

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
Foundation Stage	Games- Unit 1 Balance, co-ordination, mobility and spatial awareness. Gross motor skills of running, jumping, hopping, skipping. Explore apparatus- balls, beanbags, ropes, quoits Dance- Unit 1 Stars , rabbits, hickory dock Autumn leaves Make simple shapes with their bodies Travel in a variety of ways. Match movements to repeated patterns and sounds in music.	Gymnastics- Unit 1 Introductory unit Use of space, footwork, awareness of body parts, directions. Dance unit 2- icicles, Mr Jelly, Mr Strong, Wriggle William and angry elephant. Travel safely in a variety of ways. Make simple shapes with their bodies. Move on different levels and directions. Use a change of speed.	Dance unit 3- blowing bubbles, dinosaurs, the shaking puppet Recognise and use variety of body shapes Move and freeze with control travel and turn high and low levels. Travel, rise and fall using different speeds. Gymnastics unit A- Travelling Different ways to travel on feet and large parts of the body. Start to put into a simple sequence.	Games unit 2- focus on using a ball Rolling skills, steering skills, bouncing skills, target games Games unit 3- focus on using hoops and quoits. Throwing and rolling Skim, bowl Co-operative games with partner	Athletics unit 1- Dance unit 4/Maypole dancing- the scarf, painting patterns, the hungry caterpillar	Athletics unit 2- Games unit 4- focus on using ropes, bats and balls.
Year 1	Games- Val Sabin unit 1- focus on ball skills and games. Using a ball and other apparatus. Play games as an individual and in two's. To move safely and actively around the space. Gymnastics- Val Sabin unit D-	Games- Val Sabin unit 2 throwing and catching and aiming games Dance Val Sabin unit 1 To respond to stimuli, make shapes and create patterns to create dance sequences.	Dance- Val Sabin unit 2 Create movement ideas in response to a story or repeated rhythm to create a dance. To observe themselves Games- val sabin unit 3- bat ball skills and games skipping	Athletics- Val Sabin unit 1 Running, throwing and jumping activities, using equipment appropriately. Gymnastics - Val Sabin unit E- points and patches. To link 2 balances together. To adapt	Athletics- val sabin unit 2 Combine actions, choose suitable equipment. Multiskills- Teeball Take part in a competitive game Gymnastics Val Sabin unit F. To spin, rock, turn and roll with control on various parts of the body. To plan	Games- Val Sabin Unit 4-Developing partner work. Running games, sending, receiving and travelling. Dance- Val Sabin unit 3 Rolling and sliding. Change and vary actions, work in pairs

	Flight, body shapes, sequencing actions.		Understand the importance of rules	floorwork safely onto apparatus.	and link a series of movements together. Maypole practise ahead of May day celebrations and maypole display.	
Year 2	<p>Games- Val Sabin unit 1- throwing and catching- inventing games</p> <p>Running and avoiding games to warm up. Throwing and catching skills using a range of equipment.</p> <p>Improving personal best incorporating sending and receiving tactics and the use of different levels and directions to increase skill.</p> <p>Throw, catch and bounce in different ways. Throw and catch in a stationary position, on the move and in different ways.</p> <p>Make up games using throwing, catching and bouncing. Teach to</p>	<p>Gymnastics - Val Sabin unit H- Parts high and parts low</p> <p>Travelling close to the ground and far away from the ground.</p> <p>Which parts of the body can we use for this?</p> <p>Games- Val sabin unit 2- Making up a game.</p> <p>Aim at a stationary or moving target using a range of different equipment and variety of balls.</p> <p>Aim using different types of sending with hands, feet and bat.</p> <p>Develop simple tactics by bouncing, kicking, throwing a ball at different heights, angles and speeds into spaces. Track the path of a ball and move across it to intercept it. Run after a moving ball, field it and return.</p>	<p>Gymnastics - Val Sabin unit J- Turning- spinning- twisting</p> <p>To perform turning jumps- quarter, half, three quarters and full.</p> <p>To roll on the floor in different ways with increased control.</p> <p>To identify which parts of their body they can spin on.</p> <p>Turning in the air and on the floor.</p> <p>Twisting and coming back the same way, twisting and resolving</p> <p>To perform own sequence of movements.