – only interceptions, 1 attacker</p> <p>In the zone – 5v5 players 'locked' in 3v3 of pitch – 3 defenders, 2 midfielders, 1 attacker</p> <p><b>Defending play</b></p> <p>Stuck in the middle – 6 v 1 5v2 in middle, can't pass to person next to you in circle focus on defensive points</p> <p>1v1 defensive square – 4 with players 'locked' in 1v1 grids – only interceptions, points for successful regaining of possession</p> <p>Score in any goal – 5 v 5 4 goals (one on each side of goal) no GK (outside of defending team to focus on defensive leading points)</p> <p><b>Tournament</b></p> <p>Create an individual routine with a starting position, 3 balances, 3 shapes and a finishing position</p> <p><b>Performance</b></p> <p>Create an individual routine with a starting position, 3 balances, 3 shapes and a finishing position</p> <p>In groups perform your routine to other who will provide feedback</p> <p><b>Final lesson</b></p> <p>Copy cats</p> <p>Children to create a sequence including 8 elements in – asymmetrical shapes and balances with asymmetrical rolling and jumping actions – change of direction and level and mirroring and matching</p> <p>Progress to develop this sequence on apparatus</p>	<p><b>Introduction</b></p> <p>Gymnastics copy cats – copy your partners key shapes</p> <p>Key skills game – 5 v 3 and 4 v 5 shooting in one larger goal, team of 3/4 shooting in 2 smaller goals (one in each corner)</p> <p><b>Partner work</b></p> <p>Working in pairs create partner balances, v shape, shoulder stand, line support, straddle support and l-bridge</p> <p>Create a routine – 3 balances, 3 shapes, 2 ways of travelling and 2 jumps</p> <p><b>Creating sequences</b></p> <p>Linking together 4 different balances with a method of rolling fast, slow, forwards and sideways between each balance.</p> <p>Linking together 4 different balances with a method of rolling forwards and a method of rolling sideways between the balances.</p> <p>Linking together 4 different balances with a combination of rolling fast, slow, forwards and sideways between each balance.</p> <p><b>Developing a routine</b></p> <p>Different ways of travelling-body parts, speeds, levels, directions and combinations of different e.g. high and low</p> <p>Stuck in the middle – 6 v 1 5v2 in middle, can't pass to person next to you in circle focus on defensive points</p> <p>1v1 defensive square – 2 teams of 4 with players 'locked' in 1v1 grids – only interceptions, points for successful regaining of possession</p> <p><b>Performance</b></p> <p>Create an individual routine with a starting position, 3 balances, 3 shapes and a finishing position</p> <p>In groups perform your routine to other who will provide feedback</p> <p><b>Final lesson</b></p> <p>Copy cats</p> <p>Children to create a sequence including 8 elements in – asymmetrical shapes and balances with asymmetrical rolling and jumping actions – change of direction and level and mirroring and matching</p> <p>Progress to develop this sequence on apparatus</p>	<p><b>Introduction</b></p> <p>Stuck in the middle 6 v 1</p> <p>Key skills game – 5 v 3 and 4 v 5 shooting in one larger goal, team of 3/4 shooting in 2 smaller goals (one in each corner)</p> <p><b>Dribbling</b></p> <p>Indian dribble technique – stationary then on the move</p> <p>Empty your goal – two-sided dribbling and Indian dribbling</p> <p>End zone dribbling – 5v5 dribble and stop ball in opponent's end zone to keep possession</p> <p><b>Passing</b></p> <p>First touch – pass in pairs</p> <p>Pass on feet touch to control ball</p> <p>End zone game – 5v5 pass ball into player in end zone any player from 5 can go into end zone to receive</p> <p><b>Attacking play</b></p> <p>Dribbling – all in area, change direction, close ball control, any tricks</p> <p>Stay on track – travel as pair in end zone, close ball control, passing back and forth – passing to partners back foot to make it easy to collect on move</p> <p>Keep possession – 3v3</p> <p><b>Defending play</b></p> <p>Stuck in the middle – 6 v 1 5v2 in middle, can't pass to person next to you in circle focus on defensive points</p> <p>1v1 defensive square – 2 teams of 4 with players 'locked' in 1v1 grids – only interceptions, points for successful regaining of possession</p> <p><b>Performance</b></p> <p>Create an individual routine with a starting position, 3 balances, 3 shapes and a finishing position</p> <p>In groups perform your routine to other who will provide feedback</p> <p><b>Final lesson</b></p> <p>Copy cats</p> <p>Children to create a sequence including 8 elements in – asymmetrical shapes and balances with asymmetrical rolling and jumping actions – change of direction and level and mirroring and matching</p> <p>Progress to develop this sequence on apparatus</p>	<p><b>Lower body circuit</b></p> <p>Squat and throw – pairs, squat and on up throw ball no partner</p> <p>Key skills game – 5 v 3 and 4 v 5 shooting in one larger goal, team of 3/4 shooting in 2 smaller goals (one in each corner)</p> <p><b>Stations -</b></p> <p>Squat jumps</p> <p>High knees</p> <p>Step back jumps</p> <p>Spiderman climbers</p> <p>Lunge jumps</p> <p>Wall sit</p> <p><b>Aerobic circuits</b></p> <p>Shuttle runs</p> <p>Stations –</p> <p>Double speed bounce</p> <p>High skip claps</p> <p>Plank jumps</p> <p>Shuttles</p> <p>End zone game – 5v5 pass ball into player in end zone any player from 5 can go into end zone to receive</p> <p><b>Press up walk out</b></p> <p>Plank shoulder taps</p> <p>Plank walk</p> <p>Low speed punches</p> <p>Running punches</p> <p>Jump rope</p> <p>Boxer punches</p> <p>Fast upper cuts</p> <p>Alternate roundhouse kicks</p> <p><b>Upper body circuits</b></p> <p>Chunch ball – in pairs 3 exercises with ball to target abdomen</p> <p>Stations –</p> <p>Cover Mark + Block + Slap</p> <p>Pass + Decision Making</p> <p>Possession + Principles</p> <p>Evaluate + Watch + Explore</p> <p><b>Develop + Combine</b></p> <p>Mark + Block + Slap</p> <p>Pass + Decision Making</p> <p>Possession + Principles</p> <p>Evaluate + Watch + Explore</p>	<p><b>Introduction</b></p> <p>Copy cats</p> <p>Key