



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



Girlington Primary School P.E Curriculum

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Topic	Rugby (Invasion game)	Athletics	Basketball (Invasion game)	Fitness	Football (Invasion game)	OAA	Hockey (invasion game)	Gymnastics	Tennis (Net and wall)	Dance (Lion King)	Cricket (Striking and fielding)	Dodgeball (Target game)
Activities	<p>Introduction Ball exploration games and how to hold and run with ball</p> <p>Passing and moving Pairs and circle passing using different ways to pass the ball and receiving technique</p> <p>Square pass and move</p> <p>Tagging Tag belt familiarisation</p> <p>Tig style games using tags</p> <p>Passing and simple tactics Relay race shuttles to teams</p> <p>Simple decision making 1v1, 2v1 attack vs defence</p> <p>Simple games Small sided games</p>	<p>Introduction Comparing good and bad techniques and discussion</p> <p>Co-ordination and movement Co-ordination, reaction and agility games – touch the colour cone, collect the cones and relay races</p> <p>Running Relay races – running techniques to compare times</p> <p>Relay races to focus on hurdle technique</p> <p>Change of direction - running, skipping, hopping etc</p> <p>Treasure chest game – collecting equipment for your chest</p> <p>Jumping Standing long jump exploration and technique</p> <p>Animals variation of jumping game</p> <p>Pairs catching and cone target game</p> <p>Throwing Catch – throw and catch practice</p> <p>Star throw – aim for partner's star</p> <p>Hoop targets close, middle and far</p> <p>Overarm throwing Technique exploration and competition against self and others</p> <p>Tidy the room' game</p>	<p>Introduction Ball manipulation</p> <p>Key skills 1v1</p> <p>Ball familiarisation 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>Ball control Ball dribbling and bouncing trying to beat personal best</p> <p>Passing: throwing and catching 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>Simple games Skill based games - Rob the nest</p> <p>Number instructional game</p> <p>Empty your goal</p> <p>Final lesson Simon says</p> <p>attacking and defending principles - 1v1 2v2 rolling and throwing exploiting space to get ball past opponent</p>	<p>Speed and agility: Animal yard-tig crossing game</p> <p>The swamp-running and jumping game</p> <p>Relay races</p> <p>Jumping: 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>Balance control and coordination: Colour cone run</p> <p>Partner challenge – how many stations can you get round</p> <p>Obstacle relay races</p> <p>Turn taking: Stepping hoop relay</p> <p>Colour collect – relay to collect your colour equipment</p> <p>Speed and stamina: Food groups – on command run to healthy unsure or unhealthy section</p> <p>Colour cone sequence</p> <p>Slalom running</p> <p>Circuit: Speed bounce</p> <p>Circuit relays</p> <p>Body parts – on command touch cone with that body part</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>Follow the leader</p> <p>Scavenger hunt – work as team finding your colour equipment, teamwork and safety</p> <p>Cardinal points instructor 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>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>1v1 score a goal – attack principle shoot for space, defend get in line to block</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>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 (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>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 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>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>Performing sections of dance to contribute to overall 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>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>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>
Vocabulary	<ul style="list-style-type: none"> Attack • Belts • Catch • Defend • Pass • Run • Space • Target • Throw • Try 	<ul style="list-style-type: none"> Coordination • Balance • Landing • Movement • Teamwork • Improve • Aim • Measure • Throw • Target • Jump 	<ul style="list-style-type: none"> Aim • Ball control • Bounce • Throw & catch • Close • Control • Describe • Dribble • Explore • Pass • Roll • Swap • Ready • Skills • Team work 	<ul style="list-style-type: none"> Jump • Land • Space • Hurdle • Control • Balance • Forfeit • Movement • Stretch • Speed • Stamina • Balance 	<ul style="list-style-type: none"> Ball Control • Control • coordination • Direction • Dribble • Movement • Partner • Rules • Space 	<ul style="list-style-type: none"> Teamwork • Together • Compass • Map • Route • Directions • Safety • Orienteering • Problem solving • Challenge 	<ul style="list-style-type: none"> Aim • Balance • Control • Ball Control • Direction • Dribble • Movement • React • Rules • Space • Speed • Slick 	<ul style="list-style-type: none"> Arch • Balance • Backwards • Direction • Straight • Dish • Explore • Forwards • High & Low • Travelling • Individual • Jump • Key Shape • Level • Tuck • Linking • Movement • Sequence • Shapes 	<ul style="list-style-type: none"> Aim • Balance • Bounce • Move • Experiment • Ball control • Move • Racket • Receive • Roll • Score • Sand • Swing • Throw • Underarm 	<ul style="list-style-type: none"> Actions • Copy Dances • Move • Beat • Count • Direction • Performance • Character • Create • Imagination • Position 	<ul style="list-style-type: none"> Aim • Backwards • Ball • Ball Control • Bat • Bounce • Bounce • Control • Hands • Catch • Direction • Feeder • Forwards • Free space • Grip • left and right • Stop • Movement • Score • Space 	<ul style="list-style-type: none"> Accuracy • Aim • Ball Control • Bounce • Control • Hands • ready • Heart • React • Roll • Rolling • Rules • Scoring • Smash • Success • Target • Teamwork