</p> <p>Dance- Val Sabin unit 1-</p> <p>. To use a range of basic dance actions with understanding</p>	<p>Dance- Val Sabin unit 2-</p> <p>To work in pairs using 'follow my leader' unison and canon. To know and perform the basic dance actions in response to different stimuli (music, bubbles, poem) showing mood and feeling.</p> <p>To recognise different dance forms and compositional skills and be able to describe them and comment on quality.</p> <p>To understand the importance of being active.</p> <p>Games- Val Sabin unit 3- dribbling, kicking and hitting.</p> <p>Dribble with hands, feet and implement</p>	<p>Gymnastics - Val Sabin unit K linking movements together</p> <p>Continuity of movement</p> <p>Changes in speed and level</p> <p>Use different parts of the body leading into the next movement</p> <p>Make up short sequences of movement</p> <p>Dance- Val Sabin unit 4/linked with Maypoling</p> <p>To copy and perform simple movements/rhythmic patterns</p> <p>To understand that dance plays and Important part in other cultures</p> <p>To recognise that dance have changed throughout history.</p>	<p>Games- Val Sabin Unit 4-group games and inventing rules</p> <p>Work co-operatively in small groups to play a range of games.</p> <p>Development and extension of bouncing, kicking, throwing, catching and striking skills.</p> <p>Sending and aiming skills developing footwork and whole body co-ordination.</p> <p>Work in groups of varying size, 3v1, 2v2, 4v4 across a net.</p> <p>Invent scoring systems and simple rules for their games.</p> <p>Develop simple group tactics.</p> <p>Athletics- val sabin unit 2</p> <p>Engaging in a variety of pulse-raising, running and avoiding games to further</p>

	<p>a partner and play competitively.</p> <p>Athletics- Val Sabin -unit 1</p> <p>Introduce mobility exercises and their importance for efficient movement. Engage in pulse-raising, running and avoiding games to further develop spatial awareness and control when moving.</p> <p>Further develop of the specific skills of: push throw with 2 hands, technique in short distance running, underarm throwing for distance and accuracy, paced running, jumping with different take offs and landings, push throw with a bounce.</p> <p>Work co-operatively with a partner, counting, timing and problem solving. Exploring how different body positions, types of</p>	<p>Receive the ball on the move.</p> <p>Make up games individually- teach to a partner and improve each other's.</p> <p>Choose the equipment to create games with a partner. Make up rules for the game and make them more challenging.</p>	<p>To work alone with guidance from the teacher to create movement ideas.</p> <p>To use different levels, directions and speeds and choose appropriate actions for the dance idea.</p> <p>To understand and use contrasts in weight (dynamic elements)</p> <p>To talk about the dance and why they liked it, using appropriate vocab.</p>	<p>to develop control, change of speed and direction. Work with a partner to pass, receive and strike in a variety of ways with a range of apparatus.</p> <p>Strike a ball along the floor and through the air using hands and a range of implements.</p> <p>Play games with a partner, selecting and applying the skills that have been developed.</p> <p>Using a variety of equipment and balls in invasion, net, striking activities and applying simple tactics for attacking and defending.</p> <p>floorwork safely onto apparatus..</p>	<p>To understand that dance is active and that changes will occur in their bodies. To change and vary their actions.</p>	<p>develop co-ordination and control of their bodies in space.</p> <p>Develop techniques of:</p> <p>Push-throw and push-bounce.</p> <p>Sprinting technique- isolation different elements. Throwing for distance. Even-pacing between obstacles.</p> <p>Jumping for distance using different patterns and take-offs and landings. Push throw with a bounce.</p> <p>Working co-operatively with a partner, counting, timing, problem solving and simple peer assessment. Exploring and experiencing the use of a range of equipment, different body positions, different types of take-off and landing and understanding how they can affect the success of an activity.</p> <p>Working together to follow the rules of a game, relay or event.</p>
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	equipment and take offs and landing can affect the distance, height and effectiveness of an activity.					
