




Ridgeway Farm CE Academy

Teaching Sequence: PE

	Autumn	Spring	Summer	Curriculum Enhancements
Reception	<p><u>Fundamental skills</u></p> <ul style="list-style-type: none"> To develop balancing To develop running and stopping To develop changing direction To develop jumping and landing To develop hopping and landing with control To explore different ways to travel using equipment <p><u>Dance</u></p> <ul style="list-style-type: none"> To use counting to stay in time with music To move safely with confidence To explore movement using a prop To move with control and coordination To remember and repeat actions 	<p><u>Ball skills</u></p> <ul style="list-style-type: none"> To develop rolling a ball to a target To develop stopping a rolling ball To develop accuracy when throwing to a target To develop bouncing and catching a ball To develop kicking a ball <p><u>Fundamental skills</u></p> <ul style="list-style-type: none"> To develop balancing To develop running and stopping To develop changing direction To develop jumping and landing To develop hopping and landing with control To explore different ways to travel using equipment 	<p><u>Games</u></p> <ul style="list-style-type: none"> To develop running and stopping To develop throwing and learn how to keep score To follow the rules of a game To follow instructions and move safely when playing tagging games To work co-operatively and take turns To work with others to play team games <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> To copy and create shapes with your body To create shapes on apparatus To develop balancing To develop jumping and landing safely To develop rocking and rolling To copy and create short sequences linking actions together 	 <p>*Outdoor provision *After school clubs</p>
End of Phase Skills	<p><u>Introduction to P.E</u></p> <p>I can move safely and sensibly in a space with consideration of others</p> <ul style="list-style-type: none"> I can develop moving safely and stopping with control I can use equipment safely and responsibly I can work with others cooperatively and play as a group <p><u>Fundamental skills</u></p> <ul style="list-style-type: none"> I can develop balancing I can develop running and stopping I can develop changing direction I can develop jumping and landing I can develop hopping and landing with control I can explore different ways to travel using equipment 		<p><u>Dance</u></p> <ul style="list-style-type: none"> I can count to music I can move safely I can explore movement I can begin to move with control and coordination I can remember and repeat actions I can use counting to stay in time with music I can move safely with confidence I can explore movement using a prop I can move with control and coordination I can perform in front of their peers 	
	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> I can copy and create shapes with your body I can create shapes on apparatus I can develop balancing I can develop jumping and landing safely 		<p><u>Games</u></p> <ul style="list-style-type: none"> I can develop running and stopping I can develop throwing and learn how to keep score I can follow the rules of a game I can follow instructions and move safely when playing tagging games 	

<ul style="list-style-type: none"> • I can develop rocking and rolling • I can copy and create short sequences linking actions together 	<ul style="list-style-type: none"> • I can work co-operatively and take turns • I can work with others to play team games
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	Autumn	Spring	Summer
YEAR 1	<p>Multi Skills</p> <ul style="list-style-type: none"> • I can explore static balancing and understand the concept of bases • I can combine a number of co-ordination drills, using upper and lower body movements • I can aim a variety of balls and equipment accurately • I can travel in different ways, showing clear transitions between movements • I can travel in different directions (side to side, up and down) with control and fluency • I can practise ABC (agility, balance and coordination) • at circuit stations <p><i>Vocabulary: balance, base, push, agility, co-ordination, accuracy, timing, aim, guide, target, rotate, movements, technique, travel, transitions, control, fluency</i></p> <p>Boot Camp</p> <ul style="list-style-type: none"> • I understand how to prepare the body for exercise • I understand what fitness means • I can complete a range of circuit-based activities and understand the reason for doing them • I understand what happens to the heart rate during exercise • I can complete a circuit that includes activities practised in Lessons 1 and 2 • I can complete a circuit that includes activities practised in Lessons 1–3 with balance and coordination • I can complete a circuit that includes activities practised in Lessons 1-4 with balance and coordination • I can complete a circuit that includes activities practised in Lessons 1–5 <p><i>Vocabulary: Circuit, heart rate, technique, exercise, fitness, co-ordination</i></p>	<p>Groovy Gymnastics</p> <ul style="list-style-type: none"> • I can travel in different directions at different speeds and levels • I can link isolated moves and shapes when travelling • I can explore rolling movements as a way of travelling • I can explore travelling to move along, over, around onto and off a bench • I can travel with a focus on changing direction and level, using small equipment • I can use a variety of small equipment to perform a travelling sequence, using all of the skills learned so far <p><i>Vocabulary: travel, link, sequence, level, tension, posture, tuck, pike, straight, straddle, rolling: egg, log, forward, teddy bear rolls, along, over, onto and off, travelling, direction</i></p> <p>Mighty Movers (Running)</p> <ul style="list-style-type: none"> • I understand that running can be done in many ways • I can run at different speeds and in different directions with control • I can run in a race with a team • I understand the purpose of a circuit and how it can improve fitness • I can complete a running circuit • I understand the importance of using the arms when running <p><i>Vocabulary: dish, dome, direction, relay, circuit</i></p> <p>Cool Core (Strength)</p> <ul style="list-style-type: none"> • I can control my breathing • I can support my body weight • I can perform a movement that demonstrates good core control • I can increase the speed at which you can travel through the ladders accurately • I can learn the technique for the plank, front support and back support • I can support body weight on the hands • using the core muscles to keep balanced 	<p>Throwing and Catching</p> <ul style="list-style-type: none"> • I can control a ball using hands • I understand the correct technique for catching • I can consolidate and practise throwing a ball underarm • I can explore striking balls of different sizes using their hands and equipment. • I can throw and catch a ball to self and a partner • I can stop and retrieve a ball • I can practise throwing to a target • I can make contact with a ball using different bats or rackets • I can play a game fairly and in a sporting manner <p><i>Vocabulary: throw, catch, strike, fielding, target, bat, racket, rounders, warm up, scoring</i></p> <p>Step to the Beat</p> <ul style="list-style-type: none"> • I can hop – same foot to same foot • I can jump – two feet to two feet • I can develop the ‘step hop’ technique for a good skip without a rope • I can explore the action of skipping at a low level • I can skip with a rope • I can explore different ways of skipping • I can skip with good technique • I can perform a skipping circuit <p><i>Vocabulary: hop, jump, skipping, step over, circuit, weave</i></p> <p>Gym fit Circuits</p> <ul style="list-style-type: none"> • I can develop balance, agility and coordination • I can perform using simple movement