skills game – 5 v 3 and 4 v 5 shooting in one larger goal, team of 3/4 shooting in 2 smaller goals (one in each corner)</p> <p><b>Ball control dribbling</b></p> <p>One bounce – partner coordination and reaction game catch ball before 2nd bounce</p> <p>Dribbling – developing fingertips technique with instructions, changing direction, speed and hands</p> <p>Direction of the ring – keep your ball in the square knock other people's out</p> <p><b>Passing</b></p> <p>Pass and follow numbers</p> <p>End zone game – players can go anywhere but must receive ball in end zone to score</p> <p><b>Attacking play shooting</b></p> <p>Set shooting technique – using all baskets take in 10 turns</p> <p>Small sided games – basketball – teaching attacking principles when to pass when to dribble, attacking in opponents half and final third</p> <p><b>Defensive play</b></p> <p>1 v 1 defending – defensive stance, jockeying and stealing not crossing feet</p> <p>Small sided games – basketball – teaching defensive principles player marking, tracking, covering, tactics</p> <p><b>Final lesson</b></p> <p>Stuck in the middle – 6 v 1 in middle, can't pass to person next to you in circle</p> <p>Key skills game – 5 v 3 and 4 v 5 shooting in one larger goal, team of 3/4 shooting in 2 smaller goals (one in each corner)</p> <p><b>Full body circuits</b></p> <p>Stations –</p> <p>Tuck jumps</p> <p>Mountain climbers</p> <p>Burpees</p> <p>Side lunges</p> <p>1v1 be patient – wait for a mistake</p> <p>Press up points</p> <p>Stations –</p> <p>Double speed bounce</p> <p>High skip claps</p> <p>Plank jumps</p> <p>Shuttles</p> <p>End zone game – 5v5 pass ball into player in end zone any player from 5 can go into end zone to receive</p> <p><b>Press up walk out</b></p> <p>Plank shoulder taps</p> <p>Plank walk</p> <p>Low speed punches</p> <p>Running punches</p> <p>Jump rope</p> <p>Boxer punches</p> <p>Fast upper cuts</p> <p>Alternate roundhouse kicks</p> <p><b>Upper body circuits</b></p> <p>Chunch ball – in pairs 3 exercises with ball to target abdomen</p> <p>Stations –</p> <p>Cover Mark + Block + Slap</p> <p>Pass + Decision Making</p> <p>Possession + Principles</p> <p>Evaluate + Watch + Explore</p> <p><b>Develop + Combine</b></p> <p>Mark + Block + Slap</p> <p>Pass + Decision Making</p> <p>Possession + Principles</p> <p>Evaluate + Watch + Explore</p>	<p><b>Lesson 1</b></p> <p>Moving to the beat different tempos and different dance phrases</p> <p>Opening ceremony – 3 groups – torch bearing and Olympic torch and Olympic rings</p> <p><b>Lesson 2</b></p> <p>35 children phrase – working in 35 children to choreograph phrase of dance to represent athletic event (start, athletic event, medal ceremony considering levels, character and emotions)</p> <p><b>Lesson 3</b></p> <p>Boxing boot – in pairs create phase to include a ring walk, boxing boot and discuss creation and answer dance pattern</p> <p><b>Lesson 4</b></p> <p>Children to create own dance phase based on their favourite sport, expressing appropriate emotion</p> <p><b>Lesson 5</b></p> <p>Create dance based on closing ceremony and as group move to create the Olympic rings</p> <p><b>Lesson 6</b></p> <p>Final performance run through and final performance – record or present</p> <p><b>Lesson 7</b></p> <p>Protect the goal – try and throw balls in to opponent's goal, can protect goal by standing in goal zone until hit direct by ball (without crossing feet) then must stand out of goal zone, can still score</p> <p><b>Simple games</b></p> <p>Throw, block and catch – thrower in inner square, blockers in middle, receiver on outside, thrower to get balls to receivers, blockers trying to block and catch to keep ball if just blocked, ball back to middle</p> <p>Pirates and police – dodgeball variation, pirates try to run to collect treasure or free pirate in jail police trying to hit pirates and sent to jail</p> <p><b>Final lesson</b></p> <p>Line ball – kicker kicks balls, fielders collect, kicker must run up lane to cone to score points, fielders get ball back and they try to hit kicker before they complete the lane</p>	<p><b>Introduction</b></p> <p>Team target – cones in hoops – 1 point for hitting cone, 2 points for knocking cone over, 3 points for knocking cone out of hoop</p> <p>Zone ball – 4 teams in 1 each square making bigger square, dodgeball rules but hit you can't make that hit you, if a zone is emptied, team can try to knock cone over in middle of that zone to occupy it</p> <p><b>Game reaction</b></p> <p>Reaction game – in twos / dodgeball start practice, on whistle race to ball in middle</p> <p>Space invader – variation of dodgeball – spaceship invades zones, 3 max in a spaceship, players caught back in</p> <p><b>Ball control</b></p> <p>Dodging circle – 5 on outside 1 in middle dodging 1 ball</p> <p><b>Secret agent</b></p> <p>Secret agent – variation of dodgeball – dodgeball rules but players to sit down where they are if secret agent hits them or all ball hitting in game, if secret agent stays out</p> <p><b>Aiming</b></p> <p>Dodger in the middle – groups of 3, 1 in middle</p> <p>Protect the goal – try and throw balls in to opponent's goal, can protect goal by standing in goal zone until hit direct by ball (without crossing feet) then must stand out of goal zone, can still score</p> <p><b>Simple games</b></p> <p>Throw, block and catch – thrower in inner square, blockers in middle, receiver on outside, thrower to get balls to receivers, blockers trying to block and catch to keep ball if just blocked, ball back to middle</p> <p>Pirates and police – dodgeball variation, pirates try to run to collect treasure or free pirate in jail police trying to hit pirates and sent to jail</p> <p><b>Final lesson</b></p> <p>Line ball – kicker kicks balls, fielders collect, kicker must run up lane to cone to score points, fielders get ball back and they try to hit kicker before they complete the lane</p>	<p><b>Introduction</b></p> <p>Hot hands – in pairs fast throw and catch</p> <p>Key skills game – game to be played in pairs, one pair batting, one pair bowling