



	Autumn 1		Autumn 2		Spring 1	
Topic Title	Swimming	Netball	Swimming	Gymnastics: Counter Balance and Counter Tension	Hockey	Dance: Greeks
National Curriculum	-swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively -perform safe self-rescue in different water-based situations -play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending		-swim competently, confidently and proficiently over a distance of at least 25 metres -use a range of strokes effectively -perform safe self-rescue in different water-based situations -develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best.		-perform dances using a range of movement patterns -play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
Skills and Techniques		<ul style="list-style-type: none"> Recap and refine dribbling and passing to create attacking opportunities Develop marking Refine shooting Refine attacking skills, passing, dribbling and shooting introduce officiating 		<ul style="list-style-type: none"> Introduction to Counter Balance Application of Counter Balance learning onto apparatus Sequence formation Counter Tension Sequence completion 	<ul style="list-style-type: none"> Develop defending; blocking and tackling Refine dribbling/passing to create attacking opportunities Refine attacking skills, passing dribbling and shooting Refine defending skills developing transition from defence to attack 	<ul style="list-style-type: none"> Exploring the Greeks using compositional principles Extending sequences with a partner using compositional principles Creating movement using improvisation where movement is reactive
Vocabulary		Tactics Transition Possession Marking Shoulder Pass Bounce Pass		Interesting Flow Levels Counter Balance Counter Tension Unison Canon	Tactics Marking Attack Counter attack Goal side Man to man marking	Expression Creativity Emotion Motif Compositional Improvisation
Outcomes		- Pupils will be able to pass, move and shoot accurately and consistently. They will be able to switch fluidly between attack and		- Pupils will execute 'excellent' balances and movements within the Counter Balance and Tension theme, accurately applying flow as they link their	- Pupils will be able to pass, move, dribble, shoot, tackle and block accurately and consistently, switching fluidly between attack	- Pupils can perform accurately and convincingly in character with big bold actions. Pupils can perform with flow and include a change of level and dynamic - Pupils will consolidate their ability to evaluate their own and

		<p>defence as possession changes.</p> <ul style="list-style-type: none"> - Pupils will begin to understand the different positions, applying their role effectively within the game. Pupils will create, apply, evaluate and improve tactics. - Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games. - By facilitating learning through game based scenarios, pupils' self discipline will be challenged as they focus on trying their best, even when their team is losing. 		<p>balances with movement.</p> <ul style="list-style-type: none"> - Pupils will apply life skills such as evaluation and reflection as they recognise the strengths and weaknesses in their sequences and find ways to improve them. - Pupils will demonstrate communication skills and show respect as they watch others' performances and give feedback on ways to improve. - Pupils will apply integrity and self discipline as they perform their sequences and receive feedback. Pupils will then work hard to improve their sequences. 	<p>and defence as possession changes</p> <ul style="list-style-type: none"> - Pupils will begin to create and apply tactics that they can then adapt depending on the games situation. - Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games. - By facilitating learning through game based scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing. 	<p>others' performances. Pupils will apply effective decision making as they construct their sequences.</p> <ul style="list-style-type: none"> - Pupils can consistently apply life skills such as cooperation and encouragement as they work successfully with others to execute their sequences and group performance. - Pupils will demonstrate life skills such as resilience and responsibility as they support others to improve and accept feedback on their own performances.
Previous Learning		Netball (Y3)		Gymnastics: Bridges (Y4)	Hockey (Y4)	Dance: Cats (Y4)
Next Learning		N/A		Gymnastics: Matching and Mirroring (Y6)	Hockey (Y6)	Dance: The Carnival (Y6)

