

**PE Curriculum map**  
**(Get Set 4 PE)**

Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
<b>EYFS Nursery</b>	N/A	Introduction to PE Unit 1	Fundamentals Unit 1	Dance Unit 1 /Gymnastics Unit 1	Gymnastics Unit 1 /Athletics (Sports day specific)	Athletics (Sports day specific)/ Ball skills Unit 1
<b>EYFS Rec</b>	Fundamentals Unit 2	Dance Unit 2	Gymnastics	Ball skills Unit 2	Athletics (Sports day specific)	Games Unit 2
<b>1</b>	Fundamentals	<i>Hall slot needed to practise Christmas Show with Rec &amp; Y1</i>	Gymnastics	Ball skills	Athletics (Sports day specific)	Fitness
	Dance lessons 1-6	Yoga	Dance lessons 7-12	Sending & Receiving	Striking & Fielding	Invasion
<b>2</b>	Fundamentals	Invasion (through netball)	Gymnastics	Dance	Athletics	Striking & fielding
<b>3</b>	Fitness	Football	Gymnastics	Dance	Athletics	Rounders
<b>4 Swimming</b>	Fitness	Goalball and Boccia	Gymnastics	Dance	Athletics	Cricket
<b>5</b>	Fitness and OAA**	Football	Gymnastics	Dance	Athletics	Rounders
<b>6</b>	Fitness and OAA**	Basketball	Gymnastics	Dance	Athletics	Cricket

**Health & Wellbeing**  
**(taught throughout the year in PE and PSHE)**

<p><b>EYFS</b></p>	<p>Children are beginning to identify the effects of exercise on the body such as; feeling hot, breathless, heart beating faster, change of colour to face (getting redder), and sweat.</p> <p>Children understand it is important to warm-up as this prevents us from getting hurt.</p> <p>Children show awareness and talk about the different factors that support their overall health and wellbeing:</p> <ul style="list-style-type: none"> <li>- regular physical activity</li> <li>- healthy eating (food and drink)</li> <li>- toothbrushing</li> <li>- sensible amounts of 'screen time'</li> <li>- having a good sleep routine</li> <li>- being a safe pedestrian</li> </ul>
<p><b>Key Stage 1</b></p>	<p>During the fitness topic children learn:</p> <ul style="list-style-type: none"> <li>- how exercise can make you feel.</li> <li>- how exercise can make you strong and healthy.</li> <li>- how exercise relates to breathing.</li> <li>- how exercise helps your brain.</li> <li>- how exercise helps your muscles.</li> <li>- the importance of daily exercise.</li> </ul> <p>Children continue to develop their understanding of this over the year as well as:</p> <ul style="list-style-type: none"> <li>- the importance of warming up to prevent injury</li> <li>- other factors as well as exercise that improve health and well being - diet, oral health, sleep, screen time, and mindfulness</li> </ul>
<p><b>Key Stage 2</b></p>	<p>During the fitness topic children learn:</p> <ul style="list-style-type: none"> <li>- how to develop an awareness of what your body is capable of and the effects on the body.</li> <li>- how to develop strength, speed, stamina, coordination, agility, control whilst balancing, aerobic endurance.</li> </ul> <p>Children continue to develop their understanding of this over the year as well as:</p> <ul style="list-style-type: none"> <li>- having a good knowledge and understanding of the importance of warming up to prevent injury</li> <li>- having a good knowledge and understanding of other factors as well as exercise that improve health and well being - diet, oral health, sleep, screen time, and mindfulness</li> <li>- the ability to talk confidently about their personal triggers of stress and what they do to help their own mental and physical health and wellbeing to decrease stress and improve health and fitness.</li> </ul>