	<p><u>Story Time Dance</u></p> <ul style="list-style-type: none"> I can change direction during travelling moves I can link travelling moves that change direction and level I can link moves together I can use a variety of moves I can move in time for music I can explore basic body patterns and movements to music I can use a variety of moves that change speed and direction I can perform a dance in time to music and with fluency <p><i>Vocabulary: rap, beat, gesture, perform, level, speed, beat, gesture</i></p> <p><u>Fitness Frenzy</u></p> <ul style="list-style-type: none"> I can complete a circuit that includes activities learned throughout the year I can explore running at different speeds I can improve agility, balance and coordination I can evaluate performance of gymnastic moves within a circuit I can use techniques already learned to improve performance <p><i>Vocabulary: basic circuit moves, running, jumping jacks, ball pass, jumping from side to side, running, gait skills, circuit, travelling, spotting, extend, flexible, stretch, reach</i></p>	<ul style="list-style-type: none"> I can perform a wheelbarrow with a partner, with control I can use techniques to improve core strength and agility <p><i>Vocabulary: bridge, agility, core, plank, balance, strength, support, wheelbarrow, posture, crab</i></p> <p><u>Brilliant Ball Skills</u></p> <ul style="list-style-type: none"> I can develop anticipation and reaction when working with beanbags or balls I can catch a ball or beanbag on a bounce I can catch a ball from a throw I can develop accurate throwing skills I can develop accuracy of send I can understand the overarm throwing technique and when to use it I can stop, trap or catch the ball while on the move I can play a game, following the rules and demonstrating fair play <p><i>Vocabulary: send, receive, underarm, overarm, throw, catch, react, travel, balance, weight, bounce</i></p>	<ul style="list-style-type: none"> patterns master basic movements, as well as developing balance, agility and coordination I can perform using simple movement patterns <p><i>Vocabulary: travelling, spotting, extend, flexible, stretch, reach</i></p> <p><u>Active Athletics</u></p> <ul style="list-style-type: none"> I know how to travel in different ways I can change from fast to slow I can throw safely I can run short distance I can take off from different positions I can complete an obstacle course with control and agility <p><i>Vocabulary: Take-off and landing, hopping, balance, speed, mobility, underarm, overarm throw, balance, jog, sprint. Landing, obstacle, relay</i></p>
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	Autumn	Spring	Summer
YEAR 2	<p><u>Multi Skills</u></p> <ul style="list-style-type: none"> I can explore static balancing I can move the body in a variety of ways I know how to throw a ball at the right speed and strength I can travel in different ways, showing clear transitions between movements I can explore different ways of twisting and turning I can use skills learned in a game <p><i>Vocabulary: agility, balance, co-ordination, base, accuracy, timing, aim, target, rotate, movement pattern</i></p>	<p><u>Groovy Gymnastics</u></p> <ul style="list-style-type: none"> I can remember and repeat simple gymnastic actions with control I can balance on isolated parts of the body using the floor and hold balance I can develop a range of gymnastic moves, particularly balancing I can link together a number of gymnastic actions into a sequence I can explore ways of travelling around on large apparatus I can choose and use a variety of gymnastic actions to make a sequence 	<p><u>Skip to the Beat</u></p> <ul style="list-style-type: none"> I can perform skipping moves with agility, balance and co-ordination I can explore different ways of jumping/hopping with balance and accuracy I can skip with control and balance I can demonstrate good technique while skipping I can observe and comment on others' performances <p><i>Vocabulary: hopping, skipping, jumping, skipping</i></p>

	<p>Boot Camp</p> <ul style="list-style-type: none"> I understand how to prepare the body for exercise I can complete a range of circuit-based activities and understand the reason for doing them I can complete a circuit that includes activities practised in Lessons 1 and 2 I can complete a circuit that includes activities practised in Lessons 1–3 with balance and coordination I can complete a circuit that includes activities practised in lessons 1-4 with balance and coordination I can complete a circuit that includes activities practised in lessons 1-5 with balance and coordination <p>Ugly Bug Ball</p> <ul style="list-style-type: none"> I can explore different levels and speeds of movement I can compose and perform simple dance phrases I can show contrasts in simple dances with good body shape and position I can develop a range of dance movements and improve timing I can work to music, creating movements that show rhythm and control <p><i>Vocabulary: travel, movements, methods, beat, Medieval, Movements, dance, greetings, beat, partner, Independent, flow</i></p> <p>Fitness Frenzy</p> <ul style="list-style-type: none"> I can complete a circuit of activities I can complete a running circuit I can skip with control and balance I can evaluate my performance of gymnastic moves within a circuit I can improve my core strength, balance and agility <p><i>Vocabulary: basic circuit moves, running, jumping jacks, ball pass, jumping from side to side, circuit, travelling, spotting, extend, flexible, stretch, reach,</i></p>	<p><i>Vocabulary: balance, tension, point, patches, shoulder stand, shapes, travelling, apparatus</i></p> <p>Gym fit Circuit</p> <ul style="list-style-type: none"> I can identify techniques to improve balance I can practise a range of gymnastic skills through a series of circuits I can develop my agility I can develop my coordination I can perform using simple movement patterns <p><i>Vocabulary: travelling, spotting, extend,</i></p> <p>Cool Core</p> <ul style="list-style-type: none"> I can maintain a good bridge using core strength I can improve my plank technique I can maintain a wheelbarrow walk I can perform a small crunch and understand what it does I can perform a squat and diagonal body twist, and understand why they are valuable exercises to do I can transfer weight from one foot to two feet I can jump with accuracy using core strength to maintain balance <p><i>Vocabulary: core strength, bridge, agility,</i></p> <p>Brilliant Ball Skills</p> <ul style="list-style-type: none"> I can move a ball using my hands and feet I know how to catch different objects I can target the receiver’s hands when throwing I can watch the ball or object when trying to catch it I know how to throw overarm, underarm and bounce pass I understand techniques for dribbling and passing a football I can pass with accuracy and dribble with control I can participate in a mini sports festival, understanding the rules and demonstrating good techniques and sporting behaviour <p><i>Vocabulary: Send, receive, control, react, target, dribble, trap, kick, festival</i></p>	<p><i>technique and step-hoe, trap</i></p> <p>Throwing and Catching</p> <ul style="list-style-type: none"> I know how to throw a ball underarm with accuracy I know the correct technique for striking a ball from a tee I know the best technique for catching I know the overarm throw technique and when to use it I can practise throwing skills in circuit I can play a game fairly and in a sporting manner <p><i>Vocabulary: underarm, bounce, sideways, overarm throw, circuit</i></p> <p>Mighty Movers (running)</p> <ul style="list-style-type: none"> I can run efficiently using my arms I can demonstrate running with balance and co-ordination I can understand the purpose of a circuit and how it can improve fitness I can develop a good technique for running circuit, value of a circuit I can complete a running circuit <p><i>Vocabulary: relay, running, overtake, circuit</i></p> <p>Active Athletics</p> <ul style="list-style-type: none"> I can run with a change of speed I can use my arms when jumping I know how to throw safely I can hurdle an obstacle and maintain effective running style I can run for distance I can complete an obstacle course with control and agility <p><i>Vocabulary: direction, speed, balance, swing, balance, power, speed, hurdle, relay, obstacle course</i></p>
<p>End of Phase Skills</p>	<p>Multi Skills</p> <ul style="list-style-type: none"> I can perform balances using a number of different parts of the body I can co-ordinate the upper and lower body together I can aim a variety of balls and equipment accurately I can use controlled movement to travel in different ways I can quickly change direction whilst running, with control and fluency I can practise ABC (agility, balance and co-ordination) at circuit stations 	<p>Gymnastics</p> <ul style="list-style-type: none"> I can travel in different directions at different speeds and levels I can link isolated moves and shapes when travelling I can explore rolling movements as a way of travelling I can explore travelling to move along, over, around onto and off a bench I can travel with a focus on changing direction and level, using small equipment 	

