

|    | Autumn 1   | Autumn 2  | Spring 1   | Spring 2   | Summer 1  | Summer 2   |
|----|--|---|--|--|---|--|
|    | <b>Locomotion</b> Jumping  | <b>Gymnastics</b><br>High Low, Over, under  | Ball Skills Hands 1  | <b>Dance</b><br>Nursery Rhymes   | Ball Skills Feet  | Games For Understanding  |
|    | (P) Can pupils adjust their speed and change direction to avoid other pupils and the markers?  (C) Can pupils travel with confidence?  (S) Can pupils follow the rules of games?  (W) Can pupils travel with confidence? | (P) Can pupils make their movement champion?  (C) Are pupils creative on the apparatus, moving over, under, through, along, across etc?  (S) Can pupils collaborate with other pupils by working around each other and taking turns, 'sharing'?  (W) Can pupils travel with confidence over, under and through equipment? | (P) Can pupils roll and bounce the ball with control?  (C) Do pupils understand the meaning of the word control?  (S) Can pupils follow instructions and rules of the game  (W) Do pupils stop and pass if they enter a marked area? | (P) Can pupils move like champions?  (C) Do pupils understand what a champion is?  (S) Are pupils able to make up a short sequence in pairs?  (W) Can pupils travel with confidence? | (P) Can pupils move the ball with control?  (C) Do pupils understand the meaning of, 'control'?  (S) Do pupils understand and follow the rules of a game?  (W) Can pupils keep the score? | (P) Can pupils move out of the space avoiding being tagged by the sharks?  (C) Do pupils understand the consequence of breaking the rules of a game?  (S) Can pupils play fairly in their teams?  (W) Can pupils travel with confidence? |
| FS | <b>Locomotion</b><br>Walking   | <b>Gymnastics</b><br>Body Parts   | <b>Dance</b><br>Ourselves  | Ball Skills Hands 2  | <b>Locomotion</b><br>Running  | Wellbeing  |
|    | (P) Do pupils walk with their heads focused straight ahead looking where they are going?  (C) Can pupils travel with confidence?  (S) Are pupils able to follow the rules of games.                                      | (P) Can pupils apply their movement ideas on the apparatus moving in high, low, big and small ways?  (C) Do pupils understand what a champion is?  (S) Can pupils collaborate with these by manying around each   | (P) Can pupils make their movements big?  (C) Do pupils know what a champion is?  (S) Can pupils work in pairs?  (W) Can pupils travel with  | (P) Can pupils throw a beanbag with control?  (C) Do pupils understand the meaning of, 'control?  (S) Can pupil follow the rules of the game?  | (P) Can pupils run and stay in a space?  (C) Do pupils understand the consequence in a game of moving to close to the mud monsters (defenders)?  (S) Can pupils play fairly in            | (P) Can pupil move showing good coordination and agility?  (C) Do pupils understand why it is important to be healthy?  (S) Can pupils collaborate and take turns?   |
|    | the rules of games  (W) Can pupils travel with confidence?   | others by moving around each other and 'sharing'?  (W) Can pupils travel with confidence over, under and through equipment  | confidence?  | (W) Can pupils keep the score?   | their teams?  (W) Can pupils be brave and think of their own ways of walking?   | (W) Can pupils count their own score?  |







|      | Autumn 1   | Autumn 2  | Spring 1   | Spring 2   | Summer 1   | Summer 2  |
|------|--|---|--|--|--|---|
|      | <b>Locomotion</b><br>Running   | <b>Gymnastics</b><br>Wide, Narrow and Curled                                      | <b>Dance</b><br>Growing  | <b>Dance</b><br>The Zoo  | Team Building  | Games For Understanding   |
|      | (P) Can pupils apply the correct technique (feet, arms and Head) when running)   | <b>(P)</b> Can pupils make their movements and shapes 'champion'?                 | (P) Can pupils move like champion dancers?   | (P) Can pupils move like champion dancers?   | <b>(P)</b> Can pupils work together to be successful?                          | <b>(P)</b> Are pupils able to change direction (dodge) and catch an attacker?               |
