



	Year 3	Year 4	Year 5	Year 6
<b>Gymnastics</b>	<ul style="list-style-type: none"> <li>• Introduction to symmetry</li> <li>• Introduction to asymmetry</li> <li>• Application of learning onto apparatus</li> <li>• Sequence formation • Sequence completion</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to bridges</li> <li>• Application of bridge learning onto apparatus</li> <li>• Develop sequences with bridges</li> <li>• Sequence formation</li> <li>• Sequence completion</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to Counter Balance</li> <li>• Application of Counter Balance learning onto apparatus</li> <li>• Sequence formation</li> <li>• Counter Tension</li> <li>• Sequence completion</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to matching/ mirroring</li> <li>• Application of matching/ mirroring learning onto apparatus</li> <li>• Sequence development</li> </ul>
<b>Dance</b>	<ul style="list-style-type: none"> <li>• Responding to stimuli</li> <li>• Developing character dance into a motif</li> <li>• Develop sequences with a partner in character that show relationships</li> <li>• Extending sequences with a partner in character</li> </ul>	<ul style="list-style-type: none"> <li>• Responding to stimuli working together</li> <li>• Extending sequences with a partner in character</li> <li>• Exploring two contrasting Relationships and interlinking dance moves</li> </ul>	<ul style="list-style-type: none"> <li>• Exploring the Greeks using compositional principles</li> <li>• Extending sequences with a partner using compositional principles</li> <li>• Creating movement using improvisation where movement is reactive</li> </ul>	<ul style="list-style-type: none"> <li>• Performing with technical control and rhythm in a group</li> <li>• Creating rhythmic patterns using the body • Experiencing dance from a different culture</li> <li>• Chorographical elements including still imagery</li> </ul>
<b>Invasion Games – Football</b>	<ul style="list-style-type: none"> <li>• Introduce/develop dribbling keeping control</li> <li>• Introduce passing and receiving</li> <li>• Combine dribbling and passing to create space</li> <li>• Develop passing, receiving and dribbling</li> </ul>	<ul style="list-style-type: none"> <li>• Refine dribbling</li> <li>• Turning • Refine passing and receiving</li> <li>• Develop passing and dribbling creating space</li> <li>• Introduce shooting</li> </ul>	<ul style="list-style-type: none"> <li>• Refine dribbling and passing to maintain possession</li> <li>• Introduce and develop defending</li> <li>• Develop shooting</li> <li>• Refine attacking skills, passing, dribbling and shooting, introduce officiating</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate keeping possession, develop officiating</li> <li>• Consolidate defending</li> <li>• Organise formations and manage teams</li> <li>• Organise formations decide tactics, manage teams and officiate games</li> </ul>
<b>Invasion Games – Netball/Basketball</b>	<ul style="list-style-type: none"> <li>• Introduce passing, receiving and creating space</li> <li>• Develop/combine passing and moving</li> <li>• Combine/develop passing and shooting</li> </ul>	<ul style="list-style-type: none"> <li>• Refine passing and receiving</li> <li>• Develop passing and dribbling creating space</li> <li>• Develop passing, moving and shooting</li> <li>• Refine passing and shooting</li> <li>• Develop footwork</li> </ul>	<ul style="list-style-type: none"> <li>• Recap and refine dribbling and passing to create attacking opportunities</li> <li>• Develop marking</li> <li>• Refine shooting</li> <li>• Refine attacking skills, passing, dribbling and shooting introduce officiating</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate keeping possession, develop officiating</li> <li>• Consolidate defending</li> <li>• Create, understand and apply attacking/defending tactics in game situations</li> </ul>