	<ul style="list-style-type: none"> • I know a number of coordination drills, using upper and lower body movements • I know how to throw a ball at the right speed and strength • I can travel in different ways, showing clear transitions between movements. • I can maintain balance when changing direction • I can use skills learned in a game <p>Athletics</p> <ul style="list-style-type: none"> • I am able to change from fast to slow • I know how to hop, and how to hop, travel and land safely on two feet • I know how to throw in a variety of ways • I can run with good balance and coordination • I can explore which is the best way to jump to cover a distance • I can change direction when running, while maintaining balance • I can jump with balance and fluency • I know how to throw safely • I can hurdle an obstacle and maintain effective running style <p>Dance</p> <ul style="list-style-type: none"> • I can practise travelling movements with a change in direction • I understand beats in the music • I can move in time to the music, travelling, gesturing and jumping • I can dance to beats of four or eight • I can perform dance moves that flow smoothly from one to the next • I can use gesture as an image in dance • I can perform a dance in time to music and with fluency • I can show contrasting movements with strength and clarity • I can explore performing actions in response to stimuli • I can explore ideas by experimenting with actions, dynamics, directions and levels • I can develop a range of dance movements and improve timing • I can work to music, creating movements that show rhythm and control • I can perform a complete dance with clarity and flow, showing changes in levels and speed 	<ul style="list-style-type: none"> • I can use a variety of small equipment to perform a travelling sequence, using all of the skills learned • so far • I can perform balances and movements, and combine them into a routine • I can link balances with other travelling moves, moving smoothly into and out of the balances I can safely use benches and mats to develop sequences • I can work with a partner to create a sequence of gymnastic actions • I can safely move around the equipment, using knowledge from previous weeks • I can mirror and match a partner <p>Throwing and catching (Field Games)</p> <ul style="list-style-type: none"> • I understand the correct technique for catching • I can consolidate and practise throwing a ball underarm I can throw and catch a ball to self and a partner • I know how to stop and retrieve a ball • I can practise throwing to a target • I can use striking skills to play a game • I know the tactics and skills to use in order to win a game • I know how to throw a ball underarm with accuracy • I know the correct technique for striking a ball from a tee • I know the best technique for catching • I know the overarm throw technique and when to use it. • I can aim for accurate throwing and consistent catching and striking • I can use fielding skills to play a game <p>Brilliant Ball Skills</p> <ul style="list-style-type: none"> • I can develop anticipation and reaction when working with beanbags or balls • I can develop accurate throwing skills • I can develop accuracy of send • I understand when to use an underarm throw • I can stop, trap or catch the ball while on the move • I can use ball skills in game-based activities • I can move a ball using hands and feet • I know how to catch different objects • I know how to throw overarm, underarm and bounce pass • I can pass with accuracy • I can dribble with control • I can catch the ball at different heights
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	Autumn	Spring	Summer
YEAR 3	<p><u>Multi skills</u></p> <ul style="list-style-type: none"> • I can change and maintain centre of balance • I can develop co-ordination whilst moving an object • I can demonstrate agility by being able to twist and turn and change direction • I can practise co-ordination and moving with others 	<p><u>Groovy Gymnastics</u></p> <ul style="list-style-type: none"> • I can jump with a stable, safe landing • I can Explore a variety of jumps • I can select and adapt gymnastics actions to meet the task • I can work with a partner or a small group to create a sequence that develops jumping skills 	<p><u>Skip to the Beat</u></p> <ul style="list-style-type: none"> • I can develop skipping techniques with control and balance • I can develop skipping techniques with control and balance • I can skip with a partner • I can compose a sequence of skipping moves • I can perform skipping moves in a routine

- I can use co-ordination skills to move an object
 - I can use all ABC skills learned so far, to the best of your ability
- Vocabulary: balance, bounce, send, dribble, control, travel, agility, speed, observation, safety, concentration, focus, utilise*

Boot Camp

- I understand how to prepare the body for exercise
- I can complete a range of circuit-based activities and understand the reason for doing them
- I can complete a circuit that includes activities practised in Lessons 1 and 2
- I can complete a circuit that includes activities practised in Lessons 1–3 with balance and coordination
- I can complete a circuit that includes activities practised in Lessons 1–4 with balance and coordination
- I can complete a circuit that includes activities practised in Lessons 1–5

Vocabulary: personal fitness, heart, circuit, exercises, stations, basic circuit moves, running, jumping jacks, ball pass, jumping from side to side

African Dance

- I can count beats and change direction whilst dancing
- I can keep count and tempo while dancing.
- I can develop African dance steps with clarity and rhythm, using own ideas.
- I can learn new African steps and develop them.
- I can maintain a consistent tempo throughout the dance, using counting.
- I can learn how to work co-operatively with others to create a new dance.
- I can learn how to tell a story using dance.
- I can create a story of harvest using African dance steps.
- I can devise African style dance steps and patterns.