Nursery						
Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2 <i>EYFS Sports day 22/6/22</i>
Unit of work	N/A	Introduction to PE Unit 1	Fundamentals Unit 1	Dance Unit 1/ Gymnastics Unit 1	Gymnastics Unit 1/ Athletics <i>(Sports day specific)</i>	Athletics <i>(Sports day specific)/</i> Ball skills Unit 1
Objectives	<p>During the first half term in nursery, the focus is on exploring their classroom environment (inside and outside) and support the children to use the inside areas and resources safely and appropriately.</p> <p>The children develop the skills of negotiating space.</p> <p>Our outdoor environment includes:</p> <p>Trim trail - the children learn to use the strength, agility, balance and coordination to get from one end to the other safely.</p> <p>Bikes &amp; scooters - we have a variety of bikes and scooters that vary in difficulty (4 wheels, 3, wheels and 2 wheels).</p> <p>Physical equipment - outdoors there is a variety of other physical resources children have daily access; hoops,</p>	<p>1. Theme: Witches and wizards. To move safely and sensibly in a space with consideration of others.</p> <p>2. Theme: Pirates. To develop moving safely and stopping with control.</p> <p>3. Theme Mythical creature. To use equipment safely and responsibly.</p> <p>4. Theme: to the castle. To use distance travelling actions whilst following a path.</p> <p>5. Theme: Superheroes. To work with others cooperatively and play as a group.</p> <p>6. Theme: Monsters. To follow, copy and lead a partner.</p>	<p>1. Theme: Body parts. To develop balancing whilst stationary and on the move.</p> <p>2. Theme: Feelings. To develop running and stopping.</p> <p>3. Theme: Our senses. To develop a changing direction.</p> <p>4. Theme: Ways we look after ourselves. To develop jumping and landing.</p> <p>5. Theme: My favourite things. To develop hopping and landing with control.</p> <p>6. Theme: It's good to be me. To explore different ways to travel.</p>	<p><b>Dance (3 weeks):</b> Lesson 2. Theme: Head, shoulders, knees and toes. To explore different body parts and how they move and remember and repeat actions. Lesson 4. Theme: Transport. To create movements and adapt and perform simple dance patterns. Lesson 5. Theme: Morning routine. To copy and repeat actions showing confidence and imagination</p> <p><b>Gymnastics (3 weeks):</b> 1. Theme: rainforest animals. To copy and create shapes with your body. 2. Theme: woodland animals. To be able to create shapes whilst on apparatus. 3. Theme: lakeland animals. To develop balancing and taking weight on different body parts.</p>	<p><b>Gymnastics (3 weeks):</b> Lesson 4. Theme: desert animals To develop jumping and landing safely. Lesson 5. Theme: sea animals To develop rocking and rolling. Lesson 6. Theme: pet animals To copy and create short sequences by linking actions together.</p> <p><b>Athletics (3 weeks)</b> <i>Sports day specific:</i></p> <p><b>Yard events:</b> 1. Penalty shoot out 2. Bucket ball/throw the ball into the bucket 3. Standing long jump 4. Gymnastics station - climb on the bench, walk along and jump off 5. Complete the Nursery Trim trail</p> <p><b>Track Events:</b> 1. Straight run /sprint</p>	<p><b>Athletics (2 weeks)</b> <i>Sports day specific: Yard events:</i> 1. Penalty shoot out 2. Bucket ball/throw the ball into the bucket 3. Standing long jump 4. Gymnastics station - climb on the bench, walk along and jump off 5. Complete the Nursery Trim trail</p> <p><b>Track Events:</b> 1. Straight run /sprint 2. Egg and spoon 3. Sack Race 4. Hurdles</p> <p><b>Ball Skills (4 weeks)</b> Lesson 3. Theme: Ladybirds and butterflies. To develop accuracy when throwing to a target. Lesson 4. Theme: Grasshoppers. To develop bouncing and catching a ball. Lesson 5. Theme: Caterpillars. To develop</p>

	beanbags, balls, skipping ropes, rackets, stilts are just to name a few.				2.Egg and spoon 3.Sack Race 4.Hurdles	dribbling a ball with your feet. Lesson 6.Theme: Spiders. To develop kicking a ball.
	Explore Go Noodle & Cosmic Yoga.					