Girlington Primary School P.E Curriculum

Year 2

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Topic	Rugby (Invasion game)	Athletics	Basketball (Invasion game)	Fitness	Football (Invasion game)	OAA	Hockey (invasion game)	Gymnastics	Tennis (Net and wall)	Dance (Thriller)	Cricket (Striking and fielding)	Dodgeball (Target game)
National Curriculum Subject Content												
Fundamental Movements 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.	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 movement 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.	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.	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	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.		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	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 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.	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/slow
Team Games 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.		Show good awareness of others when playing games. React to situations to make difficult for opponents – using simple tactics.	Work well as a team	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.		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.		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.	Engage in competitive physical games, employing simple tactics. Develop problem solving and decision-making strategies
Performance using simple moving patterns				Develop control, balance and coordination when completing a variety of tasks		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.		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.		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.		
Co-operative Physical Activities												
Health		Begin to evaluate and improve own performance.	Show good awareness of others when playing games	Work well as a team.	Recognise what is successful. Use actions and ideas you have seen to improve your own skills.	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.	Understand and describe changes to your heart rate when playing a game	Understand and describe changes to your heart rate when playing a game.	Begin to understand the importance of preparing safely and carefully for exercise – warming up.	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.
Citizenship		Begin to evaluate and improve own performance.	Show good awareness of others when playing games	Work well as a team.	Recognise what is successful. Use actions and ideas you have seen to improve your own skills.	Match and describe a performance accurately. Recognise what is successful.	Watch and describe a performance accurately	Watch and describe a performance accurately.	Watch and describe a performance accurately. Use actions and ideas you have seen to improve your own skills. Engage in cooperative physical activity	Watch and describe a performance accurately and recognise what is successful Work individually and with others.	Recognise what is successful. Show good awareness of others when playing games.	Describe what you have done, or seen others doing.