- I can improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music
- Vocabulary: landing shapes, balance, roll, travel, teamwork, co-operation, co-operation, empathy, analyse*

Mighty Movers

- I can explore running at different speeds
- I can work as a team in a running situation
- I can learn how to hand over in an efficient manner
- I can complete a running circuit showing good balance, co-ordination and agility
- I can use the correct running technique to complete a circuit

Vocabulary: pace, stamina, speed, relay, catcher, zigzag, balance, relay

Cool Core

- I can improve core strength and agility, and understand why they are important
- I can link agility and core strength activities together in an appropriate way
- I can understand how hula hooping helps to improve core strength
- I can develop activities into a circuit in order to improve fitness levels
- I can perform a circuit with accuracy

Vocabulary: snake charmer, popcorn, bridge, squat thrust, burpee, running squat, Hoops, mats, benches

Brilliant Ball Skills

- I can dribble a ball with greater control
- I can roll or throw a ball at a target with accuracy
- I can perform a range of actions, maintaining control of the ball
- I can master the basic catching technique
- I can catch with increasing control and accuracy
- I can master the basic throwing technique
- I can throw and hit a ball in different ways (e.g. high, low, fast or slow)
- I can apply skills and tactics in small-sided games

- I can teach a partner my routine
 - I can perform rope and non-rope skipping with good technique and to songs or rhymes
- Vocabulary: cross over, boxer style, ready, in you go, now, timing, compose, skipping, timing, direction.*

Throwing and Catching

- I can consolidate and develop a range of skills in striking and fielding
- I can throw accurately
- I can catch with cushioned hands
- I can practise the correct batting technique and use it in a game situation
- I can retrieve the ball effectively
- I can strike the ball for distance
- I know how to play a striking and fielding game competitively and fairly

Vocabulary: Accuracy, underarm throw, overarm throw, wickets, stumps, soft hands, target hands, defenders, stumped, underarm bowling, run, long barrier, surface area

Gym fit circuits

- I can identify techniques to improve balance
- I can practise a range of gymnastic skills through a series of circuits
- I can perform a range of gymnastic skills with increased accuracy
- I can perform a sequence of gymnastic moves within a circuit
- I can perform a sequence of moves at each station within a circuit with increased accuracy
- I can evaluate my performance of gymnastic moves within a circuit

Vocabulary: travelling, spotting, extend, flexible, stretch, reach

Active Athletics

- I can run in different directions and at different speeds, using a good technique
- I can improve my throwing technique
- I know how to perform a standing long jump, understanding the rules
- I can understand the relay and passing the baton

	<ul style="list-style-type: none"> I can tell a story using gestures and step patterns with fluency. I can dance to the beat and keep time. <p>Vocabulary: <i>Clock, direction, tempo, timing, tempo, direction, pivot, performances, formation, canon, unison, confidence.</i></p> <p>Fitness Frenzy</p> <ul style="list-style-type: none"> I can complete an agility and co-ordination circuit, spending 30 seconds at each station I can improve fitness by raising the heart rate in a circuit-based lesson I can develop skipping techniques with control and balance I can evaluate my performance of gymnastic moves within a circuit I can improve core strength and agility, and understand why they are important I can perform a sequence of moves at each station within a circuit with increased accuracy <p>Vocabulary: <i>basic circuit moves, running, jumping jacks, ball pass, jumping from side to side, method, circuit, activity, honesty, strength and stamina, flexibility, aerobic, circuit training</i></p>	<p>Vocabulary: <i>awareness, tactics, defend, attack, position, movement, control, ball control, catch, throw, prepared, ready, catch, gather, receive, clockwise, anticlockwise</i></p>	<ul style="list-style-type: none"> I can choose and understand appropriate running techniques I can compete in a mini-competition, recording scores <p>Vocabulary: <i>direction, overarm, underarm, take-off, landing, relay, change-over, technique, improve, competition</i></p>
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	Autumn	Spring	Summer
YEAR 4	<p><u>Mighty Movers</u></p> <ul style="list-style-type: none"> I can learn the value of doing boxercise. I can apply the techniques learned to a routine set to music. I can apply the correct technique for the cross jab coordination. I can link skills with control and precision. I can develop personal fitness levels, particularly strength and stamina. I can refine the technique of moves learned in Lessons 1–4. I can learn the value of completing a full boxercise workout. <p>Vocabulary: <i>Jab, boxercise, cross jab, boxing twist, toe touch, jab, roll, duck and dodge, sidekick</i></p>	<p><u>Cool Core</u></p> <ul style="list-style-type: none"> I can improve core strength and agility, and understand why they are important I can link agility and core strength activities together in an appropriate way I can understand how hula hooping helps to improve core strength I can develop activities into a circuit in order to improve fitness levels I can perform a circuit with accuracy <p>Vocabulary: <i>snake charmer, popcorn, bridge, squat thrust, burpee, running squat, Hoops, mats, benches</i></p> <p><u>Invaders</u></p> <ul style="list-style-type: none"> I can keep possession of a ball 	<p><u>Step to the Beat</u></p> <ul style="list-style-type: none"> I can develop skipping techniques with control and balance I can develop skipping techniques with control and balance I can skip with a partner I can compose a sequence of skipping moves I can perform skipping moves in a routine I can teach a partner my routine I can perform rope and non-rope skipping with good technique and to songs or rhymes <p>Vocabulary: <i>cross over, boxer style, ready, in you go, now, timing, compose, skipping, timing, direction.</i></p> <p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> I can consolidate and develop a range of skills in striking and fielding