Year 3	Swimming <ul style="list-style-type: none"> Swim 25m Front crawl, Backstroke, Breaststroke, Dolphin Athletics Unit 1 - Throwing, sprinting, jumping	Swimming <ul style="list-style-type: none"> Swim 25m Front crawl, Backstroke, Breaststroke, Dolphin Unit 1 - Ball Skills Invasion focus Passing and receiving	Swimming <ul style="list-style-type: none"> Swim 25m Front crawl, Backstroke, Breaststroke, Dolphin Gymnastics - Unit 1 - L	Swimming <ul style="list-style-type: none"> Swim 25m Front crawl, Backstroke, Breaststroke, Dolphin Unit 3 - Net/court/ Wall games Tennis, badminton, volleyball	Swimming <ul style="list-style-type: none"> Swim 25m Front crawl, Backstroke, Breaststroke, Dolphin Safe self rescue Athletics Unit 2	Swimming <ul style="list-style-type: none"> Swim 25m Front crawl, Backstroke, Breaststroke, Dolphin Safe self rescue Unit 4 - Striking and Fielding Kwik cricket, rounders
Year 4	Dance - Val Sabin: Unit 1. <ul style="list-style-type: none"> To use simple motifs and movement patterns to structure dance phrases. To repeat and remember dance phrases. To structure a dance with a partner. 	Dance -Val Sabin: Unit 2 - Electricity. To work in small groups to develop movement. To interpret and comment upon other's work. Games - Val Sabin: Unit- 1 - Net/court/wall games. <ul style="list-style-type: none"> To consolidate striking skills. To vary shots appropriately. To adapt rules of net games. 	Gymnastics - Val Sabin: Unit Q- Receiving body weight. <ul style="list-style-type: none"> To know how different parts of the body take weight in balance and travel. To create sequences showing contrast in shape, speed and travel. Games - Val Sabin: Unit 2 - Problem-	Dance - Val Sabin: Unit 3. <ul style="list-style-type: none"> To explore and create movement in response to the stimulus of a game. To perform more complex dance phrases. Gymnastics - Val Sabin: Unit R- Balance leading	Athletics - Val Sabin: Unit 1. <ul style="list-style-type: none"> To develop the ability to use tactics in different situations. To consolidate techniques used for particular activities. Games - Val Sabin: Unit 3- Invasion Games. <ul style="list-style-type: none"> To develop range and consistency 	Athletics - Val Sabin: Unit 2. <ul style="list-style-type: none"> To develop the ability to use tactics and strengths in different situations. To describe how the body reacts to different activities. Games -Val Sabin: Unit 4 - Striking and fielding games.

	Gymnastics - Val Sabin: Unit P- Balance. <ul style="list-style-type: none"> To use different body parts to balance. To move between balances with control. To create a sequence of balances. 		solving and inventing games. <ul style="list-style-type: none"> To adapt and transfer principles of play and tactics. To make up rules and modify and change them. To make collective decisions. 	into change of front or direction. <ul style="list-style-type: none"> To move between balances with an awareness of change of front. To create a sequence to show changes to front and direction	of skills in the games played. <ul style="list-style-type: none"> To play in small invasion games. To play to the rules. 	<ul style="list-style-type: none"> To develop a range of bowling, striking and fielding skills. To experience all roles in small-sided games
Year 5	Games unit 3 invasion games (hockey focus leading into competition) Develop dribbling and pushing skills with a hockey stick. Kicking, dribbling and controlling skills with feet/stick. Pass and move-receive the ball on the move. Dodge and move off the ball	Games unit 1 - net/court/wall games (netball focus leading into competition) Develop skills at passing and moving into a space. Develop skills of striking- volley and dig. Throwing and catching in isolation and combination Footwork, including pivoting Gym- unit T bridges	Gym unit W- spinning Turning and spinning on different body parts. Around the long axis of the body Around the side to side axis of the body. Around the front and back axis of the body sequence. Dance unit 2 What a card	Dance unit 3 City life To translate ideas into movement phrases To perform the sections of the dance showing clear changes in mood and feeling. Gym unit U - flight Emphasis on jumping and landing. Five basic jumps. Different shapes in the air. Limbs together and apart.	