Girlington Primary School P.E Curriculum

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



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)	Athletics	Basketball (Invasion game)	Fitness	Football (Invasion game)	OAA	Hockey (invasion game)	Gymnastics	Tennis (Net and wall)	Dance (Rather Be)	Cricket (Striking and fielding)	Dodgeball (Target game)
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. 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.	Understand the pace judgement when running over an increased distance. Pass/send a ball with increasing accuracy and receive a ball successfully. Move with a ball keeping it under close control.	Move with a ball keeping it under close control. Pass/send a ball with increasing accuracy and receive a ball successfully.		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 confidently in different ways, developing agility, balance, and co-ordination.	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.		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.		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.	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.
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		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		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.		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.		Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter. 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.	
Individual performance Develop flexibility, strength, technique, control 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.				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.				
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. 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.	Recognise what they do well and what they find difficult, identifying what they need to practice to improve their performance.	Recognise and explain good performances.		Recognise good performance and be able to identify what you need to practice to improve your own performance.	Evaluate your performance and recognise what went well and what could be improved	Learn how to recognise your own success.	Learn how to evaluate and recognise your own success and areas for improvement, as well as the effectiveness and quality of a performance	Identify what you do well and what you find difficult.	Describe and evaluate the effectiveness and quality of dance.	Identify what you need to practice improving your performance.	Identify what you do best and what you find difficult.
Health		Body awareness Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise.	Understand the link between heart rate and breathing when exercising.	Understand what aerobic exercise is. Discuss the importance of leading a healthy lifestyle. Understand the importance of warming up and cooling down.	Describe how your body feels when exercising.		Describe how your body feels when exercising.	Describe how your body feels when exercising	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 upcoming activities.	Begin to understand why you get hotter when you exercise and play games
Citizenship		Leadership and teamwork Enjoy competing with others.	Recognise and explain good performances.	Work well both independently and in small groups. Show self-belief and determination to manage and accomplish tasks.	Recognise good performance and be able to identify what you need to practice to improve your own performance	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.	Learn how to recognise your own success	Learn how to evaluate and recognise your own success and areas for improvement, as well as the effectiveness and quality of a performance	Identify what you do well and what you find difficult.	Describe and evaluate the effectiveness and quality of dance. Collaborate with others.	Identify what you need to practice improving your performance. Explain what success you have seen in games, and how individuals and teams achieved it.	