Boot Camp

- I understand how to prepare the body for exercise
- I can complete a range of circuit-based activities and understand the reason for doing them
- I can complete a circuit that includes activities practised in Lessons 1 and 2
- I can complete a circuit that includes activities practised in Lessons 1–3 with balance and coordination
- I can complete a circuit that includes activities practised in Lessons 1–4 with balance and coordination
- I can complete a circuit that includes activities practised in Lessons 1–5

Dynamic Dance

- I can perform a line dance using a range of movement patterns.
- I can develop dancing and performance skills.
- I can perform a line dance using a range of movement patterns. Lessons 2-4
- I can develop an understanding of how to prepare for a dance performance.
- I can identify the key skills needed to provide accurate and tactful evaluative feedback to peers.

Vocabulary: Line dancing, Charleston step, chassé, strut, rhythm, phrasing, improvise, space, dynamics, sequence, flexibility, balance, co-ordination, stamina, muscular strength and endurance, agility, timing, expression, emotion, motif and changing order, motif, unison, canon, variation break-it-down, sections, beats, collaboration.

Nimble Nets

- I can become familiar with balls and short tennis rackets
- I can get the ball into play
- I can build up a rally

- I can use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation
- I can use accurate passing and dribbling in a game
- I can identify and apply ways to move the ball towards an opponent's goal
- I can learn concepts of attack and defence
- I can play in a mini football competition

Vocabulary: dribble, support play, attack, defence

Gym Sequences

- I can use and refine the following skills: flexibility, strength, balance, power and mental focus.
- I can learn how to perform symmetrical and asymmetrical balances with a partner and put them into a sequence.
- I can use linking moves to maintain the fluency of a sequence.
- I can adapt a sequence.
- I can perform gymnastic moves using a piece of equipment.
- I can use own and others' body weight to balance.
- I can add interest to a sequence by varying movement or balance.
- I can make up longer sequences and perform them with fluency and clarity of movement.
- I can develop the skill of critique, including the ability to identify strengths and areas for improvement

Vocabulary: Balance, tuck, straddle, pike, posture, body, tension, symmetry, asymmetry, balance, counterbalance, sequence, moves, techniques, canon, unison

Fitness Frenzy

- I can demonstrate the correct technique for activities.
- I can develop agility and co-ordination.
- I can perform more complex patterns of movement.
- I can learn the value of completing a full boxercise workout.
- I understand the importance of a warm-up.
- I can practise and apply a sequence of step moves to the beat of the music.
- I can create and perform a sequence of step moves.

- I can throw accurately
- I can catch with cushioned hands
- I can practise the correct batting technique and use it in a game situation
- I can retrieve the ball effectively
- I can strike the ball for distance
- I know how to play a striking and fielding game competitively and fairly

Vocabulary: Accuracy, underarm throw, overarm throw, wickets, stumps, soft hands, target hands, defenders, stumped, underarm bowling, run, long barrier, surface area

Gymfit Circuits

- I can jump with a stable, safe landing
- I can Explore a variety of jumps
- I can select and adapt gymnastics actions to meet the task
- I can work with a partner or a small group to create a sequence that develops jumping skills
- I can improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music

Vocabulary: landing shapes, balance, roll, travel, teamwork, co-operation, co-operation, empathy, analyse

Young Olympians

- I can learn how to modify stride length, arm action and knee lift to select and maintain appropriate running paces for different distances.
- I can learn the pull technique for throwing.
- I can throw and retrieve implements safely.
- I can describe the effect of different throwing positions.
- I can sprint a short distance as part of a team.
- I can react quickly to a stimulus.
- I can demonstrate good running technique when jumping over obstacles.
- I understand how to perform a standing broad jump – (two feet to two feet).
- I can put skills into practise, aiming to improve on previous results.

Vocabulary: Pace, distance, stride length, arm action, knee lift, relax, effort, javelin, position, direction, target, technique, distance, pull, relay, position, pace, handover, positioning, take off, landing, long jump, extend, bend, distance, control, Carousel.