Dance unit 4 Volcanoes To translate narrative ideas into movement. To change and vary the use of relationships and perform with an awareness of partner and group dances. Show changes in moods/dynamics Games -unit 2 invasion and target - (tag rugby focus	Games unit 4 striking and fielding (cricket) Develop striking skills with bats and encourage accuracy by using targets. Extend and develop catching skills. Develop different aspects of fielding. Engage in throwing for distance, speed and accuracy. Develop a bowling technique. Athletics unit 2 Pulse raising chasing and tag games to

	<p>Develop team co-operation, attacking and defending.</p> <p>Athletics unit 1</p> <p>Balance and spatial awareness.</p> <p>Techniques of: rhythm in running over obstacles, throwing-'pull'-throw</p> <p>Sprinting style, jumping combinations, relay take-over-'upsweep'</p>	<p>To explore different bridge shapes-high/low shapes</p> <p>Travelling in bridge shapes. Moving smoothly into and out of bridge shapes. Join movements together smoothly into a sequence.</p>	<p>To perform basic dance actions with increased control</p> <p>To explore and improvise ideas, on their own, with a partner and in a group.</p>	<p>Jump, land and move into a roll land rebound sequence</p>	<p>leading into competition)</p> <p>Reinforce and develop pass and move.</p> <p>Keep possession, principles of attack. Dodge in different directions and at different speeds. Principles of defence, including marking and interception.</p>	<p>develop balance and spatial awareness.</p> <p>Developing techniques of: jumping high and long, sprint starts, distance running, throwing for distance and accuracy, relays.</p>
Year 6	<p>Games: Invasion games - Unit 1 (hockey)</p> <ul style="list-style-type: none"> • Play competitive games, modified where appropriate • Apply basic principles suitable for attacking and defending <p>Games: Invasion games - Unit 1 (soccer)</p>	<p>Dance: Unit 1: World of sport</p> <ul style="list-style-type: none"> • Perform dances using a range of movement patterns <p>Gymnastics: Unit x - matching and mirroring</p> <p>Develop flexibility, strength, technique, control and balance [for example,</p>	<p>Gymnastics: Unit x - matching and mirroring</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance [for example, through gymnastics] <p>Gymnastics: Unit y</p> <p>Develop flexibility, strength, technique, control and balance [for</p>	<p>Games: Net/ court/ wall: Unit 2 (volleyball)</p> <ul style="list-style-type: none"> • Play competitive games, modified where appropriate <p>Apply basic principles suitable for attacking and defending</p> <p>Games: Net/ court/ wall: Unit 2 (tennis)</p> <ul style="list-style-type: none"> • Play competitive 	<p>Games: Striking and fielding Unit 3</p> <ul style="list-style-type: none"> • Play competitive games, modified where appropriate • Use running, jumping, throwing and catching in isolation and in combination. <p>Games: Invasion games Unit 4</p>	<p>Athletics Unit 1</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance • Use running, jumping, throwing and catching in isolation and in combination. <p>Athletics Unit 2:</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique,

	<ul style="list-style-type: none"> • Play competitive games, modified where appropriate <p>Apply basic principles suitable for attacking and defending</p>	<p>through gymnastics]</p> <p>Dance: Unit 4 Flight from danger</p> <p>Perform dances using a range of movement patterns</p>	<p>example, through gymnastics]</p>	<p>games, modified where appropriate</p> <p>Apply basic principles suitable for attacking and defending</p>	<p>(netball, basketball, rugby)</p> <ul style="list-style-type: none"> • Play competitive games, modified where appropriate <p>Apply basic principles suitable for attacking and defending</p>	<p>control and balance</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>
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