Reception						
Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Unit of work	Fundamentals Unit 2	Dance Unit 2	Gymnastics	Ball skills Unit 2	Athletics <i>(Sports day specific)</i>	Games Unit 2
Objectives	<p>1. Theme: At the circus. To develop balancing.</p> <p>2. Theme: On safari. To develop running and stopping.</p> <p>3. Theme: Under the sea. To develop changing direction.</p> <p>4. Theme: Space explorers. To develop jumping.</p> <p>5. Theme: At the farm. To develop hopping.</p> <p>6. Theme: Into the woods. To explore different ways to travel using equipment.</p>	<p>1. Theme: My visit to the park. To use counting to help stay in time with the music when copying and creating actions.</p> <p>2. Theme: Under the sea. To be able to move safely with confidence and imagination, communicating ideas through movement.</p> <p>3. Theme: At the fireworks display. To explore movement using prop with control and coordination.</p> <p>4. Theme: At the fireworks display. To move with control and coordination, expressing ideas through movement.</p> <p>5. Theme: The jungle. To</p>	<p>1. To show a variety of straight shapes, tuck shapes, and star shapes with elegance.</p> <p>2. To jump on a springboard from 1 foot to two feet.</p> <p>3. To complete a log roll and a forward roll to a sitting position safely on a mat.</p> <p>4. To show a balance on one foot, holding it still for 3 seconds</p> <p>5. To move along a bench or beam unaided with elegance.</p> <p>6. To climb on a vault and bench and jump off landing safely on two feet.</p> <p>7.To use my upper body strength to hang and</p>	<p>1. Theme: Windy weather. To develop rolling and tracking a ball.</p> <p>2. Theme: Snow is falling. To develop accuracy when throwing to a target.</p> <p>3. Theme: There's a storm coming. To develop dribbling with hands.</p> <p>4. Theme: Rainy days. To develop throwing and catching with a partner.</p> <p>5. Theme: Sunshine and rainbows. To develop dribbling with a ball with your feet.</p> <p>6. Theme: Foggy days. To develop kicking a ball to a target.</p>	<p><b>Yard events:</b></p> <p>1.Penalty shoot out</p> <p>2.Bucket ball/throw the ball into the bucket</p> <p>3.Standing long jump</p> <p>4.Gymnastics station - climb on the bench, walk along and forward roll off the end</p> <p>5.Complete the Nursery Trim trail</p> <p><b>Track Events:</b></p> <p>1.Straight run /sprint</p> <p>2.Egg and spoon</p> <p>3.Sack Race</p> <p>4. 3 legged race</p> <p>5..Hurdles</p>	<p>1.Theme: polar regions To aim when throwing and practise keeping score.</p> <p>2.Theme: the rainforest To follow instructions and move safely when play tagging games.</p> <p>3.Theme: Australia To learn to play against a partner.</p> <p>4.Theme: wild west To develop co-ordination and play by the rules.</p> <p>5.Theme: India To explore striking a ball and keeping score.</p> <p>6.Theme: far east To work co-operatively as a team.</p>