	<ul style="list-style-type: none"> I can build a rally, focusing on accuracy of strokes I can play a variety of shots in a game situation and to explore when different shots should be played I can play a competitive tennis game <p>Vocabulary: trap, send, receive, drop serve, forehand, backhand, rally</p>	<ul style="list-style-type: none"> I can perform indoor athletics events and understand their adaptations. I can motivate self and others to perform well. I can demonstrate correct technique in most activities. I can master Pilates moves with accuracy and control, and understand the value of doing them, as well as develop balance, agility and co-ordination. <p>Vocabulary: Circuit, heart rate, burpee, spotty dogs, plank, jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick, heart rate, knee crunch, rhythm, cross step, flexibility, core strength, agility, stamina, mountain pose, rock, siamese pose, giraffe, pilates, mountain top, pencil point pose, mountain ledge, aerobic, circuit training.</p>	<p>Swimming</p> <ul style="list-style-type: none"> I can swim competently, confidently and proficiently over a distance of at least 25 metres I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] I can perform safe self-rescue in different water-based situations.
<p>End of Phase Skills</p>	<p>Multi-skills/Active Athletics</p> <ul style="list-style-type: none"> I can change the centre of balance to different parts of the body I can use hand-eye co-ordination to keep control of an object I can use agility, stopping and turning in a game I can observe and be aware of others' speed and try to match it I can use hand-eye co-ordination to balance, carry and travel with an object I can focus and concentrate on the skills learned and use them effectively I can run in different directions and at different speeds, using a good technique I can use legs as well as arms when throwing I know how to perform a standing long jump, understanding the rules I can understand the relay and passing the baton I know which techniques to use for long-distance running and which to use for short-distance running I know how to compete in a sporting way, showing an understanding of rules <p>Games</p> <ul style="list-style-type: none"> I can dribble a ball with greater control I can develop the ability to control a ball while moving, throwing and catching it I can stop the ball in the hands without fumbling I can develop the underarm throwing technique and introduce the overarm throw I can identify and follow the rules of football games I can apply the tactics I have learned I know techniques for accurate overarm and underarm throwing I can practise the correct technique for catching a ball I know the batting technique for cricket - Retrieve the ball effectively I can use fielding skills to stop the batter scoring I can use skills learned in a cricket game situation I know how to dribble a ball, change direction and maintain control I can use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation I can improve accuracy of passing by using a target I know how to communicate with team members I can learn what skills might be used to stop someone scoring I can play in a mini football competition I can improve hand-eye coordination by sending and receiving a ball with a hand and racket I can learn how to drop and hit the ball 	<p>Gymnastics</p> <ul style="list-style-type: none"> I can jump with a stable, safe landing I can explore a variety of jumps I can land safely when jumping from a bench I can use the skills learned to work as a group to create complex shapes at different levels I can use all skills learned in previous lessons to develop a sequence I can analyse my own and others' performance I can use and refine the following skills: flexibility, strength, balance, power and mental focus I can learn how to perform symmetrical and asymmetrical balances with a partner and put them into a sequence I can perform gymnastic moves using a piece of equipment I can use my own and others' body weight to balance I can add interest to a sequence by varying movement or balance I can perform and evaluate own and others' sequences <p>Dance</p> <ul style="list-style-type: none"> I can count beats and change direction while dancing I can keep count and tempo while dancing I can maintain a consistent tempo throughout the dance, using counting I can learn how to work cooperatively with others to create a new dance I can create a story of harvest using African dance steps I can dance to the beat and keep time I can identify and practise the patterns and actions of line dancing I can demonstrate an awareness of the music's rhythm and phrasing when improvising I can perform a line dance using a range of movement patterns I can create partnered dances that reflect the line dancing style I can perform a line dance using a range of movement patterns I can perform and evaluate own and others' work <p>Swimming</p> <ul style="list-style-type: none"> I can swim competently, confidently and proficiently over a distance of at least 25 metres I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] I can perform safe self-rescue in different water-based situations. 	

	<ul style="list-style-type: none"> • I can build up a rally • I am aware of the correct body position and contact point for an accurate shot • I can practise the volley technique • I can play a variety of tennis shots, demonstrating correct technique • I can practise underarm and overarm throws and when to use them • I am able to field a ball in a variety of ways in order to stop it travelling further • I can catch the ball in a variety of situations I can use hand-eye coordination to strike a moving and a stationary ball • I can field an approaching ball • I can play a game using all the skills learned in a cricket game
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	Autumn	Spring	Summer
YEAR 5	<p><u>Nimble Nets</u></p> <ul style="list-style-type: none"> • I can identify and apply techniques for hitting a tennis ball • I can develop the techniques for ground strokes and volleys • I can develop a backhand technique and use it in a game • I can practise techniques for all strokes • I can play a tennis game using an overhead serve and the correct selections of shots • I can understand and use doubles scoring in a tennis game <p><i>Vocabulary: forehand, backhand, drop serve, volley</i></p> <p><u>Boot Camp</u></p> <ul style="list-style-type: none"> • I can complete a range of circuit-based activities and understand the reason for doing them • I can complete a circuit that includes activities practised in Lessons 1 and 2 • I can complete a circuit that includes activities practised in Lessons 1–3 with balance and coordination • I can complete a circuit that includes activities practised in Lessons 1–4 with balance and coordination • I can complete a circuit that includes activities practised in previous Lessons 1–5 <p><i>Vocabulary: direction, mobility, fitness, health, circuit, heart rate, burpee, spotty dogs, plank</i></p> <p><u>Mighty Movers</u></p> <ul style="list-style-type: none"> • I can perform a boxercise routine demonstrating good technique. 	<p><u>Gym Sequences</u></p> <ul style="list-style-type: none"> • I can identify and practise body shapes and balances • I can identify and practise symmetrical and asymmetrical body shapes • I can use and refine the following skills: flexibility, strength, balance, power and mental focus • I can use counterbalances and incorporate them into a sequence of movements • I can perform movements in canon and in unison • I can perform and evaluate own and others' sequences <p><i>Vocabulary: star, dish, arch, symmetrical, asymmetrical, balance, shape, sequence, balance, sequence, points of balance, level, direction, rotation, dynamic movement, rolling, bridging</i></p> <p><u>Cool Core</u></p> <ul style="list-style-type: none"> • I can identify techniques to improve balance and core strength. • I can perform Pilates/yoga moves with accuracy • I can learn how to link moves together to make a sequence • I can help a partner to achieve good technique by observing and coaching • I can devise a sequence of yoga/Pilates moves with fluency and accuracy <p><i>Vocabulary: cool core, chair pose, flexibility, fluency</i></p> <p><u>Invaders</u></p> <ul style="list-style-type: none"> • I can demonstrate basic passing and receiving skills using a netball • I can use good hand/eye co-ordination to pass and receive a ball successfully 	<p><u>Step to the beat</u></p> <ul style="list-style-type: none"> • I can develop co-ordination, balance and timing • I can understand the benefits of improving muscle tone in the abdominals and legs • I can develop understanding of the value of this type of exercise • I can perform a sequence of steps in time with the music <p><i>Vocabulary: heart rate, knee crunch, rhythm, cross step, V step</i></p> <p><u>Gymfit Circuits</u></p> <ul style="list-style-type: none"> • I understand why fitness is good for health and wellbeing. • I can develop consistency in technique. • I can develop personal fitness in an obstacle-style circuit in Lessons 3 & 4 • I understand why fitness is good for health and wellbeing in Lessons 5 & 6 <p><i>Vocabulary: squat, speed bounce. Burpee, abdominal strength, step-ups, press-ups, skipping.</i></p> <p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> • I can develop skills in batting and fielding. • I can choose fielding techniques. • I can run between the wickets. • I can run, throw and catch. • I can develop a safe and effective overarm throw. • I can learn batting control. • I can use all the skills learned by playing in a mini tournament. <p><i>Vocabulary: Wicket keeper, follow through, scatterball, overarm, underarm, bowl, tournament.</i></p>