Girlington Primary School P.E Curriculum

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Topic	Rugby (Invasion game)	Athletics	Basketball (Invasion game)	Fitness	Football (Invasion game)	OAA	Hockey (Invasion game)	Gymnastics	Tennis (Net and wall)	Dance (Rather Be)	Cricket (Striking and fielding)	Dodgeball (Target game)
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 (head 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>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 jump and discuss and compare effectiveness</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>Colour reaction game to (run but and then react to colour cone head up)</p> <p>Developing 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 jump and discuss and compare effectiveness</p>	<p>Chest pass development</p> <p>Lower body circuit</p> <p>Jumping spots – variety of jumps activity</p> <p>Stations - Step ups Lunges Frog jumps Chair squats Glute bridge kicks Kangaroo jumps</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>Aerobic circuits</p> <p>Colour memory – relay to collect sequence of cones</p> <p>Stations – Star jumps Sprint on spot Speed bounce Hot steps Knee raises Spotty dogs</p> <p>Upper body circuits</p> <p>Crab tag</p> <p>Stations - Box press up Lateral arm circles Crab punch Inchworm Arm scissors Tricep dips</p> <p>Powercues</p> <p>On the move – find empty hoop and perform 10 air punches</p> <p>Stations - Step and punch Kick outs Ladders Running punches Football sprint Crunch and punch</p> <p>Core circuits</p> <p>Plank wars 1 v 1 plank roll ball</p> <p>Stations - Toe touches The plank Bicycle crunches Flutter kicks Heel taps Overhead reach</p> <p>Full body circuits</p> <p>Crab races</p> <p>Stations - Bench mountain climbers Bench bounces Crab walk Swimming Windmill Squat to shoulder press</p>	<p>Lower body circuit</p> <p>Jumping spots – variety of jumps activity</p> <p>Stations - Step ups Lunges Frog jumps Chair squats Glute bridge kicks Kangaroo jumps</p> <p>Aerobic circuits</p> <p>Colour memory – relay to collect sequence of cones</p> <p>Stations – Star jumps Sprint on spot Speed bounce Hot steps Knee raises Spotty dogs</p> <p>Upper body circuits</p> <p>Crab tag</p> <p>Stations - Box press up Lateral arm circles Crab punch Inchworm Arm scissors Tricep dips</p> <p>Powercues</p> <p>On the move – find empty hoop and perform 10 air punches</p> <p>Stations - Step and punch Kick outs Ladders Running punches Football sprint Crunch and punch</p> <p>Core circuits</p> <p>Plank wars 1 v 1 plank roll ball</p> <p>Stations - Toe touches The plank Bicycle crunches Flutter kicks Heel taps Overhead reach</p> <p>Full body circuits</p> <p>Crab races</p> <p>Stations - Bench mountain climbers Bench bounces Crab walk Swimming Windmill Squat to shoulder press</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 is 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>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</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 way 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 is class</p> <p>Single control orienteering – find control on map and make way to control point then record on sheet</p> <p>Numbers game – when number called played 1 v 1 against same number on opposite team</p> <p>Soy 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>Ball manipulation and dribbling</p> <p>How to land</p> <p>Key shapes recap and mat game – straight, tuck star, arch, pike, straddle</p> <p>Points of contact – Linking together 4 shapes with feet/hands as the main point of contact</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>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>Swing • Cooperative • Cooperative • Movement • Partner • Disction • Send • Catch • Court target • Power • Accuracy • Space • Free • Space • Control • Bounce • Aim</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>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>Swing • Cooperative • Cooperative • Movement • Partner • Disction • Send • Catch • Court target • Power • Accuracy • Space • Free • Space • Control • Bounce • Aim</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 cannon</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>Moves at different levels - Tutting actions – Finishing positions</p> <p>Square dance</p> <p>Performance</p> <p>Canon 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>Audience • Canon • Choreography • Level • Fluency • Performance • Phrase • Position • Control • Tutting • Emotions • Expressions • Rhythm • Unison • Count</p>	<p>Copy cats cricket</p> <p>Catch and clap – throw 1 clap catch then 2 claps, 3 claps</p> <p>3 to collect – feeder rolls 3 balls to stay in area, on go fielder collects and timer times</p> <p>Strike a pose- children come up with own pose</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>Performance</p> <p>Playing a shot – batter, feeder, wicket keeper 2 fielders – feeder drop feed for batters and fielders work ball back</p> <p>Dodge in 3s – A has to high five C without B tagging them</p> <p>Feen 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>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 5 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>Feen 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>	
