



	Autumn 1		Autumn 2		Spring 1	
Topic Title	Basketball	Gymnastics: Matching and Mirroring	Football	Health Related Exercise	Hockey	Dance: Carnival
National Curriculum	-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.		-take part in outdoor and adventurous activity challenges both individually and within a team - play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending		- 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.	
Skills and Techniques	<ul style="list-style-type: none"> • Consolidate keeping possession and officiating • Consolidate defending • Create, understand and apply attacking tactics in game situations • Create, understand and apply defending tactics in game situations 	<ul style="list-style-type: none"> • Introduction to matching/ mirroring • Application of matching/ mirroring learning onto apparatus • Sequence development 	<ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Organise formations and manage teams • Organise formations decide tactics, manage teams and officiate games 	<ul style="list-style-type: none"> • Develop a secure understanding of cardio fitness • Develop a secure understanding of flexibility fitness • Develop a secure understanding of strength fitness 	<ul style="list-style-type: none"> • Consolidate keeping possession, develop officiating • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations 	<ul style="list-style-type: none"> • Performing with technical control and rhythm in a group • Creating rhythmic patterns using the body • Experiencing dance from a different culture • Chorographical elements including still imagery
Vocabulary	Tactics Transition Counter Attack High Press Marking	Flow Levels Matching Mirroring Unison Canon	Tactics Transition Counter attack Referee Through ball Man marking	Cardiovascular system Strength Flexibility Fitness Circuits	Tactics Attack Defending Counter attack Free hit	Expression Creativity Emotion Motif Unison Character
Outcomes	<ul style="list-style-type: none"> - Pupils will apply a refined understanding of passing and moving and dribbling to score points against another team. - Pupils will demonstrate resourcefulness and problem solving skills by creating a range of attacking and defending tactics, applying these to their games. - Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and 		<ul style="list-style-type: none"> - Pupils will create a sequence containing both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus. - Pupils will effectively apply life skills such as evaluation and decision making as they identify strengths and weaknesses in their sequences and find ways to improve. 		<ul style="list-style-type: none"> - Pupils will apply a refined understanding of attacking skills when in possession and utilise effective defensive skills to regain possession - Pupils will demonstrate create a range of attacking and defending tactics, applying these to their games and adapting when applicable. 	
	<ul style="list-style-type: none"> - Pupils will apply a refined understanding of passing and moving and dribbling to score points against another team - Pupils will demonstrate resourcefulness and problem solving skills by creating a range of attacking and defending tactics, applying these to their games. 		<ul style="list-style-type: none"> - Pupils will be able to complete fitness assessments and participate in circuits that will enhance their fitness. - Pupils will refine their understanding of the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility 		<ul style="list-style-type: none"> - Pupils will 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 others' performances. Pupils will apply effective decision making as they construct their sequences. - Pupils can consistently apply life skills such as cooperation and encouragement as they work successfully with others to 	

	will ensure the team feels motivated. - Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.	- Pupils will demonstrate respect and trust as they give and receive constructive feedback in order to improve their sequences and performances. - Pupils will consistently apply integrity and self discipline as they perform their sequences and receive feedback. Pupils will strive to improve their sequences	- Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated. - Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.	- Pupils will refine life skills such as communication and respect as they encourage their partners through the circuits. - Pupils will refine life skills such as self motivation, resilience and self discipline as they strive to improve their own performances	- Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated. - Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.	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	Basketball (Y4)	Gymnastics Counter Balance and counter tension (Y5)	Football (Y4)	N/a	Hockey (Y5)	Dance: The Greeks (Y5)
	Spring 2		Summer 1		Summer 2	
Topic Title	Cricket	Tag Rugby	Tennis	Orienteering	Rounders	Athletics
National Curriculum	- play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending -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.		-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. -use running, jumping, throwing and catching in isolation and in combination	
Skills and Techniques	<ul style="list-style-type: none"> • Consolidate batting, fielding and bowling • Create, understand and apply attacking and defensive tactics in game 	<ul style="list-style-type: none"> • Consolidate passing and moving • Consolidate defending • Create, understand and apply attacking/defending tactics in game situations • Consolidate attacking and defending in min games 	<ul style="list-style-type: none"> • Game application • Game application, mixed ability doubles, round robin games 	<ul style="list-style-type: none"> • Understanding what makes an effective leader • Communicating as a leader • Introducing the STEP principle: Space , Task, Equipment and People 	<ul style="list-style-type: none"> • Introduction to full rounders • Consolidate fielding tactics • Refine our understanding of what happens if the batter misses or hits the ball backwards • Batting considerations 	<ul style="list-style-type: none"> • Running for speed competition • Running for distance competition • Throwing competition • Jumping competition
Vocabulary	Tactics Umpire Boundary Four runs Six runs Over	Tactics Transition Offside Formations advantage Knock on	Tactics Space Outwit Doubles Serve volley	Navigate Teamwork Strategy Tactics Leadership Responsibility Cooperation	Tactics Fielder Bowling Run out Outfielder Umpire	Tactics Teamwork Speed Distance Evaluation Event

<p>Outcomes</p>	<ul style="list-style-type: none"> - Pupils will consolidate their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency into mini games. - Pupils will demonstrate resourcefulness and problem solving skills by creating a range of tactics, applying these into their games. - Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated. - Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example. 	<ul style="list-style-type: none"> - Pupils will apply a refined understanding of the skills required for both attacking and defending. Pupils will switch fluidly between attack and defence as possession changes. - Pupils will demonstrate resourcefulness and problem solving skills by creating a range of attacking and defending tactics, applying these to their games. - Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated. - Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example. 	<ul style="list-style-type: none"> - Pupils will apply a refined understanding of playing forehand, backhand, serves and volleys into space in order to win points - Pupils will demonstrate resourcefulness and problem solving skills by creating a range of tactics, applying these to their games. - Pupils will collaborate effectively with their partner, communicating and supporting each other. - Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example. 	<ul style="list-style-type: none"> - Pupils will refine their developing ability to orientate a map and locate points, returning to base as quickly as possible. - Pupils will refine their understanding of what makes an effective team and understand how teamwork is when orienteering. - Pupils will refine life skills such as cooperation as they collaborate with their team to successfully complete the orienteering challenges. - Pupils will apply integrity and self discipline as they complete the orienteering challenges. Pupils will refine their leadership skills and take responsibility for others. 	<ul style="list-style-type: none"> - Pupils will apply a refined ability to consistently execute throwing, catching, retrieving and batting skills. - Pupils will demonstrate resourcefulness and problem solving skills by creating a range of tactics, applying these to their games - Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated. - Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example. 	<ul style="list-style-type: none"> - Pupils will apply a refined understanding of running for speed, pacing, throwing and jumping for distance. - Pupils will demonstrate an advanced understanding of how to apply the correct technique in each event and why the correct technique is so important. - Pupils will refine their ability to encourage and collaborate with other, communicating developmental feedback and showing respect. - Pupils will constantly apply life skills such as responsibility and self discipline by applying their best effort every time and leading others by example.
<p>Previous Learning</p>		<p>Tag Rugby (Y5)</p>	<p>Tennis (Y5)</p>	<p>Orienteering (Y5)</p>	<p>Rounders(Y5)</p>	<p>Athletics (Y5)</p>