and wicket keeping 5 pairs, no fielding. Each batter gets an over and starts with 10 runs. They gain runs for hitting out of boundary (4 or 6) and lose runs if bowled, run or caught out. See which pair has highest score</p> <p><b>Rolling at a target</b></p> <p>Roll and throw – in pairs one player rolls one player throws. Swap roles</p> <p>Hit the stumps – groups of 4 bowler, wicket keeper, collector and umpire, 4 balls and swap roles</p> <p>Mini cricket – overarm bowling</p> <p><b>Fielding tactics</b></p> <p>Doubles/triple catch partner tagging</p> <p>Take aim – 2 v 2 wickets in middle take in turns to bowl at wicket and score</p> <p>How many can you score? Cricket variation – batter to hit off variable and all batting team run round scoring square. Fielders to work team to get ball back and placed on cone</p> <p><b>Tournament</b></p> <p>3 to collect – feeder timer. Feeder- feeder rolls ball and timer times how long it takes to collect return ball to hoop</p> <p><b>Simple games</b></p> <p>Ways to score – mini tennis game with tennis rules progression from 2 bounce rule to 1)</p> <p><b>Final lesson</b></p> <p>Ten pin cricket</p> <p>Key skills game – game to be played in pairs, one pair bowling, one pair batting and wicket keeping 3 pairs different courts</p> <p>Over and start with 10 runs. They gain runs for hitting out of boundary (4 or 6) and lose runs if bowled, run or caught out. See which pair has highest score</p>	<p><b>Introduction</b></p> <p>Keep ball – 5 v 5 possession rolling ball</p> <p>Key skills game – 1 v 1 for tennis points are only scored for winning balls once two opponents side, no points for out of court or net shot</p> <p><b>Cooperative rallies</b></p> <p>Cooperative rallying – can you and partner beat previous score</p> <p>The longest rally – with partner 2 minutes try to get longest rally, ball can bounce twice, at the end of 2 mins award number of rallies as points, move to different partner and repeat</p> <p>Keep the kettle boiling – nets in opposite side of ball, 11 child steps onto court plays shot and joins back to line</p> <p><b>Court targets</b></p> <p>Hit the cone – hit 5 balls to hoops/markers 1 point per successful hit, partner collects and swap</p> <p>Winning ticket – mini tennis cone, winning ticket allows you to win your game automatically</p> <p><b>Single games</b></p> <p>Collect on the move – feeder to roll ball to cone, collector to move and collect points to throw</p> <p>Always different – cooperative rally always playing different shot to your opponent's previous shot</p> <p>Mini tennis – points for 3 bounce, out of court and net</p> <p><b>Competitive mini games</b></p> <p>Ways to score – mini tennis game with tennis rules progression from 2 bounce rule to 1)</p> <p><b>Final lesson</b></p> <p>Mini tennis ladder – mini tennis game from bottom court to 'top' court, winner moves up ladder down, differentiate rules for different courts</p> <p><b>Final lesson</b></p> <p>The shadow – 2 children play rally whilst their partner shadows their movements and shouts, swap when they breaks down</p> <p>Key skills game – 1 v 1 tennis points are only scored for making ball bounce two opponent's side, no points for out of court or net shot</p>	<p><b>Introduction</b></p> <p>Estimate – children to estimate how many steps they'll take in 30 secs can you get more accurate</p> <p>Measure how far can high standing jumps, running jumps, 3 step jump vary jumps 1 foot, 2 foot combination of jumps vary measurement methods</p> <p>Measure how far or high can stand jump, bounce, for distance varying measuring method</p> <p><b>Run for speed</b></p> <p>Sprint technique – in pairs 1 times 5 secs other supports and stops on command mark plays shot and joins back to line</p> <p>Time bomb – 5 sec run place bean bag, 10 sec run place bean bag, 30 sec run place bean bag, repeat and try to beat pb</p> <p><b>Throw for distance</b></p> <p>Put throw technique, bean bag throw, standing</p> <p>Running put throw technique and timing of release in relation to steps</p> <p>Push throw technique – shoutput</p> <p>PB put throw</p> <p>PB long jump</p> <p><b>Mini Olympics</b></p> <p>Chase the snake – catch team in front pass balloon pass through team</p> <p>Groups of 4 – running, jumping and throwing events circuit</p> <p><b>Final lesson</b></p> <p>Chickens and foxes – stand back to back and on call that animal attempts to reach line as other chases and takes tag</p> <p>Measure how far can run in 5 secs, 30 secs, 2 minutes then vary times and distances</p> <p>Measure how far or high can stand jump, bounce, for distance varying measuring method</p> <p><b>Place + Personal Best + Push Pull + Discus + Record + Timer + Run up + Olympics</b></p>	
	Vocabulary	<p>Ready position + Tag + Silence + Speed + Attack / defend + Agility</p>	<p>Teamwork + Map Skills + Indoor mapping + Plotting + Orienteering + Control Plotting + Communication + Problem Solving</p>	<p>Marking + Tactics + Accuracy + Experiment + Possession + Support + Tactics + Defence + Opposition + Pace + Power</p>	<p>Front Support + Back Cover + Creativity + Evaluate + Improve + Pose + Observe + Fluency + Flow + Flight</p>	<p>Indian Dribble + Close Cover + Mark + Block + Slap Pass + Decision Making + Possession + Principles + Evaluate + Watch + Explore</p>	<p>Develop + Combine + Cover + Mark + Block + Slap Strength + Lifeline + Appreciation + Determination + Benefit + Stamina</p>	<p>Mark + Evaluate + Tactics + Dodge Dribble + Full / Hoist Awareness + Attack / Defend + Principles</p>	<p>Emotions + Expressions + Rhyme + Fusion + Canon Choreography + Fluency + Throwing + Routine + Telling + Question + Answer</p>	<p>Communicate + Accelerate + Accurate + Side shot + Defend + Agility + Balance + Coordinate + React + Attack + Defence</p>	<p>Wickets + Outfield + Keeper + Positions + Wicket + Service + Create + Technique + Awareness + Forward Defence + Tactics + Fast Bowl</p>	<p>Court Target + Backhand + Rally + Power + Service + Cooperative + Competitive + Follow through + Response + Decision Making + Teamwork + Doubles + Feedback + Position</p>	<p>Place + Personal Best + Push Pull + Discus + Record + Timer + Run up + Olympics</p>