	Vocabulary	<p>Dodge • Evade • Backwards • Pass • Accuracy • Target • Defend • Teamwork • Pocket Pass • Attack • Dummy • Speed</p>	<p>Develop • Experiment • Distance • Combination • Balance • Co-ordination • Movement • Distance • Pull • Target • Technique • Accelerate</p>	<p>Shoot • Skills • Teamwork • Rules • Score • Space • Accuracy • Chest / bounce • Pass • Speed • Dribbling • Passing • Possession</p>	<p>Strength • Independent • Aerobic • Endurance • Self-Belief • Determination • Combination • Lifestyle • Core Strength</p>	<p>Speed • Dribble • Movement • Shoot • Space • Marking • Attack • Defend • Decision • Accuracy • Tackle • Strike • Power • Receive • Position • Experiment</p>	<p>Teamwork • Map Skills • Picture Orienteering • Control Plotting • Indoor Mapping • Communication • Problem Solving</p>	<p>Opposition • Passing • Dribbling • Shoot • Stick • Control • Teamwork • Direction • Decision Making • Aim • Turn • Stop • Possession • Speed • Slap pass • Push pass • Attack • Defence</p>	<p>Teamwork • Straddle • Experiment • Pathway • Level • Point • Front Support • Quality • Pike • Control • Routine • Combine • Apparatus • Anabesque • Practise • Describe</p>	<p>Swing • Cooperative • Cooperative • Movement • Partner • Disction • Send • Catch • Court target • Power • Accuracy • Space • Free • Space • Control • Bounce • Aim</p>	<p>Audience • Canon • Choreography • Level • Fluency • Performance • Phrase • Position • Control • Tutting • Emotions • Expressions • Rhythm • Unison • Count</p>	<p>Batting • Control • Feeder • Fielder • Grip • Score • Wickets • Communication • Long Barrier • Striking • Teamwork • Underarm • Wicket Keeper • Bowler • Position • Technique</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)	Athletics	Basketball (Invasion game)	Fitness	Football (Invasion game)	OAA	Hockey (invasion game)	Gymnastics	Tennis (Net and wall)	Dance (Club Can't Handle Me)	Cricket (Striking and fielding)	Dodgeball (Target game)
National Curriculum Subject Content												
Fundamental Movements 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.		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.		Move the ball keeping it under control whilst changing direction. Pass, shoot and receive a ball with increasing accuracy, control and success.		Demonstrate all the physical skills needed for orienteering: agility, balance and co-ordination.	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.	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.	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.	Send a ball with accuracy, control, and consistency, whilst moving at different speeds. Practice and improve the underarm throw and side shot throw.	
Competitive games 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.		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.		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 simple tactics in game situations. Apply basic principles for attacking including finding and using space in game situations Keep a rally going using a range of shots.	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	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.	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.	
Individual performance Develop flexibility, strength, technique, control and balance.	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.		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.		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.		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.					
Dance 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 union, canon, action, and reaction. Experiment with a wide range of actions, varying and combining spatial patterns.		
Outdoor Adventurous Activity 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.							
Self-evaluation compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Learn to recognise your own success.		Identify what you need to practice to improve your performance.		Learn to recognise your own success.	Explain how you could improve your performance.	Recognise what you do well and what you find difficult.	Recognise and explain a good performance.	Recognise and explain good performances and learn how to recognise and evaluate your own success	Be able to describe your own dance, taking characters into account as well as identifying what they need to practice to improve their dance.	Recognise what you do well and what you find difficult and explain good performances	Evaluate your own performance and describe skills you need to improve your play.
Health	Making safe decisions and understanding the relationships between physical activity and its effect on the body. Discuss the importance of leading healthy, active lifestyles. Identify parts of the body we are working during exercise	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 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.	Have knowledge of how to stay safe	Understand the link between heart rate and breathing when exercising. Devise suitable warm up activities for the upcoming activity.	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	Understand the link between heart rate and breathing when exercising	Describe how your body feels when you are warming up and playing games	
Citizenship	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.	Work well as part of a team to achieve success Show self-belief and determination to manage and accomplish tasks.	Learn to recognise your own success.	Work as a team Explain how you could improve your performance. Work cooperatively and successfully as part of a team, improving communication skills	Recognise what you do well and what you find difficult	Recognise and explain a good performance. Collaborate with others	Recognise and explain good performances and learn how to recognise and evaluate your own success	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	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	Evaluate your own performance and describe skills you need to improve your play.	