|      | (C) Do pupils understand the consequence in a game of moving to close to the mud | (C) Do pupils understand what being a champion is?                                | (C) Do pupils understand what a champion dancer is?  (S) Do the bee and the flower           | (C) Do pupils understand what a champion dancer is?  (S) Can pupils move in relation | <b>(C)</b> Do pupils understand why we need to work together to be successful? | (C) Do pupils understand the consequence in a game of not tagging an attacker or being      |
|      | monsters (defenders)?  | <b>(S)</b> Are pupils safe on the apparatus collaborating and                     | move in relation to each other?  | to each other?   | (s) Can pupils help each other?  | tagged by a defender?   |
|      | (S) Can pupils play fairly in their teams?                                       | sharing?  (W) Can pupils be brave and try   | (W) Can pupils make accurate descriptions about others performances?                         | (W) Can pupils be brave and think of their own ways of moving?                       | (W) Can pupils try there hardest?  | (S) Can pupils collaborate and take turns?  |
| Year | <b>(W)</b> Are pupils stopping when they are tagged?                             | their own ideas for combining two themes?   |  |  |  | (W) Are pupils stopping when they are tagged?   |
| 1    | Ball Skills Hands 1  | Ball Skills Feet  | <b>Gymnastics</b><br>Body Parts  | Ball Skills Hands 2  | <b>Locomotion</b> Jumping  | Wellbeing   |
|      | <b>(P)</b> Can pupils pass a ball towards a target using their hands?            | <b>(P)</b> Can pupils move the ball using the insides and outsides of their feet? | (P) Can pupils move using different body parts?  | (P) Can pupils roll a ball towards a target using their Physical?                    | <b>(P)</b> Can pupils use the correct technique (arms, Cognitive and knees)    | (P) Can pupil move showing good coordination and agility?                                   |
|      | (C) Do pupils concentrate on the ball?   | (C) Do pupils understand why we do not use our hands to stop the ball?            | (C) Do pupils understand what the 'big' and 'small' parts of their bodies are?               | (C) Do pupils understand the meaning of, 'aiming'?                                   | (C) Do pupils understand why we may need to jump quickly in a game?            | (C) Do pupils understand why it is important to be healthy?  (S) Can pupils collaborate and |
|      | (S) Can pupils take turns to be the defender when playing games?                 | (S) Can pupils count their own score or team score honestly?                      | (S) Can pupils take turn on apparatus  | (S) Can pupils keep the score honestly?  | (S) Can pupils support others when there is a competitive                      | take turns?  (W) Can pupils count their   |
|      | (W) Do pupils always stop and pass if they are tagged?                           | (W) Can pupils count their own score?   | (W) Are pupils able to make<br>the decision themselves as to<br>which way they will move and | (W) Can pupils keep the score?   | element?  (W) Do pupils freeze and stop  | own score?  |
|      | pass in they are tagged:   | Score:  | then change as they progress through the apparatus?  |  | when they are caught?  |   |







|      | Autumn 1  | Autumn 2  | Spring 1   | Spring 2  | Summer 1   | Summer 2   |
|------|---|---|--|---|--|--|
|      | Ball Skills Hands 1   | <b>Dance</b><br>Explorers                                       | <b>Dance</b><br>Water  | Ball Skills Feet  | Ball Skills Hands 2  | Team Building  |
|      | (P) Can pupils dribble (bounce) the ball with control?  | (P) Can pupils use all of their bodies as they move?            | (P) Can pupils make big, clear actions?                              | (P) Can pupils pass a ball towards a target using their feet?                               | (P) Can pupils throw the ball with control?                            | (P) Can pupils work together to be successful?   |
|      | <b>(C)</b> Do pupils understand the consequence in a game of                                      | (C) Do pupils understand what a champion dancer is?             | (C) Can pupils listen to the music and respond?                      | (C) Do pupils understand the consequence in a game of                                       | (C) Do pupils understand where to throw (hit) the ball?                | <b>(C)</b> Do pupils understand why we need to work together to be successful?             |