# Girlington Primary School P.E Curriculum

## Year 6

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Topic	Rugby (Invasion game)	OAA	Football (Invasion game)	Gymnastics	Hockey (invasion game)	Fitness	Basketball (Invasion game)	Dance (Play That Sax)	Dodgeball (Target game)	Cricket (Striking and fielding)	Tennis (Net and wall)	Athletics
National Curriculum Subject Content												
<b>Fundamental Movements</b>  running, jumping, throwing and catching in isolation and in combination	To pass and catch the ball whilst running at different speeds. Keep control of the ball when running and passing, ensuring passing is accurate.				Develop control whilst performing skills at speed.	Link actions and combine movements			Successfully catch a ball at different heights.  Demonstrate a variety of different throwing techniques with good accuracy, pace, and consistency.  Use different ways to dodge the ball (jump, gallop, jockey.)	Perform skills, including retrieve, intercept and stop a ball, with accuracy, confidence, and control.  Bowl using an overarm technique, beginning to vary speed and length of delivery	Hit the ball with purpose, varying speed, height, and direction.  Perform skills such as forehand and backhand shots with control and confidence.	Understand appropriate pace judgement for the running distance to be covered.  Understand the appropriate throwing and jumping technique to achieve maximum distance and height.  Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.  Successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests.
<b>Competitive games</b>  play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	To understand the rules of the game and participate in full games. • Understand the importance of keeping in a line in both attacking and defending plays.  Incorporate the rules of the game into small sided games like passing backwards  Carefully consider the best way to score a try and win the game, remembering to find and use space when running. • Successfully remove tags in accordance with the rules.		Understand the positions in a team and the roles they play and choose different formations to suit the needs of the game.  Recognise exercise and activities that help strength, speed and stamina.  Apply the attacking and defending principles in game situations.  Use different skills to keep possession of a ball as part of a team.  Develop control whilst performing skills at speed. Change speed and direction to get away from a defender  Adapt games and activities making sure everyone has a role to play. Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique.		Apply the attacking and defending principles in game situations.  Use different skills to keep possession of a ball as part of a team.  Change speed and direction to get away from a defender  Choose different formations to suit the needs of the game and choose skills that meet the need of the situation		Apply basic principles for attacking and defending, choosing different formations to suit the need of the game.  Use different skills to keep possession of the ball. Develop control whilst performing skills at speed.  Show good awareness of others in game situations and work effectively as a team, adapting games if needed so everyone has a role to play.  Use the defending principles in game situations, including marking, tracking and covering, to gain possession.		Take part in competitive games, playing fairly and working cooperatively as part of a team  Use appropriate tactics in games and discuss and apply strategies needed to win.	Use skills and tactics to outwit opponents when fielding, bowling, and batting  Work as part of a team that covers the areas to make it hard for the batter to score runs.  Use tactics that involve bowlers and fielders working together.	Direct the ball towards the opponent's court or target area.  Apply the principles of attacking (position on court, aggressive shots in to space to make it difficult for opponent)  Participate in competitive games  Adopt a good ready position and show good position on court.	
<b>Individual performance</b>  Develop flexibility, strength, technique, control and balance.				Explore, improvise, and combine movement ideas fluently and effectively. Use skills in different ways, performing confidently, with clarity and a sense of rhythm.  Combine and perform gymnastic actions, shapes, and balances more fluently and effectively  Use combinations of dynamics using the space effectively.  Develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles, varying direction, level, and pathways to improve the look of a sequence.		Develop upper and lower body strength, speed, aerobic endurance, and fitness.  Complete circuit training to the best of your ability.						
<b>Dance</b>  Using a range of movement patterns							Share ideas in small groups, working together to create a routine incorporating different elements  Use imagination to develop dances to music and develop expressive qualities.  Move in a way that reflects the music  Perform dances in both canon and unison, with clarity and confidence.  Explore and practice movement ideas inspired by a stimulus  Explore, improvise, and combine movement ideas fluently and effectively.  Perform movements to an audience with rhythm and confidence.					
<b>Outdoor Adventurous Activity</b>  Individually and within a team		Understand elements and scaling confidently.  Plan strategies to complete tasks.  Choose sensible skills and approaches for the challenge.  Build confidence during team activities.  Takes part in orienteering events, such as picture orienteering and control orienteering, with success  Use a map to confidently orientate yourself around - Use previous knowledge to navigate and design a route to the controls  Develop map reading and map building skills.  Develop physical fitness and be able to describe its importance in orienteering.										