	<ul style="list-style-type: none"> I understand the principles of dynamic stretching. I can improve fitness by raising the heart rate and strengthening the legs and arms. I can create and apply compositional ideas to the sequence. I perform actions and moves fluently to music in order to improve personal fitness. I learn how boxercise moves can be adapted and used in a different format. <p>Vocabulary: <i>Jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick, front kick, jumping jacks, punch, turn</i></p> <p>Dynamic Dance</p> <ul style="list-style-type: none"> I can identify and practise the patterns and actions of the Bollywood dance style. I demonstrate an awareness of the music's rhythm and phrasing when improvising. I can create and perform an individual dance that reflects the Bollywood dance style. I can create partnered dances that reflect the Bollywood dancing style and apply the key components of dance. I can create group dances that reflect the Bollywood dance style I can perform a Bollywood dance using a range of movement patterns. I can perform and evaluate own and others' work. <p>Vocabulary: <i>Bollywood dancing, lotus, prayer, back point step, posture, balance, control, fluency, rhythm, phrasing, improvise, space, dynamics, sequence, flexibility, balance, co-ordination, stamina, muscular strength and endurance, agility, timing, expression, emotion, motif, changing order, unison, variation, break-it-down, sections, beats, collaboration,</i></p>	<ul style="list-style-type: none"> I can understand the importance of 'getting free' in order to receive a pass I am able to demonstrate a range of defending skills and understand how to mark an opponent. I can learn how to shoot I can understand the different positions in a netball team (five-a-side) <p>Vocabulary: <i>footwork, land, step, pivot, pass, receive, pass, receive, footwork, pivot, step, push, point, chest pass, overhead pass, shoulder pass, bounce pass</i></p> <p>Fitness Frenzy</p> <ul style="list-style-type: none"> I can complete a circuit that includes a range of activities. I can learn how boxercise moves can be adapted and used in a different format. I can perform a sequence of steps in time with the music. I understand the benefits of improving muscle tone and aerobic fitness (strength and stamina). I understand why fitness is good for health and wellbeing. I can identify techniques to improve balance and core strength. I can improve co-ordination. I can perform a sequence of moves at each station within a circuit with increased accuracy. <p>Vocabulary: <i>Circuit, heart rate, burpee, spotty dogs, plank, jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick, front kick, back kick, jumping jacks, turn, punch, heart rate, knee crunch, rhythm, cross step, V step, dips, burpees, step-ups, press-ups, skipping, sequence, fluency, core.</i></p>	<p>Young Olympians</p> <ul style="list-style-type: none"> I can use correct technique to run at speed. I can develop the ability to run for distance. I can throw with accuracy and power. I can identify and apply techniques of relay running. I can explore different footwork patterns. I understand which technique is most effective when jumping for distance. I can learn how to use skills to improve the distance of a pull throw. I can demonstrate good techniques in a competitive situation. <p>Vocabulary: <i>continuous, push technique, relay, baton, take off, landing, long jump, extend, bend, distance, control, pull and push throw, carousel.</i></p>
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	Autumn	Spring	Summer
YEAR 6	<p>Boot Camp</p> <ul style="list-style-type: none"> I can complete a range of circuit-based activities and understand the reason for doing them I can complete a circuit that includes activities practised in Lessons 1 and 2 I can complete a circuit that includes activities practised in Lessons 1–3 with balance and co-ordination 	<p>Hockey</p> <ul style="list-style-type: none"> I can look up when moving with the ball I can use the push pass accurately I can pass left and right under pressure I can tackle someone and win the ball I can show good accuracy and power I can help create tactics in my team. <p>Vocabulary: <i>speed, direction, V-Drag, Roll Strong, Left/Right Drag, dribble, receive, push pass, grip, strike, defenders, attackers</i></p>	<p>Step to the beat</p> <ul style="list-style-type: none"> I can understand the value of aerobic exercise I can perform aerobic activity to music I can practise and apply a sequence of step moves to the beat of the music I can devise a sequence of step-based activities to music <p>Vocabulary: <i>heart rate, knee crunch, rhythm, cross step, V step, heel flick, squat, abdominals, grapevine,</i></p>

- I can complete a circuit that includes activities practised in Lessons 1–4 with balance and co-ordination
 - I can complete a circuit that includes activities practised in previous Lessons 1–5
- Vocabulary:** *direction, catcher, personal fitness, heart rate, challenge, heart rate, circuit, aerobic fitness*

Tchoukball

- I can throw the ball at a low target with a chosen method (under/overarm)
- I can demonstrate 4 coaching points practically when catching
- I can take 3 steps after catching & passing it accurately using different methods
- I can throw the ball at the target from outside forbidden zone
- I can get into a position outside forbidden zone ready to catch & have some success at catching
- I have a good enough understanding to play the game at a slow pace

Vocabulary: *attacker, defender, rebound, non-contact, reaction time, speed*

Mighty movers

- I know and understand the basic principles of a good warm-up.
- I understand how moves can be linked together to perform more complex/challenging moves. Lessons 2 & 3
- I can perform and devise a sequence of movements to music. Lessons 4-6

Vocabulary: *Aerobic warm-up, jab, cross jab, jog and roll, boxing, twist, duck and dodge, sidekick, front kick, back kick, jumping jacks, turn, punch, combination moves (combos), upper cut, hook.*

Lacrosse

- I can demonstrate correct handling of the Lacrosse stick
- I can throw and catch accurately.
- I can pass the ball while moving.
- I can play mini-games
- I can take part in a Lacrosse tournament demonstrating understanding of how to play the game and the skills required.

Fitness Frenzy

- I can complete a circuit that includes different aerobic activities.
- I can perform and devise a sequence of movements to music.
- I can understand the value of aerobic exercise.
- I can devise a sequence of step-based activities to music.
- I can plan a personal programme.
- I can perform others' sequences with control and balance.
- I can perform a sequence of moves at each station
- within a circuit with increased accuracy.