|      | moving the ball close to the defenders?   | <b>(S)</b> Can pupils perform the movement sequence in a pair?  | (S) Can pupils perform the movement sequence in a pair?              | moving the ball close to the defenders?   | (\$) Can pupils take turns in different roles? (Batting, bowling etc.) | (S) Can pupils help each other?  |
|      | <b>(S)</b> Can pupils take turns to be the defender when playing games?                           | (W) Can pupils add movements together?                          | (W) Can pupils be brave and perform in front of others?              | (\$) Can pupils work together in pairs?   | (W) Can pupils count their own score?                                  | (W) Can pupils try there hardest?  |
| Year | (W) Can pupils keep the score?  |   |  | (W) Do pupils swap roles if the defender gains possession of the ball?                      |  |  |
| 2    | <b>Locomotion:</b> Dodging  | <b>Gymnastics</b><br>Pathways                                   | <b>Gymnastics</b><br>Linking   | Wellbeing   | <b>Locomotion</b> Jumping  | Games For Understanding  |
|      | (P) Can pupils dodge with effective technique?  | (P) Can pupils ensure their movements are 'Champion' movements? | <b>(P)</b> When pupils make a shape or movement is it a, 'champion'? | (P) Can pupil move showing good agility?  | (P) Can pupils use the correct technique (arms, Cognitive and knees)   | (P) Do pupils (defenders) understand the consequence in a game of not tagging an attacker? |
|      | (C) Do pupils understand the consequence in a game of not moving way from the balls being rolled? | (C) Do pupils understand what a champion is?                    | (C) Do pupils understand what linking is and how we link?            | (C) Do pupils understand why it is important to be healthy?  (S) Can pupils collaborate and | (C) Do pupils understand why we may need to jump as far as possible?   | (C) Do pupils understand the difference between attack and                                 |
|      | (S) Can pupils work against other teams collaboratively?  | (S) Can pupils give purposeful feedback when they peer assess?  | (S) Can pupils suggest ways to improve another pupils' work?         | take turns?  (W) Can pupils count their own   | (S) Can pupils support others when there is a competitive              | defence? (S) Can pupils work against   |
|      | (W) Can pupils score points by dodging the balls?   | (W) Are pupils confident on the apparatus?                      | (W) Can pupils be brave and think of their own ideas for moving?     | score?  | element?  (W) Can pupils count their own score?                        | (W) Can pupils collaborate and apply the rules of the game?                                |







|      | Autumn 1   | Autumn 2   | Spring 1   | Spring 2  | Summer 1  | Summer 2   |
|------|--|--|--|---|---|--|
|      | <b>Invasion</b><br>Netball   | <b>Gymnastics</b><br>Symmetry and Asymmetry  | <b>Dance</b><br>Wild Animals   | <b>Net / Wall</b><br>Tennis   | Striking & Fielding<br>Cricket  | Outdoor Adventure Activities Problem Solving   |
| Year | (P) Can pupils apply an understanding of passing, receiving and moving to score points against another team?  (C) Do pupils understand the difference between attack and defence?  (S) Can pupils collaborate as a team?  (W) Do pupils consistently try | (P) Can pupils make balances excellent  (C) Do pupils understand why certain movements and balances are excellent?  (S) Do pupils respect all pairs as they perform?  (W) Can pupils adopt the role of a judge to ensure that the competition is run fairly? | (P) Can pupils move with expression?  (C) Is there evidence of creativity?  (S) Can pupils choreograph the entire piece including the end moves as part of a group?  (W) Are pupils respectful when giving and receiving feedback? | (P) Can pupils win a point?  (C) Do pupils understand where we play the ball and why  (S) Can pupils collaborate with each other and keep score?  (W) Can pupils keep the score in their matches in order to take part in the tournament? | (P) Can pupils return the ball to a target?  (C) Can pupils outwit their opponents when batting?  (S) Can pupils organise themselves as a team fairly when batting or fielding?  (W) Do pupils enjoy batting and/or fielding? | <ul><li>(P) Can pupils locate points as a pair and return quickly?</li><li>(C) Are pupils able to orientate the map correctly?</li><li>(S) Can pupils cooperate with a partner?</li><li>(W) Do pupils enjoy batting?</li></ul> |