Girlington Primary School P.E Curriculum

Term	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Topic	Rugby (Invasion game)	Athletics	Basketball (Invasion game)	Fitness	Football (Invasion game)	OAA	Hockey (invasion game)	Gymnastics	Tennis (Net and wall)	Dance (Club Can't Handle Me)	Cricket (Striking and fielding)	Dodgeball (Target game)
	<p>Ball control and working as a team</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>Accurate passing and catching on a team</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>Attacking</p> <p>Dumpling and side stepping</p> <p>2 attacked vs 1 defender</p> <p>explain tags can only be taken from the player with the ball</p> <p>4 attackers vs 2 defenders tag rugby rules – passing backwards, tackling person with ball, scoring try (explain try technique)</p> <p>Defending and tagging</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) passes 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 quickly move at least 1 metre away from the tag.</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>Circuit skills and tactics</p> <p>Tag tag</p> <p>Pass and move</p> <p>Winger race</p> <p>Square grid passing</p> <p>Competition</p> <p>4 teams round robin</p>	<p>Introduction</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>Jumping</p> <p>Jump it – cross area in given number and type of jump</p> <p>Stuck in the middle</p> <p>Triple jump technique – hop, step, jump</p> <p>How far? triple jump working in groups of 3 measure and analyse</p> <p>Throwing</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 beam bag and foam javelin</p> <p>Analysis</p> <p>Relay races</p> <p>Baton pass technique</p> <p>Relay exchange – teams first person runs round square passes 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 quickly move at least 1 metre away from the tag.</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>Circuit skills and tactics</p> <p>Tag tag</p> <p>Pass and move</p> <p>Winger race</p> <p>Square grid passing</p> <p>Competition</p> <p>4 teams round robin</p>	<p>Introduction</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>Ball skills</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 others</p> <p>Passing</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>Shooting</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>Simple games</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>Cone circuits</p> <p>Drunch ball – with partner pass ball in different ways to engage core</p> <p>Stations -</p> <p>Ladders</p> <p>Running punches</p> <p>Footwork sprint</p> <p>Crunch and punch</p> <p>Cone circuits</p> <p>Drunch ball – with partner pass ball in different ways to engage core</p> <p>Stations -</p> <p>Ladders</p> <p>Running punches</p> <p>Footwork sprint</p> <p>Crunch and punch</p> <p>Full body circuits</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>Lower body circuits</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>Aerobic circuits</p> <p>Station running</p> <p>Stations -</p> <p>Star jumps</p> <p>Sprint on spot</p> <p>Speed bounce</p> <p>Hot steps</p> <p>Spotty dogs</p> <p>Upper body circuits</p> <p>Box press up</p> <p>Lateral arm circles</p> <p>Crab punch</p> <p>Inchworm</p> <p>Arm scissors</p> <p>Tricep dips</p> <p>Power-ups</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>Cone circuits</p> <p>Drunch ball – with partner pass ball in different ways to engage core</p> <p>Stations -</p> <p>Ladders</p> <p>Running punches</p> <p>Footwork sprint</p> <p>Crunch and punch</p> <p>Full body circuits</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>Introduction</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>Dribbling</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>Passing</p> <p>Passing and moving in 4s in small square</p> <p>4 attackers to stay on outside of square and keep ball vs 2 defenders in middle</p> <p>Stuck in the middle – 2 zones 1 attacker in each must keep ball from defender 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>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>Using picture clue first control point if correct get new picture if not have discussion</p> <p>Control plotting</p> <p>Single control orienteering</p> <p>Attacking play</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>Final lesson</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>Core task</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 zone and then score in the goal</p> <p>Using map – no talking</p> <p>Teamwork</p> <p>Life boats warm up</p> <p>Obstacle course relay</p> <p>Map skills</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>Draw 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>Picture orienteering</p> <p>Using picture clue first control point if correct get new picture if not have discussion</p> <p>Control plotting</p> <p>Single control orienteering</p>	<p>Introduction</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>Stick and ball familiarisation</p> <p>Roundsabout madness – 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 it – instructional coordination and movement game</p> <p>Say tag – 4 children on sticks in the mud style</p> <p>End zone dribbling – 5 v 5 score by dribbling ball and stopping in end zone</p> <p>Passing</p> <p>Pass and move in small area – communication and push pass</p> <p>Stuck in the middle – circle of 6 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>Final lesson</p> <p>How to land</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>Final lesson</p> <p>Round the clock – play to dribble in 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>Introduction</p> <p>Flow to land</p> <p>Create a jumping routine with given equipment</p> <p>Key shapes</p> <p>Recap previous shapes straight, lunge, arch, arch, pike, straddle) and learn back support and front support</p> <p>Roundabout madness – dribbling round circle on whistle change direction</p> <p>Create own routine linking 3 shapes with movements at different speeds and directions</p> <p>Travelling</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>Creating