<b>Self-evaluation</b>  compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Identify what they have done well and adapt plans for future challenges.		Work effectively as part of a team, recognising success, and give constructive feedback	Identify and evaluate parts of your own game and others, providing feedback.	Compare own and others performances to previous ones, recognise and explain what went well and discuss what you find easy and difficult	Learn how to evaluate your own success, as well as recognise part of a performance that could be improved and why.  Understand how to improve in different physical activities and sport.		Learn how to evaluate and recognise your own success and areas for improvement.	Evaluate your own success and areas of improvement, as well as others.	Compare their performance with previous ones and demonstrate improvement to achieve their personal best	





# Girlington Primary School P.E Curriculum

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Topic	Rugby (Invasion game)	OAA	Football (Invasion game)	Gymnastics	Hockey (Invasion game)	Fitness	Basketball (Invasion game)	Dance (Play That Sax)	Dodgeball (Target game)	Cricket (Striking and fielding)	Tennis (Net and wall)	Athletics
Health	Healthy Participation; making safe long-term decisions and understanding the relationships between physical activity and its effect on the body.		Recognise exercise and activities that help strength, speed and stamina.	Create short warm up routines that follow basic principles	Understand how physical activity can contribute to a healthy lifestyle  Understand how muscles work.  Create short warm up routines that follow basic principles e.g. raises body temperature, mobilise joints and muscles.	Take responsibility for your own warm up, knowing the importance of warming up.  Understand how physical activity and exercise can improve mental wellbeing.  Understand why core strength is important.	Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles.		Explain how physical activity can help contribute to a healthy lifestyle.		Explain how your body reacts and feels when taking part in different activities and undertaking different roles.  Create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles.	Be able to describe the importance of being physically fit and explain how their body reacts and feels when taking part in different activities and undertaking different roles.
Citizenship		Identify what they have done well and adapt plans for future challenges.	Identify and evaluate parts of your game where you're performing well, and parts that can be improved.	Work effectively as part of a team, recognising success, and give constructive feedback	Identify and evaluate parts of your own game and others, providing feedback	Compare own and others' performances to previous ones, recognise and explain what went well and discuss what you find easy and difficult	Learn how to evaluate your own success, as well as recognise part of a performance that could be improved and why.  Understand how to improve in different physical activities and sport.  Show good awareness of others in game situations and work effectively as a team, adapting games if needed so everyone has a role to play.	Share ideas in small groups, working together	Evaluate a performance, providing constructive feedback.	Learn how to evaluate and recognise your own success and areas for improvement.	Evaluate your own success and areas of improvement, as well as others.	Work effectively as part of a team.  Share and discuss athletic techniques with others
Activities	<p><b>Control, coordination and cooperation</b></p> <p>Ball control – in 3s move around area performing different challenges</p> <p>Pick and pass – player run toward each other and pop pass (lay ball straight up for other player to run on to)</p> <p>Rugby stars – run from one side to the other, if caught become a star catcher (stay on spot in star position can only tag from this position)</p> <p>Cooperation with team mates to pass and move</p> <p>Hot potato – groups of 6 pass passing if drop go onto one knee then two then sit</p> <p>Rugby rounds – 2 team of 5, team on outside to run round square in relay, team on inside see how many passes they can make in that time then swap</p> <p>Passing on the move – passing down the line whilst moving (sideways and backwards passing only)</p> <p><b>Attacking and tagging</b></p> <p>2 teams, opposite end of pitch, on number call attacker and defender come into play, attacker to try beat defender – increase numbers so 1v1, 2v2, 3v3 etc</p> <p>Passing on the move and down the line – work in small teams to pass ball down line whilst moving towards try line and score try. Introduce competition against other teams unopposed and opposed 1 defender</p> <p><b>Defending</b></p> <p>Tag off – 1v1 take your partners tag</p> <p>King of the ring – on command try to take others tags, if tag taken go to skill zone before re-entering player with most tags wins</p> <p>3v3 zone ball – split pitch into 3rds (vertically), 1v1 in each zone all other tag rugby rules</p> <p><b>Circuit skills and tactics</b></p> <p>Gladiator – 2 defenders must stay on their line, attacker to try get past first defender and then 2nd swap roles</p> <p>Gladiator pairs – same game but 1 extra defender who can move anywhere and 1 extra attacker</p> <p>3v3 small sided tag rugby game</p> <p><b>Competition</b></p> <p>1v1 on call of number run round cone and play 1v1 swap attacking and defending roles</p> <p>Small sided games</p>	<p><b>Core task</b></p> <p>Alphabet balance bench – in teams children to organise themselves in order given by teacher e.g. height, birth months, first letter of first name etc., all children must stay on bench</p> <p>Cross the river – using mats/hoops/markers as stepping stones, teams to collect equipment from other side of hall without stepping of stepping stones</p> <p><b>Teamwork</b></p> <p>Orienteering obstacle challenge – obstacle course relay race</p> <p><b>Picture orienteering</b></p> <p>Cardinal points game</p> <p>In pairs look at picture clue and go to control, record on their sheet and return to base location for