| 3    | their best during a game?  Invasion  Tag Rugby   | <b>Gymnastics</b><br>Linking   | <b>Dance</b><br>Weather  | Striking & Fielding<br>Rounders   | Athletics<br>Throwing   | Athletics<br>Running   |
|      | (P) Are pupils able to pass the ball (backwards only) whilst moving forwards to score a try?  (C) Do pupils understand when, where and why they need to tag?   | (P) When pupils make a shape or movement is it 'champion'?  (C) Do pupils understand what linking is and how we link?  (S) Can pupils suggest ways to improve another pupils' work?  | (P) Can pupils add three movements together?  (C) Do pupils understand what an excellent dancer is?  (S) Can pupils choreograph the entire piece including the end   | (P) Can the fielding team get the batter out with accurate throwing and catching skills?  (C) Do pupils understand the concept of batting and fielding?  (S) Can pupils treat the other team with respect?                                | (P) Can pupils use the correct technique to throw?  (C) Do pupils understand why they need to release a object at the right time?  (S) Are pupils able to evaluate their peers?   | (P) Can pupils make their bodies run as fast as possible?  (C) Do pupils understand how to run faster?  (S) Can pupils collaborate and run in a team?  |
|      | <ul><li>(S) Can pupils collaborate as a team?</li><li>(W) Do pupils enjoy playing competitive games?</li></ul>   | (W) Are pupils confident on the apparatus?   | (W) Do pupils keep practising their sequence?  | (W) Do pupils enjoy batting and fielding?   | (W) Do pupils continue to try and improve their own performance?  | (W) Can pupils organise their team?  |







|           | Autumn 1  | Autumn 2  | Spring 1  | Spring 2  | Summer 1  | Summer 2   |
|-----------|---|---|---|---|---|--|
|           | <b>Invasion</b><br>Basketball   | <b>Gymnastics</b><br>Bridges  | <b>Dance</b><br>Cats  | Outdoor Adventure Activities Tactics and Communication                  | Swimming  | Athletics<br>Running   |
|           | (P) Can pupils apply an understanding of passing, moving and dribbling to score     | (P) Is there evidence of interesting gymnastics?                                  | <b>(P)</b> Do pupils move staying in character?                     | (P) Working within a team, can pupils complete the challenge?           | (P) Can pupils float for at least 30 seconds and then try to attract attention? | (P) Do pupils successfully changeover the baton?                               |
|           | points against another team?  (C) Do pupils understand the                          | <b>(C)</b> Do pupils understand why certain movements and balances are excellent? | (C) Is there evidence of creativity?                                | (C) Can pupils identify the attributes of a successful team?            | (C) Do pupils understand why it is important to learn to float                  | (C) Can pupils collaborate as a team and organise their race tactics           |
|           | difference between attack and defence?  (5) Can pupils collaborate and              | <b>(S)</b> Are pupils collaborating effectively with their partners?              | <b>(S)</b> Do pupils' movements interconnect with their partner's?  | (s) Can pupils include everyone and take responsibility for each other? | and why we might need to attract attention?  (S) Can pupils discus and come     | (S) Can pupils collaborate and run in a team?                                  |
|           | apply the rules of the game?  (W) Do pupils respect the                             | (W) Do pupils enjoy performing their routines?                                    | (W) Do pupils enjoy performing their routines?                      | (W) Can pupils consistently try there hardest?                          | up with ideas about how we can attract attention?                               | (W) Can pupils organise their team?  |