<b>Invasion Games – Hockey</b>	<ul style="list-style-type: none"> <li>• Introduce dribbling</li> <li>• Introduce passing and receiving</li> <li>• Combine dribbling and passing to create space</li> <li>• Develop passing, receiving and dribbling</li> <li>• Introduce shooting</li> </ul>	<ul style="list-style-type: none"> <li>• Refine dribbling and passing</li> <li>• Combine passing and dribbling to create shooting opportunities</li> <li>• Develop passing and dribbling creating space for attacking opportunities</li> <li>• Introduce defending; blocking and tackling</li> </ul>	<ul style="list-style-type: none"> <li>• Develop defending; blocking and tackling</li> <li>• Refine dribbling/passing to create attacking opportunities</li> <li>• Refine attacking skills, passing dribbling and shooting</li> <li>• Refine defending skills developing transition from defence to attack</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate keeping possession, develop officiating</li> <li>• Consolidate defending</li> <li>• Create, understand and apply attacking/defending tactics in game situations</li> </ul>
<b>Invasion Games – Tag Rugby</b>	<ul style="list-style-type: none"> <li>• Introduce moving with the ball, passing and receiving</li> <li>• Introduce tagging</li> <li>• Create space when attacking</li> </ul>	<ul style="list-style-type: none"> <li>• Develop passing, moving and creating space</li> <li>• Apply learning to 3v3 mini games</li> </ul>	<ul style="list-style-type: none"> <li>• Refine passing and moving to create attacking opportunities</li> <li>• Explore different passes that can be used to outwit defenders</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate passing and moving</li> <li>• Consolidate defending</li> </ul>

	<ul style="list-style-type: none"> <li>• Develop passing and moving</li> <li>• Combine passing/moving to create attacking opportunities</li> </ul>	<ul style="list-style-type: none"> <li>• Develop defending in game situations</li> <li>• Combine passing and moving to create an attack and score</li> </ul>	<ul style="list-style-type: none"> <li>• Refine defending as a team</li> <li>• Create and apply defending tactics. Develop officiating</li> </ul>	<ul style="list-style-type: none"> <li>• Create, understand and apply attacking/defending tactics in game situations</li> <li>• Consolidate attacking and defending in min games</li> </ul>
<b>Net/Wall Games – Tennis</b>	<ul style="list-style-type: none"> <li>• Introduction tennis, outwitting an opponent</li> <li>• Creating space to win a point</li> <li>• Consolidate how to win a game introduce rackets</li> <li>• Introduce the forehand</li> </ul>	<ul style="list-style-type: none"> <li>• Developing the forehand</li> <li>• Creating space to win a point using a racket</li> <li>• Introduce the backhand</li> <li>• Applying the forehand and backhand in game situations</li> <li>• Applying the forehand and backhand creating space to win a point</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce/develop the volley</li> <li>• Controlling the game from the serve</li> <li>• Doubles, understanding and applying tactics to win a point</li> </ul>	<ul style="list-style-type: none"> <li>• Game application</li> <li>• Game application, mixed ability doubles, round robin games</li> </ul>
<b>Striking and Fielding – Cricket</b>	<ul style="list-style-type: none"> <li>• Understand the concept of batting and fielding</li> <li>• Introduce throwing overarm</li> <li>• Introduce throwing underarm</li> <li>• Introduce catching</li> <li>• Striking with intent</li> </ul>	<ul style="list-style-type: none"> <li>• Develop an understanding of batting and fielding</li> <li>• Introduce bowling underarm</li> <li>• Develop stopping and returning the ball</li> <li>• Develop retrieving and returning the ball</li> <li>• Striking the ball at different angels and speeds</li> </ul>	<ul style="list-style-type: none"> <li>• Refine batting, batting and bowling tactics</li> <li>• Refine fielding stopping, catching and throwing</li> <li>• Combine bowling and fielding creating and applying tactics</li> <li>• Introduce umpiring and scoring</li> </ul>	<ul style="list-style-type: none"> <li>• Consolidate batting, fielding and bowling</li> <li>• Create, understand and apply attacking and defensive tactics in game</li> </ul>