next clue</p> <p><b>Indoor mapping</b></p> <p>Discussions about maps in area and children to draw birds eye map thinking about scale, position, orientation, set, folding and thumbing</p> <p><b>Single control event</b></p> <p>Group balances – map setting and thumbing and folding</p> <p><b>Control plotting</b></p> <p>Find control on map, where is it? Plan route, walk to destination and demonstrate according on sheet as class working in pairs find the remaining controls</p> <p>Score in any goal – 5v5 on square with 4 goals both teams trying to score in any goal, no gk, focus on defending as team and tackling</p> <p><b>Tournament</b></p> <p>Kick up practice using different body parts</p> <p>Teams of 6, all football rules, children refereeing, point system (3 win, 2 draw, 1 loss)</p> <p><b>Final lesson</b></p> <p>Skill circuit – children to move round different skills stations – passing, keep up head up, dribble, keep the ball, through the target and slalom</p> <p>Key skills game – 4v4 then 5v5 players can only shoot when inside shooting area, no gk, overloads if needed</p>	<p><b>Introduction</b></p> <p>First touch – passing in pairs with focus and teaching points on first touch</p> <p>Key skills game – 4v4 then 5v5 players can only shoot when inside shooting area, no gk, overloads if needed</p> <p><b>Passing</b></p> <p>Short passing – pass and move in groups of 4-5 in own square</p> <p>Zig zag pass – pass and follow</p> <p>End zone passing – 5v5 1 player in end zone, score by passing into end zone player passing to opposition</p> <p><b>Attacking play</b></p> <p>Copy-catch football</p> <p>Keep the ball out – 4-4 attackers on outside, 2 defenders inside, attackers keep the ball away from defenders but must stay in their side of square</p> <p>Knock out Wembley – groups of 9, 1 gk other children in pairs as all other pairs, if score progress, if knocked out referee play to final 2 v 2</p> <p><b>Defending play</b></p> <p>Stuck in the mud football</p> <p>2v2 defending teaching points and focus on defending as a unit of 2 between each balance</p> <p>Score in any goal – 5v5 on square with 4 goals both teams trying to score in any goal, no gk, focus on defending as team and tackling</p> <p><b>Tournament</b></p> <p>Kick up practice using different body parts</p> <p>Teams of 6, all football rules, children refereeing, point system (3 win, 2 draw, 1 loss)</p> <p><b>Final lesson</b></p> <p>Skill circuit – children to move round different skills stations – passing, keep up head up, dribble, keep the ball, through the target and slalom</p> <p>Key skills game – 4v4 then 5v5 players can only shoot when inside shooting area, no gk, overloads if needed</p>	<p><b>Introduction</b></p> <p>Land from heights – correct landing technique and holding finishing pose</p> <p>Gymnastic circuit – in groups think of ways to jump, link shapes, travel, perform movement at different levels</p> <p>Children then design routine including aspects from stations</p> <p><b>Crafting sequences</b></p> <p>Individual balances – learn tuck balance, frog balance, straddle hold and pike hold</p> <p>Link balances – create sequence linking balances with slow quick high ways of travelling between</p> <p><b>Developing a routine</b></p> <p>Travelling in different ways – body parts, directions, speeds, levels and combination e.g. high and slow</p> <p>Create a routine – using apparatus around hall create routine with a start position, 4 balances, 4 shapes, 3 jumps and 3 travelling actions and a finishing position</p> <p><b>Group work</b></p> <p>Group balances – pyramid and create own group balances</p> <p>Link together balances – link together 4 group balances choosing a method of travelling between and link 3 counterbalances with a jump between each balance</p> <p><b>Performance</b></p> <p>Create a routine – using apparatus around hall create routine with a start position, 4 balances, 4 shapes, 3 jumps and 3 travelling actions and a finishing position</p> <p>Partner to watch and feedback</p> <p><b>Final lesson</b></p> <p>Individually create sequence including: A Start position, 8 to 10 elements e.g. Start on the floor, move onto apparatus and finish on the floor. It must also include twisting and turning, right, changes of direction and speed, and contrasting shapes and balances. A Finish position</p> <p>Children to go into groups and show others their routine, group to decide on which one they like and want to learn develop routine as a group thinking about overall appearance</p>	<p><b>Introduction</b></p> <p>Spot lig – stick in the mud variation</p> <p>Key skills game – 4v4 then 5v5 players can only shoot when inside shooting area, no gk.</p> <p><b>Dribbling</b></p> <p>Rob the nest</p> <p>Indian dribble technique and practise</p> <p>Empty your goal game encouraging Indian dribble</p> <p>King of the ring</p> <p><b>Attacking play</b></p> <p>First touch – passing in pairs focus and teaching points on first touch</p> <p>Stuck in the middle – groups of 7 in circle 1 in middle, keep the ball from child in middle</p> <p>Score in any goal – 5v5 on square with 4 goals on each side of square both teams trying to score in any goal, no gk.</p> <p>Tournament</p> <p>Shuttle runs focus on grip and control</p> <p>Teams of 6, all hockey rules, children refereeing, point system (3 win, 2 draw, 1 loss)</p> <p><b>Final lesson</b></p> <p>Through the gate dribbling – how many gates can you dribble through in given time</p> <p>Key skills game – 4v4 then 5v5 players can only shoot when inside shooting area, no gk.