		move with control and coordination, copying, linking and repeating actions. 6. Theme: On the farm. To remember and repeat actions, exploring pathways and shapes.	swing on a bar. 8. To jump up to front support position on the bar and hold for 3 seconds.			
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Year 1						
Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Lesson 1 Unit of work	Fundamentals	N/A	Gymnastics	Ball skills	Athletics <i>(Sports day specific)</i>	Fitness
Objectives	<ol style="list-style-type: none"> <li>To explore balance, stability and landing safely.</li> <li>To explore how the body moves differently when running at different speeds.</li> <li>To explore changing direction and dodging.</li> <li>To explore jumping, hopping and skipping actions.</li> <li>To explore co-ordination and combining jumps.</li> <li>To explore combination jumping and skipping in an individual rope.</li> </ol>	<p><i>Hall slot needed to practise Christmas Show with Rec &amp; Y1</i></p>	<ol style="list-style-type: none"> <li>To copy gymnastics based warm up and explain the importance of stretching.</li> <li>To show a straight shape, a tuck shape, a star shape, straddle shape and a pike shape with elegance.</li> <li>To run and jump on a springboard from 1 foot to two feet in a straight shape before landing.</li> <li>To complete a log roll and a forward roll to stand safely on a mat with elegance and control.</li> <li>To show a balance on one foot, holding it still for 3 seconds and complete</li> </ol>	<ol style="list-style-type: none"> <li>To develop control and coordination when dribbling a ball with your hands.</li> <li>To explore accuracy when rolling a ball.</li> <li>To explore throwing with accuracy towards a target.</li> <li>To explore catching with two hands.</li> <li>To explore control and coordination when dribbling a ball with your feet.</li> <li>To explore tracking a ball that is coming towards me</li> </ol>	<p><b>Yard events:</b></p> <ol style="list-style-type: none"> <li>Dribble the football around the cones and shoot into the goal.</li> <li>Javelin - cumulative score</li> <li>Standing long jump - cumulative score.</li> <li>Speed bounce - jump over hurdle (15 seconds timed)</li> <li>Trim trail time trial (total time for every member to cross, max 5 students on at a time)</li> </ol> <p><b>Track events:</b></p> <ol style="list-style-type: none"> <li>Sprint</li> </ol>	<ol style="list-style-type: none"> <li>To develop knowledge of how exercise can make you feel.</li> <li>To develop knowledge about how exercise can make you strong and healthy.</li> <li>To develop knowledge about how exercise relates to breathing.</li> <li>To develop my understanding of how exercise helps my brain.</li> <li>To develop my understanding of how exercise helps my muscles.</li> <li>To begin to understand the importance of daily exercise.</li> </ol>

			<p>this on a bench.</p> <p>6. To move along a bench or beam in a variety of ways unaided with elegance.</p> <p>7. To climb on a vault and bench and jump off in a straight position before landing safely on two feet.</p> <p>8. To use my upper body strength to hang upside down on a bar.</p> <p>9. To jump up to front support on the bar and circle forwards safely with control.</p>		<p>2.Sack race</p> <p>3.Skipping race</p> <p>4.Hurdles race</p> <p>5.3 legged race</p> <p>6.Egg and spoon race</p> <p>7.Relay race (batton)</p> <p>8.Blackpool beach race (5 chn at a time)</p>	
Lesson 2 Unit of Work	Dance Lessons 1-6	Yoga	Dance Lessons 7-12	Sending & Receiving	Striking & Fielding	Invasion
	<p>1.THEME: Weather To use counts of 8 to move in time and make my dance look interesting.</p> <p>2.THEME: Weather To explore pathways in my dance.</p> <p>3.THEME: Weather To create my own dance using, actions, pathways and counts.</p> <p>4. THEME: Pirates To explore speeds and actions in our pirate inspired dance.</p> <p>5. THEME: Pirates To copy, remember and repeat actions that represent the theme.</p> <p>6.THEME: Pirates To copy, repeat, create and perform actions that represent the theme.</p>	<p>1.To explore yoga and mindfulness.</p> <p>2. To be able to copy and remember poses.</p> <p>3.To develop flexibility when holding poses.</p> <p>4.To develop balance whilst holding poses.</p> <p>5.To create yoga poses using a hoop.</p> <p>6.To create a yoga flow with a partner.</p>	<p>7.THEME: The Lost Toy To explore speeds and actions in our toy inspired dance.</p> <p>8. THEME: The Lost Toy To use expression and create actions that relate to the story.</p> <p>9.THEME: The Lost Toy To use a pathway when travelling.</p> <p>10.THEME: On Safari To explore and copy actions in response to a theme.</p> <p>11. THEME: On Safari To create my own actions for an animal.</p> <p>12. THEME: On Safari To explore pathways with a partner.</p>	<p>1. To develop rolling and throwing a ball towards a target.</p> <p>2. To develop receiving a rolling ball and tracking skills.</p> <p>3. To be able to send and receive a ball with your feet.</p> <p>4. To develop throwing and catching skills over a short distance.</p> <p>5. To develop throwing and catching skills over a long distance.</p> <p>6. To apply sending and receiving skills to small games.</p>	<p>1.To develop underarm throwing and catching and put this into small sided games.</p> <p>2.To develop overarm throwing.</p> <p>3.To develop striking a ball with my hand and equipment.</p> <p>4.To retrieve a ball when fielding.</p> <p>5.To understand how to get a batter out.</p> <p>6.To develop decision making and understand how to score points.</p>	<p>1.To develop dribbling towards a goal and understand what being 'in possession' means.</p> <p>2.To understand who to pass to and why when playing against a defender.</p> <p>3.To move towards a goal with the ball.</p> <p>4.To support a teammate when in possession.</p> <p>5.To move into space showing an awareness of defenders.</p> <p>6.To be able to stay with a player when defending.</p>