<b>Striking and Fielding – Rounders</b>	<ul style="list-style-type: none"> <li>• Introduce to rounders</li> <li>• Introduce overarm throwing</li> <li>• Apply overarm and underarm throwing</li> <li>• Introduce stopping the ball</li> <li>• Application of stopping the ball in a game</li> </ul>	<ul style="list-style-type: none"> <li>• Develop fielding bowling with a backstop</li> <li>• Introduce batting; how</li> <li>• Develop batting; where and why</li> <li>• Introduce and apply basic fielding tactics</li> </ul>	<ul style="list-style-type: none"> <li>• Develop fielding tactics maximising players</li> <li>• Understand what happens if the batter misses the ball</li> <li>• Refine fielding tactics, what players where?</li> <li>• Applying tactics in mini games</li> </ul>	<ul style="list-style-type: none"> <li>• Introduction to full rounders</li> <li>• Consolidate fielding tactics</li> <li>• Refine our understanding of what happens if the batter misses or hits the ball backwards</li> <li>• Batting considerations</li> </ul>
<b>Orienteering/Leadership</b>	<ul style="list-style-type: none"> <li>• Creating and applying simple tactics</li> <li>• Developing leadership</li> <li>• Develop communication as a team</li> <li>• Create defending and attacking tactics as a team</li> </ul>	<ul style="list-style-type: none"> <li>• Benches and mats challenge</li> <li>• Round the clock card challenge</li> <li>• The pen challenge</li> <li>• The river rope challenge</li> <li>• Caving challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Face orienteering</li> <li>• Cone orienteering</li> <li>• Point and return</li> <li>• Point to point</li> <li>• Timed course</li> <li>• Orienteering competition</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding what makes an effective leader</li> <li>• Communicating as a leader</li> <li>• Introducing the STEP principle: Space , Task, Equipment and People</li> </ul>
<b>Athletics</b>	<ul style="list-style-type: none"> <li>• Explore running for speed</li> <li>• Explore acceleration</li> <li>• Introduce /develop relay: Running for speed in a team</li> <li>• Throwing: Accuracy vs distance</li> <li>• Standing Long Jump</li> </ul>	<ul style="list-style-type: none"> <li>• Develop running at speed</li> <li>• Exploring our stride pattern</li> <li>• Exploring running at pace</li> <li>• Understand and apply tactics when running for distance</li> <li>• Javelin</li> <li>• Standing Triple Jump</li> </ul>	<ul style="list-style-type: none"> <li>• Finishing a race</li> <li>• Evaluating our performance</li> <li>• Sprinting: My personal best</li> <li>• Relay changeovers</li> <li>• Shot Put</li> <li>• Introducing the Hurdles</li> </ul>	<ul style="list-style-type: none"> <li>• Running for speed competition</li> <li>• Running for distance competition</li> <li>• Throwing competition</li> <li>• Jumping competition</li> </ul>
<b>Health Related Exercise</b>	<ul style="list-style-type: none"> <li>• Exploring relaxation techniques</li> <li>• Applying relaxation techniques and using them effectively</li> <li>• Performing balanced meditative poses</li> </ul>	<ul style="list-style-type: none"> <li>• Creating movements to help express ourselves and our emotions.</li> <li>• Using mime to manage positive and negative emotions</li> </ul>	<ul style="list-style-type: none"> <li>• Explore and understand cardio fitness</li> <li>• Explore and understand flexibility fitness</li> </ul>	<ul style="list-style-type: none"> <li>• Develop a secure understanding of cardio fitness</li> <li>• Develop a secure understanding of flexibility fitness</li> </ul>

	<ul style="list-style-type: none"><li>• Using props to help us balance in our meditative poses</li></ul>	<ul style="list-style-type: none"><li>• Using meditative poses to help control and manage our emotions</li></ul>	<ul style="list-style-type: none"><li>• Explore and understand strength fitness</li></ul>	<ul style="list-style-type: none"><li>• Develop a secure understanding of strength fitness</li></ul>
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