Vocabulary: *Circuit, heart rate, burpee, spotty dogs, plank, aerobic warm-up, jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick, front kick, back kick, jumping jacks, turn, punch, upper cut, hook, combination moves (combos), repetition, fitness programme, Sequence, fluency, core, share, evaluate, strength and stamina, flexibility, aerobic, circuit training.*

Cool Core

- I can identify exercises that will improve core strength and stability
- I can apply balance techniques when performing cool core exercises
- I can perform cool core exercises of increased difficulty with balance
- I can create original cool core moves
- I can demonstrate balance and coordination
- I can perform others' sequences with control and balance

Vocabulary: *cool core, Pilates, triangle pose, sequence, fluency, core, share, evaluate*

Invaders

- I understand the basic rules of tag rugby
- I can work as a team, using ball-handling skills
- I can pass and carry a ball using balance and co-ordination
- I can use skills learned to play a game of tag rugby
- I can apply rules and skills learned to a game
- I can play in a mini tag rugby competition

Vocabulary: *tag, forfeit, hop, skip, try, handover, tag, rules, competition, tournament*

switch arm, push up

Nimble Nets

- I can demonstrate and use the correct grip of the racket and understand how to get into the ready position
- I understand how to serve the shuttle in order to start the game
- I can develop children's ability to perform and understand the 'overhead clear' shot and the impact
- I can understand that the drop shot is an attacking shot, and why
- I understand how to use different shots to outwit an opponent in a game
- I can develop knowledge, understanding and principles within a doubles game, including tactics and strategies used

Vocabulary: *shuttle, racket, court, net, shot, rally, ready position, serve, high, low, short, long, overhead clear, contact, pressure, disguise*

Gymfit Circuits

I can plan a personal programme Lessons 1-6.

Vocabulary: *repetition, fitness programme.*

Young Olympians

- I can investigate running styles and changes of speed.
- I can practise throwing with power and accuracy.
- I can throw safely and with understanding.
- I can demonstrate good running technique in a competitive situation.
- I can explore different footwork patterns.
- I understand which technique is most effective when jumping for distance.
- I can utilise all the skills learned in this unit in a competitive situation.

Vocabulary: *Sprint start, standing start, javelin, position, direction, target, technique, distance, pull, relay, position, pace, handover, positioning, take off, landing, long jump, extend, bend, distance, control, carousel.*

	<p>Vocabulary: scoop, overarm, underarm, opponent, receiver, attacker, drill</p>		
<p>End of Phase Skills</p>	<p>Fundamental Skills</p> <ul style="list-style-type: none"> • I can develop an understanding and knowledge of the basic footwork rule of netball • I can use a range of different passes appropriately in a modified game • I can understand how to make space by moving away and coming back and by dodging • I can apply a variety of defending skills into a modified game • I can use the correct technique to successfully shoot a ball into a netball post from various points within the shooting circle • I can take part in a full game of High 5 Netball, playing in a range of positions • I can sustain running at a continuous pace • I can demonstrate correct push technique • I know the position to stand in when receiving a baton • I understand how to successfully perform a standing long jump • I can throw for accuracy and speed in a game • I can apply the skills learned in this unit to a competition • I can understand the basic rules of tag rugby • I can work as a team, using ball-handling skills • I can pass and carry a ball using balance and coordination • I can practise footwork and dodging skills while carrying the ball • I can apply rules and skills learned to a game • I can play in a mini tag rugby competition • I can run efficiently for speed • I can practise throwing with power and accuracy • I can throw safely and with understanding • I can demonstrate good running technique when jumping over obstacles • I understand which technique is most effective when jumping for distance • I can utilise all the skills learned in this unit in a competitive situation <p>Dance</p> <ul style="list-style-type: none"> • I can perform a Bollywood dance using a range of movement patterns • I can develop and improve dancing and performance skills • I can create and perform an individual dance • I can create partnered dances that reflect the Bollywood dancing style and apply the key components of dance • I can develop an understanding of how to prepare for a dance performance • I can perform and evaluate own and others' work • I can observe and understand the style of street dance • I can demonstrate an awareness of the music's rhythm and phrasing when improvising. - To create a dance that represents a street dance style • I can create a dance as a group, using any street dance moves • I can dance as a group in time to music in a street dance style • I can perform and analyse own and others' performance 	<p>Gymnastics</p> <ul style="list-style-type: none"> • I can learn how to work cooperatively with a partner to produce a sequence • I can learn how to link moves together with fluency and good body tension • I can include counterbalance skills in a short sequence • I can complete a sequence of balances and moves at the same time as a partner, in unison • I can develop the skill of critique, including the ability to identify strengths and areas for improvement • I can use and refine the following skills: flexibility, strength, balance, power and mental focus • I can identify and practise symmetrical and asymmetrical body shapes • I can develop skills for movement, including rolling, bridging and dynamic movement • I can use counterbalances and incorporate them into a sequence of movements • I can complete a sequence of balances and moves in unison with a partner • I can develop the skill of critique, including the ability to identify strengths and areas for improvement <p>Games</p> <ul style="list-style-type: none"> • I can hold the bat correctly and place the ball accurately • I can choose which type of fielding technique to use • I can return the ball accurately • I can develop a technique for overarm throwing and know when to use it • I know how to direct the ball using a bat • I can score and play a game in a sporting manner • I know the correct technique for forehand, backhand and volley • I can improve forehand accuracy • I can consolidate backhand technique • I can play a game of singles tennis • I can learn the correct techniques for an overhead serve I can apply all the tennis skills learned to a game • I can hit the shuttle with reasonable consistency and accuracy in a co-operative rally • I can hit the shuttle with reasonable consistency and accuracy in a co-operative rally • I can demonstrate the correct technique when serving the shuttle to start a game • I know the purpose and benefits of playing the overhead clear shot to outwit an opponent • I understand that the drop shot is an attacking shot, and why • I am able to select and apply a range of shots in a game situation to win points • I am able to demonstrate a variety of badminton shots in order to perform rallies and clearly understand, know how, and be able to win a point • I can demonstrate good agility and balance in order to throw accurately 	

		<ul style="list-style-type: none">• I can revise the long barrier technique• I know how to direct the ball• I know how to play as a backstop in a game• I can assess and analyse others' strengths• I can play in a mini tournament and understand the rules of the rounder's game
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