	Spring 2		Summer 1		Summer 2	
Topic Title	Cricket	Tag Rugby	Tennis	Orienteering	Rounders	Athletics
National Curriculum	<p>-play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</p> <p>-use running, jumping, throwing and catching in isolation and in combination</p>		<p>-play competitive games</p> <p>-take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>-compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>		<p>-play competitive games</p> <p>-take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>-use running, jumping, throwing and catching in isolation and in combination</p> <p>-compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	
Skills and Techniques	<ul style="list-style-type: none"> • Refine batting, batting and bowling tactics • Refine fielding stopping, catching and throwing 	<ul style="list-style-type: none"> • Refine passing and moving to create attacking opportunities 	<ul style="list-style-type: none"> • Introduce/develop the volley • Controlling the game from the serve 	<ul style="list-style-type: none"> • Face orienteering • Cone orienteering • Point and return • Point to point 	<ul style="list-style-type: none"> • Develop fielding tactics maximising players 	<ul style="list-style-type: none"> • Finishing a race • Evaluating our performance • Sprinting: My personal best • Relay changeovers

	<ul style="list-style-type: none"> Combine bowling and fielding creating and applying tactics Introduce umpiring and scoring 	<ul style="list-style-type: none"> Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics. Develop officiating 	<ul style="list-style-type: none"> Doubles, understanding and applying tactics to win a point 	<ul style="list-style-type: none"> Timed course Orienteering competition 	<ul style="list-style-type: none"> Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in mini games 	<ul style="list-style-type: none"> Shot Put Introducing the Hurdles
Vocabulary	Tactics Bowling Run out Wicket-keeper No ball Wide Bye	Tactics Transition Outwit Offside Loop pass Miss pass	Tactics Outwit Space Accuracy Volley Serve	Teamwork Strategy Tactics Communication Control Point Scale	Tactics Fielder Bowling Batting No ball Out	Tactics Speed Distance Evaluation Lap
Outcomes	<ul style="list-style-type: none"> Pupils will refine their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency to outwit their opponents. Pupils will create, apply and refine tactics for batting, bowling and fielding, reflecting on the tactics and making any necessary adaptations. Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games. By facilitating learning through game based scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing. 	<ul style="list-style-type: none"> Pupils will be able to pass and move accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes. Pupils will consolidate their understanding of the difference between attack and defence, understanding when and why to apply certain skills. Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games. By facilitating learning through game based scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing 	<ul style="list-style-type: none"> Pupils will be able to execute a wide range of shots and play the ball into space. Pupils will be able to serve the ball accurately to start the game. Pupils will understand where to serve and why. Pupils will begin to create, understand and apply tactics in their games. Pupils will apply effective communication and cooperative skills as they work with their partner in doubles games. By facilitating learning through doubles games, pupils will be challenged to always try their best, even when they are losing. 	<ul style="list-style-type: none"> Pupils will consolidate their developing ability to orientate a map and locate points, returning to base as quickly as possible. Pupils will consolidate their understanding of what makes an effective team and understand how important teamwork is when orienteering. Pupils will consolidate life skills such as encouragement as they collaborate with their team to successfully complete the orienteering challenges Pupils will apply integrity and self motivation as they complete the challenges. Pupils will consolidate their leadership skills and take responsibility for others. 	<ul style="list-style-type: none"> Pupils will be able to apply refined fielding skills, (accurate throwing, catching and retrieving skills) will be in order to prevent the batters from scoring Pupils will apply effective decision making as they unpick the different positions within the fielding team making choices as to which positions pupils play. Pupils will work positively with their team members to find success demonstrating effective collaborative skills, leading their team By facilitating learning through game situations, pupils will be challenged to always try their best, even when they find it difficult and when their team is losing. 	<ul style="list-style-type: none"> Pupils will apply the correct technique for sprinting individually and within a team whilst developing their technique for hurdling and throwing the shot put. Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important. Pupils will consolidate their ability to encourage and collaborate with other, communicating developmental feedback and showing respect. Pupils will strive to improve their own technique, ensuring they always apply maximum effort.
Previous Learning	Cricket (Y4)	Tag Rugby (Y3)	Tennis (Y4)	Orienteering (Y4)	Rounders (Y4)	Athletics (Y4)

Next Learning	Cricket (Y6)	Tag Rugby (Y6)	Tennis (Y6)	Orienteering (Y6)	Rounders (Y6)	Athletics (Y6)
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