sequences</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, 3 shapes, 2 ways of travelling and 2 jumps and a finishing position. Develop routine on apparatus, different dynamics etc</p> <p>Final lesson</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>Final lesson</p> <p>1 v 1 cooperative rally starting at front of court, every 5 successful hits players take steep back</p> <p>1 v 1 throw and catch tennis, aim to make ball bounce twice in opponents half – introduce rackets</p>	<p>Lesson 1</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>Lesson 2</p> <p>Copy calls dance</p> <p>Moving like puppets – body movements to replicate being controlled</p> <p>Lesson 3</p> <p>Create motif shape that can be used as a pose</p> <p>Pose on given beat</p> <p>Movements in unison</p> <p>Lesson 4</p> <p>For the count – different movements for different counts</p> <p>Chorus – moves in unison and for given counts</p> <p>Court targets</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>Partner work</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, 3 shapes, 2 ways of travelling and 2 jumps and a finishing position. Develop routine on apparatus, different dynamics etc</p> <p>Final lesson</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>Final lesson</p> <p>1 v 1 cooperative rally starting at front of court, every 5 successful hits players take steep back</p> <p>1 v 1 throw and catch tennis, aim to make ball bounce twice in opponents half – introduce rackets</p>	<p>Introduction</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 out of hoop for runs, fielder to collect ball and all must touch ball then touch stumping cone with ball</p> <p>Fielding – hitting into space</p> <p>Batting introduction – stance and body movement</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 position</p> <p>Lesson 6</p> <p>The finale – last section of dance</p> <p>Performance</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>Single games</p> <p>Underarm serve</p> <p>Always different – cooperative rally playing different shot to your partners last shot</p> <p>Winning ticket – 1v1 3 bounce rule, winning ticket allows you to win game automatically</p> <p>Final lesson</p> <p>1 v 1 cooperative rally starting at front of court, every 5 successful hits players take steep back</p> <p>1 v 1 throw and catch tennis, aim to make ball bounce twice in opponents half – introduce rackets</p>	<p>Introduction</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 out of hoop for runs, fielder to collect ball and all must touch ball then touch stumping cone with ball</p> <p>Fielding – hitting into space</p> <p>Batting introduction – stance and body movement</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 position</p> <p>Lesson 6</p> <p>The finale – last section of dance</p> <p>Performance</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>Single games</p> <p>Underarm serve</p> <p>Always different – cooperative rally playing different shot to your partners last shot</p> <p>Winning ticket – 1v1 3 bounce rule, winning ticket allows you to win game automatically</p> <p>Final lesson</p> <p>1 v 1 cooperative rally starting at front of court, every 5 successful hits players take steep back</p> <p>1 v 1 throw and catch tennis, aim to make ball bounce twice in opponents half – introduce rackets</p>	<p>Introduction</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 you transfer 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>Aiming</p> <p>Roller target – aiming for first line, then 2nd then 3rd etc</p> <p>Life line – variation of dodgeball 5 lines lose a life if hit this limit, out if hits body</p> <p>Simple games</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>Final lesson</p> <p>3 team of 4 1 team attacking 3 balls into hoops</p> <p>Mini cricket – batter to hit off tee and run to 1-point line of 2-point line before fielder get ball back to wicket keeper</p> <p>Final lesson</p> <p>Cricket variation – batter hits ball off tee and jumps in and out of hoop for runs, fielder to collect ball and all must touch ball then touch stumping cone with ball</p>
Activities												
Vocabulary	<p>Avoid • Tag • Backwards • Cover • Pass • Share • Accuracy • Target • Defend • Mark • Agility • Pocket Pass • Attack • Dummy • Speed</p>	<p>• Develop • Distance • Accelerate • Personal Best • Co-ordination • Movement • Mark • Agility • Pocket Pass • Exchange • Timing • Communication • Triple Jump</p>	<p>• Shoot • Rules • Chest • Bounce pass • Improve • Dribbling • Fou/ Hold • Possession • Speed • Power • Set shot • Technique • Double Dribble</p>	<p>• Achieve • Success • Aerobic • Endurance • Determination • Lifestyle • Technique • Identify • Healthy • Develop</p>	<p>Defending • Attacking • Communication • Cooperate • Tactics • Teamwork • Turn Experiment • Power • Strike • Trick • Target • Opposition • Possession • Position</p>	<p>Teamwork • Map Skills • Indoor mapping • Picture Orienteering • Control Plotting • Communication • Problem Solving</p>	<p>Communicate • Cooperation • Defence • Marking • Possession • Power • Strike • Support • Tackle • Oppression • Avoiding • Recover • React • Attack • Defend • First touch</p>	<p>Teamwork • Transition • Experiment • Communicate • Level • Linking • Pike • Quality • Straddle • Control • Routine • Combine • Apparatus • Arabesque • Racket</p>	<p>Swing • Aim • Cooperative play • Movement • Partner • Direction • Send • Position • Court target • Power • Accuracy • Direction • Free Space • Control • In line • Racket</p>	<p>• Performance • Phrase • Control • Emotions • Timing • Expressions • Rehearse • Rhythm • Unison • Canon • Choreography • Fluency • Health & Fitness • Pose • Routine</p>	<p>Fielding • Fielder • Wickets • Communication • Striking • Teamwork • Underarm • Wicket keeper • Skill • Technique • Points • Swing • Turnament • Compare • Evaluate • Discuss • Free Space</p>	<p>Aim • Explore • Heart Rate • Dodge • Pass • Read • Strike • Communicate • Position • Side shot • Overarm</p>