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Year 2						
Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Unit of work	Fundamentals	Invasion (through netball)	Gymnastics	Dance	Athletics	Striking & fielding
Objectives	<p>1. To develop balance, stability and landing safely</p> <p>2. To explore how the body moves differently when running at different speeds</p> <p>3. To develop changing direction and dodging</p> <p>4. To develop and explore jumping, hopping and skipping actions</p> <p>5. To develop coordination and combining jumps</p> <p>6. To develop combination jumping and skipping in an individual rope</p>	<p>1. To understand what being in possession means and support a teammate to do this.</p> <p>2. To use a variety of skills to score points.</p> <p>3. To develop stopping the other team scoring.</p> <p>4. To learn how to gain possession of the ball.</p> <p>5. To develop an understanding of marking an opponent.</p> <p>6. To learn to apply simple tactics for attacking and defending</p>	<p>1. To complete a gymnastics based warm-up stretching the different parts of the body.</p> <p>2. To show a straddle shape, a dish and an arch shape.</p> <p>3. To show a range of rolls (log roll, forward roll to stand, teddy bear roll, ¼ backward roll) and I can roll off an object such as a bench or springboard.</p> <p>4. To complete a range of balances and perform balances on a bench or beam.</p> <p>5. To squat on a bench and walk along a bench or beam and demonstrate a jump off the end (straight, tuck, star) showing control on the landing and landing on two feet.</p> <p>6. To jump on a</p>	<p>1. THEME Secret Garden To remember, repeat and link actions to tell the story of my dance.</p> <p>2. THEME Secret Garden To develop an understanding of dynamics and how they can show an idea.</p> <p>3. THEME Secret Garden Use counts of 8 to help you stay in time with the music.</p> <p>4. THEME The Circus To copy, remember and repeat actions using facial expressions to show different characters.</p> <p>5. THEME The Circus To explore pathways and levels.</p> <p>6. THEME The Circus To remember and rehearse our circus</p>	<p>1. To develop the sprinting action</p> <p>2. To develop jumping for distance</p> <p>3. To develop technique when jumping for height</p> <p>4. To develop throwing for distance</p> <p>5. To develop throwing for accuracy</p> <p>6. To develop technique when taking part in an athletics carousel</p>	<p>1. To be able to track a rolling ball and collect it</p> <p>2. To develop accuracy in underarm throwing and consistency in catching when fielding a ball</p> <p>3. To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score</p> <p>4. To develop striking for distance and accuracy</p> <p>5. To develop decision making to get the batter out</p> <p>6. To develop decision making when under pressure</p>

