



	Autumn 1		Autumn 2		Spring 1	
Topic Title	Basketball	Gymnastics: Bridges	Football	Dance: Cats	Swimming	Hockey
National Curriculum	<ul style="list-style-type: none"> -play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending -develop flexibility, strength, technique, control and balance -compare their performances with previous ones and demonstrate improvement to achieve their personal best. 		<ul style="list-style-type: none"> - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending - perform dances using a range of movement patterns -compare their performances with previous ones and demonstrate improvement to achieve their personal best. 		<ul style="list-style-type: none"> -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 for attacking and defending 	
Skills and Techniques	<ul style="list-style-type: none"> • Refine dribbling • Refine passing and receiving • Refine passing and dribbling creating space • Refine passing and dribbling creating shooting opportunities • Introduce marking 	<ul style="list-style-type: none"> • Introduction to bridges • Application of bridge learning onto apparatus • Develop sequences with bridges • Sequence formation • Sequence completion 	<ul style="list-style-type: none"> • Refine dribbling • Turning • Refine passing and receiving • Develop passing and dribbling creating space • Introduce shooting 	<ul style="list-style-type: none"> • Responding to stimuli working together • Extending sequences with a partner in character • Exploring two contrasting Relationships and interlinking dance moves 		<ul style="list-style-type: none"> • Refine dribbling and passing • Combine passing and dribbling to create shooting opportunities • Develop passing and dribbling creating space for attacking opportunities • Introduce defending; blocking and tackling
Vocabulary	Possession Marking Space Pass Pivot	Extension Control Interesting Bridge Levels Flow	Attacker Defender Transition Turning Drag back Goalkeeper	Expression Creativity Emotion Flow Motif Character		Attacker Defender Dribbling Marking Tackling Blocking
Outcomes	<ul style="list-style-type: none"> - Pupils will be able to apply a secure understanding of passing, moving, dribbling and shooting in order to score points against another team - Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills. - Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game. 	<ul style="list-style-type: none"> - Pupils will execute 'excellent' balances and movements within the 'bridges' theme. Applying flow, pupils will link these movements and balances together. - Pupils will apply life skills such as resourcefulness and evaluation as they create their sequences in pairs, making 	<ul style="list-style-type: none"> - Pupils will be able to apply a secure understanding of passing, moving and dribbling in order to shoot and score goals against another team. - Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills. 	<ul style="list-style-type: none"> - Pupils will perform with big and clear movements that flow. They will perform with expression and be able to stay in character. - Pupils will refine their ability to evaluate their own and others' performances. Pupils will problem solve and apply resourcefulness as they construct their sequences. 		<ul style="list-style-type: none"> - Pupils will be able to apply a secure understanding of passing, moving and dribbling and develop their skills of blocking and tackling, to prevent attacks. - Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills. - Pupils will develop life skills such as trust and cooperation as they collaborate with others and apply the rules of the game.

	- Pupils will continue to develop and apply life skills such as resilience and self discipline as they strive to improve their own performance and understanding.	adaptations when necessary - Pupils will collaborate applying cooperation skills with their partner as they work together to create their sequences and suggest ways to improve. - Pupils will develop their resilience and ability to remain self motivated as they strive to improve their sequences even when they find it hard.	- Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game - Pupils will continue to develop and apply life skills such as resilience and self discipline as they strive to improve their own performance and understanding.	- Pupils will apply life skills such as cooperation and communication as they work successfully with others to execute their sequences in canon and unison. - Pupils will demonstrate integrity as they continually strive to ensure their sequences are executed to the highest standard.		- Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.
Previous Learning	Ball Skills – Hands 2 (Y1)	Gymnastics: Symmetrical and Asymmetrical (Y3)	Football (Y3)	Dance: Wild Animals (Y3)		Hockey (Y3)
Next Learning	Basketball (Y6)	Gymnastics: Counter balance and counter tension (Y5)	Football (Y6)	Dance: Greeks (Y5)		Hockey (Y5)
	Spring 2		Summer 1		Summer 2	
Topic Title	Swimming	Cricket	Tennis	Orienteering	Athletics	Rounders
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 -use running, jumping, throwing and catching in isolation and in combination		-Play competitive games -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.		-take part in outdoor and adventurous activity challenges both individually and within a team -use running, jumping, throwing and catching in isolation and in combination -play competitive games -compare their performances with previous ones and demonstrate improvement to achieve their personal best	
Skills and Techniques		<ul style="list-style-type: none"> Develop an understanding of batting and fielding Introduce bowling underarm Develop stopping and returning the ball Develop retrieving and returning the ball Striking the ball at different angles and speeds 	<ul style="list-style-type: none"> Developing the forehand Creating space to win a point using a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point 	<ul style="list-style-type: none"> Benches and mats challenge Round the clock card challenge The pen challenge The river rope challenge Caving challenges 	<ul style="list-style-type: none"> Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Javelin Standing Triple Jump 	<ul style="list-style-type: none"> Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics
Vocabulary		Retrieving Bowling	Outwit Space	Navigate Teamwork	Speed Tactics	Batting Fielder

		Strike Batting Fielder Long Barrier	Accuracy Power Backhand	Strategy Tactics Map Route	Distance Pace Power	Bowling Throwing Base Rounder Catching Backstop
Outcomes		<ul style="list-style-type: none"> - Pupils will develop their bowling, throwing, catching, stopping, retrieving and batting skills applying increasing accuracy to outwit their opponents and win the game. - Pupils will apply an understanding of where, when and why we utilise our fielding skills to stop the batters using their batting skills to outwit the fielders. - Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game. - Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding. 	<ul style="list-style-type: none"> - Pupils will hit the ball into space on their opponents side of the court, creating space for the next shot that will win them the point. - Pupils will apply an accurate understanding of where, when and why we hit the ball into spaces on their opponents side of the court. - Pupils will develop life skills such as trust and cooperation as they collaborate with others, applying the rules of the game. - Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding. 	<ul style="list-style-type: none"> - Pupils will apply their developing ability to orientate a map and locate points, returning to base as quickly as possible. - Pupils will apply a strong understanding of what makes an effective team and understand how important teamwork is when orienteering. - Pupils will develop life skills such as trust and communication as they collaborate with their team to successfully complete the orienteering challenges. - Pupils will apply integrity and determination as they complete the orienteering challenges. Pupil's will develop their leadership attributes. 	<ul style="list-style-type: none"> - Pupils will be able to apply the correct technique for sprinting. They will explore pacing and the correct technique for triple jump and javelin. - Pupils will apply a developing understanding of the correct technique for running fast vs pacing, triple jump, javelin and why the correct technique is important. - Pupils will develop life skills such as communication and encouragement as they collaborate with others and support each other to improve and develop - Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding. 	<ul style="list-style-type: none"> - Pupils will develop their ability to keep the batter's score as low as possible by applying accurate throwing, catching and retrieving skills - Pupils will apply an understanding of the concept of batting and fielding, utilising the correct fielding skills in order to stop the batters. - Pupils will develop life skills such as respect and cooperation as they collaborate effectively with others including their opponents. - Pupils will apply their skills with developing confidence as they grow in their ability to show self motivation and determination.
Previous Learning		Cricket (Y3)	Tennis (Y3)	N/A	Athletics (Y3)	Rackets, Bats and Balls (Y2)
Next Learning		Cricket (Y5)	Tennis (Y5)	Orienteering (Y5)	Athletics (Y5)	Rounders (Y5)