Girlington Primary School P.E Curriculum

Year 5

Term	Autumn 1		Autumn 2		Spring 1		Spring 2	Summer 1	Summer 2
	Boy's P.E (girl's swimming)						Girl's P.E (boy's swimming)		
Topic	Hockey	Athletics	Dodgeball	Gymnastics	OAA	Dance (Search For A Hero Olympic Dance)	Swimming		
National Curriculum Subject Content									
Fundamental Movements running, jumping, throwing and catching in isolation and in combination	Perform skills (e.g. passing) with accuracy, confidence and control whilst developing 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	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 flexibility, strength, technique, control, and balance.					
Competitive games play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	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.		Understand the importance of quick reactions in dodgeball. Participate in games fairly, following the rules. Apply appropriate skills and tactics in game situations.						
Individual performance – Develop flexibility, strength, technique, control and balance.		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.		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.					
Dance 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			
Outdoor Adventurous Activity 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. Complete in orienteering events, problem solving with team members				
Self-evaluation compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Learn how to evaluate and recognise success.		Develop an understanding of how to improve when playing games.	Identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback.	Identify what they have done well and adapt plans for future challenges	Identify which aspects were performed consistently, accurately, fluently, and clearly and be able to provide feedback			
Health		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.	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.	Develop physical fitness and be able to describe its importance in orienteering.	Explain how their bodies react and feels when taking part in different activities and undertaking different roles.			
Citizenship	Identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback.	Communicate, collaborate, and compete with others. Working 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	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	Identify which aspects were performed consistently, accurately, fluently, and clearly and be able to provide feedback Work effectively as part of a team.			

7. The main aim of the school swimming lesson is for your child to enjoy swimming and for them to achieve their Key Stage 2 National Curriculum for Swimming, which is:

- 1 Self-rescue
- 2 Swim 10metres Breast stroke
- 3 Swim 10metres Back crawl
- 4 Swim 10metres Front crawl
(2 out of the 3 strokes required)
- 5 Swim 25metres

If your child can or does reach their Key Stage 2 National Curriculum for swimming during their swimming lesson there are a range of other awards and aquatic skills that can be offered to your child.



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)	Athletics	Basketball (Invasion game)	Fitness	Football (Invasion game)	OAA	Hockey (invasion game)	Gymnastics	Tennis (Net and wall)	Dance (Play That Sax)	Cricket (Striking and fielding)	Dodgeball (Target game)
National Curriculum Subject Content												
Fundamental Movements 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.	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.		Link actions and combine movements			Develop control whilst performing skills at speed.		Hit the ball with purpose, varying speed, height, and direction. Perform skills such as forehand and backhand shots with control and confidence.		Perform skills, including retrieve, intercept and stop ball, with accuracy, confidence, and control. Bowl using an overarm technique, beginning to vary speed and length of delivery.	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.)
Competitive games 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.		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		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		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.		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.	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.
Individual performance Develop flexibility, strength, technique, control and balance.				Develop upper and lower body strength, speed, aerobic endurance, and fitness. Complete circuit training to the best of your ability.			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.					
Dance 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.		
Outdoor Adventurous Activity 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.							
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.	Compare their performance with previous ones and demonstrate improvement to achieve their personal best.	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.	Compare own and others performances to previous ones, recognise and explain what went well and discuss what you find easy and difficult		Identify what they have done well and adapt plans for future challenges.	Identify and evaluate parts of your own game and others, providing feedback	Work effectively as part of a team, recognising success, and give constructive feedback	Evaluate your own success and areas of improvement, as well as others.		Learn how to evaluate and recognise your own success and areas for improvement.	



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.

Competitive games	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]
Individual performance	develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
Dance	perform dances using advanced dance techniques within a range of dance styles and forms
Outdoor Adventurous Activity	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
Self-evaluation	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.