			<p>springboard, jumping from 1 foot to 2 feet.</p> <p>7. To squat on a vault on to my knees or feet and jump off in a straight shape landing safely on two feet.</p> <p>8. To jump up to front support on the bar and circle forwards safely with control.</p>	<p>dance showing expression and character.</p>		
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Year 3						
Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Unit of work	Fitness	Football	Gymnastics	Dance	Athletics	Rounders
Objectives	<p>1. To develop an awareness of what your body is capable of.</p> <p>2. To develop strength and speed.</p> <p>3. To complete actions to develop coordination.</p> <p>4. To complete actions to develop agility.</p> <p>5. To complete actions to develop balance.</p> <p>6. To complete actions to develop aerobic endurance.</p>	<p>1. To develop controlling the ball and dribbling under pressure.</p> <p>2. To develop passing to a teammate.</p> <p>3. To be able to control the ball with different parts of the body.</p> <p>4. To develop changing direction with the ball using an inside and outside hook.</p> <p>5. To be able to jockey/ track an opponent.</p> <p>6. To be able to apply the rules and tactics you have learnt to play in a football tournament.</p>	<p>1. To show a front support and back support position and hold it still for 3 seconds.</p> <p>2. To squat on a bench.</p> <p>3. To walk backwards along a bench or beam unaided.</p> <p>4. To tip-toe turn on a bench or beam.</p> <p>5. To jump off the end of a bench or beam showing a straight, tuck or star tuck shape.</p> <p>6. To show a shoulder stand and a forward roll that reaches long before tucking up to stand.</p>	<p>1. THEME Machines To create actions in response to a stimulus and move in unison with a partner.</p> <p>2. THEME Machines To create actions to move in contact with a partner or interact with a partner.</p> <p>3. THEME Machines To select and link appropriate actions and dynamics to show our dance idea.</p> <p>4. THEME A Trip to... To remember, repeat and create actions to</p>	<p>1. To develop the sprinting technique and improve on your personal best.</p> <p>2. To develop changeover in relay events.</p> <p>3. To develop jumping technique in a range of approaches and take off positions.</p> <p>4. To develop throwing for distance and accuracy.</p> <p>5. To develop throwing for distance in a pull throw.</p> <p>6. To develop officiating</p>	<p>1. To play different roles in a game and begin to think tactically about each role.</p> <p>2. To develop the bowling action and learn the rules of bowling.</p> <p>3. To run around the outside of the boxes and make decisions about when to stop and when to run.</p> <p>4. To field a ball using a two handed pick up and a short barrier.</p> <p>5. To develop batting technique and an understanding of where</p>



			<p>7. To show a range of walks along a beam unaided (dip steps, tip-toe walking, leg lifts)</p> <p>8. To jump on to a springboard with two feet and squat on to the vault on my feet.</p> <p>9. To jump off a vault demonstrating (straight, tuck, star shapes) and landing safely on two feet.</p>	<p>represent an idea.</p> <p>5. THEME A Trip to... To share ideas of actions and dynamics to create a dance that shows a location.</p> <p>6. THEME A Trip to... To use choreographing ideas to develop our dance.</p>	<p>and performing skills.</p>	<p>to hit the ball.</p> <p>6. To apply skills and rules learnt to play rounders.</p>
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Year 4 (swimming)						
Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Unit of work	Fitness	Goalball and Boccia	Gymnastics	Dance	Athletics	Cricket
Objectives	<p>1. To develop an awareness of what your body is capable of and the effects on the body.</p> <p>2. To develop strength and speed and apply them in different situations.</p> <p>3. To complete advanced actions to develop coordination.</p> <p>4. To complete advanced actions to develop agility.</p> <p>5. To complete advanced actions to develop balance.</p> <p>6. To complete advanced actions to develop</p>	<p><b>Goalball</b></p> <p>1. To develop different ways of rolling the goalball.</p> <p>2. I can use my body to create a barrier to stop the ball.</p> <p>3. I can communicate with my team to be effective during a game.</p> <p><b>Boccia</b></p> <p>1. To develop accuracy and power using different throwing techniques in order to be successful.</p> <p>2. To develop tactics to help my team be</p>	<p>1. To demonstrate a press-up lowering down from front support and push back up again.</p> <p>2. To show a V sit starting in a straight shape and returning to a straight shape</p> <p>3. To show a teddy bear roll with a partner</p> <p>4. To show a forward roll to straddle stand.</p> <p>5. To show a rocking action in preparation for a backward roll</p> <p>6. To get from one end of the bench/beam to the other including a variety</p>	<p>1. THEME The Spy To copy and create actions in response to an idea and be able to adapt this using. changes of space.</p> <p>2. THEME The Spy To choose actions which relate to the theme.</p> <p>3. THEME The Spy To develop a dance using matching and mirroring.</p> <p>4. THEME Carnival To learn and create dance moves in the theme of a carnival.</p> <p>5. THEME Carnival</p>	<p>1. To develop aerobic endurance and an understanding of speed and pace in relation to distance.</p> <p>2. To develop power and speed in the sprinting technique.</p> <p>3. To develop technique when jumping for distance.</p> <p>4. To develop power and technique when throwing for distance.</p> <p>5. To develop a pull throw for distance and accuracy.</p> <p>6. To develop officiating</p>	<p>1. To develop overarm throwing and catching.</p> <p>2. To develop underarm bowling.</p> <p>3. To learn how to grip the bat and develop batting technique.</p> <p>4. To be able to field a ball using a two handed pick up and a short barrier.</p> <p>5. To develop overarm bowling technique.</p> <p>6. To play/ apply skills learnt to mini cricket.</p>