</p>	<p><b>Lower body circuits</b></p> <p>Beat the burpees – race - 1 minute to do as many as you can other group running round outside of square</p> <p>Stations –</p> <p>Squat jumps</p> <p>High knees</p> <p>Step back jumps</p> <p>Spedmen climbers</p> <p>Long jumps</p> <p>Wall sit</p> <p><b>Aerobic circuits</b></p> <p>Correct 4 relays – 2 teams first child from each team runs out and places marker on grid runs back and next player goes, try to place 4 markers in a row</p> <p>Stations –</p> <p>Double speed bounce</p> <p>High skip daps</p> <p>Zombie kicks</p> <p>Plank jumps</p> <p>Jumping jacks</p> <p>Shuttles</p> <p><b>Upper body circuits</b></p> <p>Tiger ball – 1 v 1 bring knee to chest to push ball to opponent's goal</p> <p>Stations –</p> <p>Press ups</p> <p>Handstand</p> <p>Press up walk out</p> <p>Plank shoulder taps</p> <p>Plank walk</p> <p>Laid down shoulder press</p> <p><b>Boxercise</b></p> <p>Balloon punches – keep the balloon in the air only using punches</p> <p>Stations –</p> <p>Low squat punches</p> <p>Jump rope</p> <p>Boxer burpees</p> <p>Fast upper cuts</p> <p>Alternate roundhouse kicks</p> <p><b>Core circuits</b></p> <p>Plank reactions – in pairs plank facing each other with different colour bean bags between, on call of colour first person to grab that colour beanbag while maintaining plank position</p> <p>Stations –</p> <p>Crunches</p> <p>Reverse crunches</p> <p>High plank sidekicks</p> <p>Plank twists</p> <p>Russian twists</p> <p>Dead bugs</p> <p><b>Full body circuits</b></p> <p>Mountains – shuttle runs – 1s child runs to cone 1 and returns to start point, then repeats for cones, 2, 3 and 4 then complete 5 jumping jacks, next player does the same but puts out the cones</p> <p>Stations –</p> <p>Tuck jumps</p> <p>Mountain climbers</p> <p>Burpees</p> <p>Side lunges</p> <p>Truffle shuffles</p> <p>Press up points</p>	<p><b>Introduction</b></p> <p>Through the gates – in pairs dribble to gate then pass to partner who dribbles to next gate</p> <p>End zone – 4v4 then 5v5 players can only score from inside end zone progress to remove end zone rule</p> <p><b>Ball control – dribbling</b></p> <p>Ball each correct dribbling technique changing speed, direction and experimenting with skills and turns. 2 hand double dribble rule</p> <p>Basketball fig – in large area all children in pairs 1 attacker 1 defender how many times can the attacker tick the defender.</p> <p>King of the ring – dribbling technique and on command try to keep your ball in area and get other people's basketball out</p> <p><b>Passing</b></p> <p>Keep the ball out – 4 on outside of square v 2 defenders inside, 4 to keep ball staying on line of square</p> <p>End zone passing – 4 v 4 with 1 player from each team in end zone, point for each successful pass and catch in end zone, game restarts in end zone player who caught the ball passing to opposition</p> <p><b>Team play</b></p> <p>3 v 3 possession with double dribble rule and travel rule</p> <p>Mini basketball – small sided games with all basketball rules – teaching and focus on attacking play</p> <p><b>Tournament</b></p> <p>Zig zag pass</p> <p>6 v 6 tournament with children refereeing and point system (3 win, 2 draw, 1 loss)</p> <p><b>Final lesson</b></p> <p>King of the ring</p> <p>Empty your goal</p> <p>End zone – 4v4 then 5v5 players can only score from inside end zone progress to remove end zone rule</p>	<p><b>Lesson 1</b></p> <p>Dance moves – learn star kick, side kick, bottom spin, spin to jump stand and jump – slide – 360</p> <p>Part 1 – learn tutting sequence</p> <p><b>Lesson 2</b></p> <p>Girls vs boys 'question and answer' sequence using the moves learned in lesson 1 and then perform crab action and kicks in unison on beat</p> <p><b>Lesson 3</b></p> <p>Children split into 4 lines and perform movements in sequence, each person has a turn to try hit the lower, must be completely knocked over before reassembling</p> <p><b>Lesson 4</b></p> <p>Street dance – performed in own space in unison perform moves in time to beat</p> <p><b>Lesson 5</b></p> <p>Create your own – in groups of 3 or 4 children to create own phase of dance incorporating start position, movements in unison and cannon, different levels, freeze/hold and a finishing position</p> <p><b>Lesson 6</b></p> <p>The finale – repeat tutting section and learn final phase and perform whole dance</p>	<p><b>Introduction</b></p> <p>Chase and escape – in pairs one with ball stands for 5 secs while partner runs away, after 5 secs child with ball can run and try hit partner with ball</p> <p>Prison ball – prison ball, dodgeball variation – if hit go to jail at back of opposition side, prisoners must stay in prison but if they catch a ball and hit an opponent they keep the ball for one minute</p> <p><b>Aiming and accuracy</b></p> <p>Cone smash – in groups of 3-5 create tower using cones, each person has a turn to try hit the tower, must be completely knocked over before reassembling</p> <p>Castle attack – variation of dodgeball – 6 cones and castle (stack of equipment) to go to face all the balls for their innings and 6 cones (castle wall) when all 6 are down in for castle, out if hit back in if a player catches the ball</p> <p><b>Ball control</b></p> <p>Roller target – in pairs one player rolls larger ball 2+ metres, progress to 10 pounce</p> <p>Take aim – groups of 4, 2 mins facing each other, slumps in middle, take in turn to attempt to hit wicket, other pair fields then attempt to hit wicket</p> <p>Mini cricket – underarm bowling – 10-minute innings – 1-point line, 2-point line and boundary line</p> <p>Hit the stumps – Learn overarm technique then children take up the following roles – Bowler, Wicket Keeper, Umpire, Collector</p> <p>Bowler bowls 4 times, wicket keeper fields, rolls to collector to return to bowler, umpire scores how many times hit wicket</p> <p>Mini cricket – Overarm bowling – 10-minute innings – 1-point line, 2-point line and boundary line</p> <p><b>Simple games</b></p> <p>Shooting gallery – one team shooters other team dodgers at opposite end of area, dodgers to run horizontally back and forth</p> <p>Bench dodgeball – dodgeball variation – if a player is hit stand on bench behind the opponent's area, they can come back in if one of their team mates throws the ball and they catch it</p> <p><b>Final lesson</b></p> <p>Spot the marker – target in middle of pair, who can hit it the most times</p> <p>Ultimate dodgeball – dodgeball rules but no one can come back in, first team to eliminate all other team wins</p>	<p><b>Introduction</b></p> <p>To collect – feeder timer feeder-roller rolls 3 balls and timer times how long for fielder to collect and return to hoop</p> <p>Key skills game – Within the groups the children play the game in pairs – one pair bats one pair bowls and keeps wicket and 3/4 pairs field – The bowling and wicket keeping pair take turns to bowl an over (6 balls) from behind and – Play the game for a set length of innings – 3/4 over's A batting pair starts with 10 runs, they add to their score each time they score a run or hit a boundary 4 runs if the ball bounces before it goes over the boundary, 5 if it does not</p> <p>The pair lose 4 runs if either batter gets out, bowled, run or caught – The pair go to face all the balls for their innings and 6 cones (castle wall) when all 6 are down in for castle, out if hit back in if a player catches the ball</p> <p><b>Fielding tactics</b></p> <p>The drop – in pairs reaction game, one child drops ball whenever they want and partner tries to catch after 1 bounce, progress to 10 pounce</p> <p>Take aim – groups of 4, 2 mins facing each other, slumps in middle, take in turn to attempt to hit wicket, other pair fields then attempt to hit wicket</p> <p>Mini cricket – underarm bowling – 10-minute innings – 1-point line, 2-point line and boundary line</p> <p>Hit the stumps – Learn overarm technique then children take up the following roles – Bowler, Wicket Keeper, Umpire, Collector</p> <p>Bowler bowls 4 times, wicket keeper fields, rolls to collector to return to bowler, umpire scores how many times hit wicket</p> <p>Mini cricket – Overarm bowling – 10-minute innings – 1-point line, 2-point line and boundary line</p> <p><b>Balling techniques</b></p> <p>Shooting gallery – one team shooters other team dodgers at opposite end of area, dodgers to run horizontally back and forth</p> <p>Bench dodgeball – dodgeball variation – if a player is hit stand on bench behind the opponent's area, they can come back in if one of their team mates throws the ball and they catch it</p> <p><b>Final lesson</b></p> <p>Spot the marker – target in middle of pair, who can hit it the most times</p> <p>Ultimate dodgeball – dodgeball rules but no one can come back in, first team to eliminate all other team wins</p>	<p><b>Introduction</b></p> <p>Rallying – mini court – 1 bounce take step back after 5 successful hits</p> <p>Key skills game – 1 v 1 tennis rules, experiment with different equipment, courts, shots etc.</p> <p><b>Co-operative rallies</b></p> <p>In pairs keep a rally going, 1 bounce or no bounce, keeping ball in court</p> <p>Always different – keep a rally going always playing a different type of shot to the one played to you</p> <p>Keep the kettle boiling – 2 lines at each side of court, first in line plays shot then runs to end of opposite line</p> <p><b>Court targets</b></p> <p>Hit the target – in pairs one with racket and 5 balls attempts to hit each ball in line</p> <p>Swivel – Progress to throwing hoop on opposite side of net, other child collects, swap roles</p> <p>Winning ticket – mini tennis games, ball can bounce twice first to 7 points. Play best of 5, every child has 1 winning ticket where they can win the game automatically</p> <p><b>Single games</b></p> <p>Underarm serve technique and practise in pairs</p> <p>Ways to score – mini tennis all tennis rules but a point cannot be won in the same way twice in a row</p> <p>Mini tennis – ball can bounce, long jump – focus on take-off technique without run up progress to incorporate run and jump technique and progress to trying to beat PB with cone to mark distance</p> <p>Long jump competition in groups of 6</p> <p>Mini Olympics</p> <p>Groups of 3 work round multiple throwing, running and jumping events option to compete against self or others in group</p> <p><b>Final lesson</b></p> <p>Rob the nest</p> <p>Rallying – cooperative rallies, after 5 successful hits, both players take a step back</p> <p>1 v 1 tennis rules, experiment with different equipment, courts, shots etc</p> <p>Jumping task – mark variation of jumps e.g. 1 foot, 2 feet, traditional long and high etc, and linking movements</p> <p>Throwing task – mark variation of throws using bean bags, javelin discs</p>	
Vocabulary	Communicate • Effective • Accuracy • Mark/Track • Attack • Defend • Tactics • Dummy	Teamwork • Map Skills • Indoor mapping • Picture Orienteering • Control • Plotting • Communication • Problem Solving	• Marking • Tactics • Apply • Consider • Evaluate • Midfield • Possession • Opposition • Possession • Support • Closing down • Cover	Asymmetrical • Body control • Creativity • Evaluate • Improve • Symmetrical • Observe • Fluency • Flow • Flight	Indian Dribbling • Close down • Cover • Track • Block • Slap Pass • Decision Making • Possession • Principles • Evaluate • Discuss • Explore	• Responsibility • Wellbeing • Encourage • Compare • Performance • Position • Ability • Recognise • Alternate	Awareness • Management • Decision Making • Attack / Defend • Principles • Positions • Performance • Plays	Imaginative • Emotive • Expressive • Rehearse • Choreography • Pace • Question & Answer • Confidence • Experiment • Formation	Communicate • Accelerate • Accurate • Side shot • Track • Stroke • Agility • Balance • Coordinate • React • Attack & Defend	Wicket Keeper • Crease • Outfield • Fast bow • Technique • Quality • Run up • React • Singles • Service • Backswing • Overhead • Selection • Respond • Evaluate	• Strategy • Defence • Attack • Height • Travel • Positioning • On Court • Backswing • Service • Selection • Respond • Evaluate	Evaluate • Feedback • Power • Cooperate • Fling • Compare



### Subsequent key stage 3 subject content

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities. They should understand what makes a performance effective and how to apply these principles to their own and others' work. They should develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity.

<b>Competitive games</b>	use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
<b>Individual performance</b>	develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
<b>Dance</b>	perform dances using advanced dance techniques within a range of dance styles and forms
<b>Outdoor Adventurous Activity</b>	take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
<b>Self-evaluation</b>	analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
	take part in competitive sports and activities outside school through community links or sports clubs.