	aerobic endurance.	effective in a game. 3. To follow the rules of boccia to play in a competition.	of walks and movements; squat on mount, tip-toe turn, balance, jump to land back on the bench/beam, bunny hops and a forward roll dismount. 7. To run, jump on a springboard and squat on to a vault on two feet and jump off in a straight shape.	To develop a carnival dance using formations, canon and unison. 6. THEME Carnival To develop a dance phrase and perform as part of a class performance.	and performing skills.	
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Year 5						
Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Unit of work	Fitness and OAA	Football	Gymnastics	Dance	Athletics	Rounders
Objectives	<p><b>Fitness:</b></p> <ol style="list-style-type: none"> <li>To develop an awareness of what your body is capable of.</li> <li>To develop speed and stamina.</li> <li>To develop strength using my own body weight.</li> </ol> <p><b>OAA:</b></p> <ol style="list-style-type: none"> <li>To build communication and trust whilst showing an awareness of safety.</li> </ol>	<ol style="list-style-type: none"> <li>To be able to dribble the ball under pressure.</li> <li>To pass the ball accurately to a target to help to maintain possession.</li> <li>To use different turns to keep the ball away from defenders.</li> <li>To develop defending skills to gain possession.</li> <li>To develop goalkeeping skills to stop the opposition from scoring.</li> </ol>	<ol style="list-style-type: none"> <li>To show a log roll into a front support and back into a log roll showing body tension</li> <li>To complete a backward roll down a ramp (springboard with a mat over)</li> <li>To show a low headstand showing a triangular base</li> <li>To show a low handstand - one leg reaching the vertical and the other leg floor.</li> </ol>	<ol style="list-style-type: none"> <li>THEME Dance by Chance To create a dance using random structure and perform the actions showing quality and control.</li> <li>THEME Dance by Chance To understand how changing dynamics changes the appearance of the performance.</li> <li>THEME Dance by Chance</li> </ol>	<ol style="list-style-type: none"> <li>To be able to apply different speeds over varying distances.</li> <li>To develop fluency and coordination when running for speed.</li> <li>To develop technique in relay changeovers.</li> <li>To develop technique and coordination in the triple jump.</li> <li>To develop throwing with force for a longer distance.</li> <li>To develop throwing</li> </ol>	<ol style="list-style-type: none"> <li>To develop the bowling action and understand the role of the bowler.</li> <li>To develop batting technique.</li> <li>To make decisions about where and when to send the ball to stump a batter out.</li> <li>To develop a variety of fielding games and when to use them in a game.</li> <li>To develop long and short barriers in fielding</li> </ol>

	<p>2. To work as a team to solve problems, sharing ideas and collaborating with one another.</p> <p>3. To develop tactical planning and problem solving.</p>	<p>6. To be able to apply the rules and tactics you have learnt to play in a football tournament.</p>	<p>5. To complete a cartwheel.</p> <p>6. To perform a beam routine including a mount, a variety of walks and movements and a dismount.</p> <p>7. To complete a squat on vault.(Run, jump on a springboard correctly, squat on to a vault and jump off immediately landing safely).remaining close to the</p>	<p>To understand and use relationships and space to change how a performance looks.</p> <p>4. THEME Rock 'n' Roll To copy and repeat movements in the style of rock 'n' roll.</p> <p>5. THEME Rock 'n' Roll To work with a partner to copy and repeat actions keeping in time with the music.</p> <p>6. THEME Rock 'n' Roll To work collaboratively with a group to create a dance in the style of Rock 'n' Roll.</p>	<p>with greater control and technique.</p>	<p>and understand when to use them.</p> <p>6. To apply the rules and skills you have learnt to play in a rounders tournament.</p>
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Year 6						
Year Groups	Aut 1	Aut 2	Sp 1	Sp 2	Su 1	Su 2
Unit of work	Fitness and OAA	Basketball	Gymnastics	Dance	Athletics	Cricket
Objectives	<p><b>Fitness:</b></p> <p>1. To develop coordination through skipping.</p> <p>2. To perform actions that develop agility.</p> <p>3. To develop control whilst balancing.</p> <p><b>OAA:</b></p> <p>1. To share ideas and work as a team to solve problems.</p>	<p>1. To develop protective dribbling against an opponent.</p> <p>2. To be able to move into space to support a teammate.</p> <p>3. To be able to choose when to pass and when to dribble.</p> <p>4. To be able to track an opponent and use defensive techniques to win the ball.</p>	<p>1. To lead a gymnastics warm up and stretch ready for the lesson</p> <p>2. To perform a beam routine including a mount, a variety of walks and movements and a dismount with confidence and elegance.</p> <p>3. To individually perform a floor sequence containing 2 rolls, a cartwheel or handstand,</p>	<p>1. THEME Stamp, Clap T copy and repeat a set dance phrase showing confidence in movements.</p> <p>2. THEME Stamp, Clap To work with others to explore and develop the dance idea.</p> <p>3. THEME Stamp, Clap To use changes in dynamics in response to the stimulus.</p>	<p>1. To work collaboratively with a partner at a steady pace.</p> <p>2. To develop your own and others sprinting technique.</p> <p>3. To develop power, control and technique for triple jump.</p> <p>4. To develop power, control and technique when throwing for distance.</p>	<p>1. To develop throwing accuracy and catching skills.</p> <p>2. To develop batting accuracy and directional batting.</p> <p>3. To develop catching skills (close/deep catching and wicket keeping).</p> <p>4. To develop overarm bowling technique and accuracy.</p>

	<p>2. To develop navigational skills and map reading.</p> <p>3. To be able to use a key to identify objects and locations.</p>	<p>5. To be able to perform a set shot and a jump shot.</p> <p>6. To be able to apply the rules and tactics you have learnt to play in a basketball tournament.</p>	<p>2 balances and a jump whilst demonstrating elegance and a starting and finishing position for each move. .</p> <p>4. To complete and perform a squat or straddle on vault with a straight, tuck, star or straddle dismount jump landing safely on two feet on the mat.</p>	<p>4. THEME Bhangra To demonstrate a sense of rhythm and energy when performing bhangra style motifs.</p> <p>5. THEME Bhangra To perform a bhangra dance, showing an awareness of timing, formations and direction.</p> <p>6. THEME: Bhangra To select, order, structure and perform movements in bhangra style, showing various group formations.</p>	<p>5. To develop throwing with force and accuracy for longer distances.</p> <p>6. To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</p>	<p>5. To develop a variety of fielding techniques and to use them within a game.</p> <p>6. To develop long and short barriers and apply them to a game situation.</p>
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