| Year<br>4 | rules?  |   |   |   | (W) Do pupils try their best?   |  |
| 4         | <b>Invasion</b><br>Tag Rugby  | <b>Gymnastics</b><br>Symmetry and Asymmetry                                       | <b>Dance</b><br>Space   | <b>Net / Wall</b><br>Tennis   | Striking and Fielding<br>Cricket  | Athletics<br>Throwing  |
|           | (P) Can the attacker with the ball keep in front of their team members when running | (P) Can pupils make balances excellent  | <b>(P)</b> Do pupils respond to the music with appropriate actions? | (P) Are pupils able to make contact with the ball after one bounce?     | (P) Can pupils strike the ball with intent?                                     | (P) Can pupils execute a standing long jump?                                   |
|           | with the ball? (C) Can pupils be tagged to  | (C) Do pupils understand why certain movements and balances are excellent?        | (C) Can pupils stay in time with the music?                         | (C) Do pupils understand why we have to control the ball?               | (C) Can pupils outwit their opponents when batting?                             | (C) Are pupils able to understand that with the right technique, they can jump |
|           | gain a free pass as opposed to losing possession of the ball?                       | (S) Do pupils respect all pairs as they perform?                                  | (S) Can pupils perform as part of a group?                          | (S) Can pupils collaborate with each other and keep score?              | (S) Can pupils organise themselves as a team fairly when batting or fielding?   | further, compared to incorrect technique?                                      |
|           | (S) Can pupils collaborate as a team?   | (W) Can pupils adopt the role of a judge to ensure that the                       | (W) Do pupils respect other pupils when they are                    | (W) Can pupils continue to develop their technique even if              | (W) Can pupils keep trying their hardest even when                              | (S) Are pupils able to evaluate their peers?                                   |
|           | (W) Do pupil enjoy playing competitive games?                                       | competition is run fairly?  | performing?   | they do not find success immediately?                                   | learning new skills?  | (W) Do pupils continue to try and improve their own performance?               |







|           | Autumn 1   | Autumn 2   | Spring 1   | Spring 2   | Summer 1  | Summer 2   |
|-----------|--|--|--|--|---|--|
|           | <b>Invasion</b><br>Handball  | <b>Gymnastics</b><br>Counter balance and<br>counter tension  | <b>Invasion</b><br>Hockey  | Health Related Exercise  | Swimming  | Outdoor Adventure Activities Orienteering  |
|           | <ul> <li>(P) Can pupils apply a refined understanding of passing, dribbling and moving to score points against another team?</li> <li>(C) Do pupils understand why the wrong pass will result in possession being lost?</li> <li>(S) Can pupils manage the games themselves?</li> <li>(W) Can pupils manage the games themselves?</li> </ul> | (P) Is there evidence of fluidity in pupils' performances?  (C) Can pupils consider using cannon or unison?  (S) Are pupils able to complete the assessment sheets accurately?  (W) Can pupils managed their emotions when performing their routine? | (P) Can pupils outwit their opponents and keep possession of the ball applying effective decision-making?  (C) Do pupils understand their role and apply this role effectively within the game?  (S) Can pupils collaborate and work together in their teams?  (W) Can pupils encourage others even when they make a | (P) Are pupils able to warm themselves up and cool themselves down?  (C) Do pupils understand the impact of exercise on their body?  (S) Are pupils able to encourage their partner as they work through the circuit?  (W) Do pupils continue to try and improve their own | (P) Can pupils Swim competently, confidently and proficiently over a distance of 25m?  (C) Can pupils select the best stroke to use?  (S) Can pupils identify strengths and weaknesses in others strokes?  (W) Do pupils continuously try to improve their strokes? | (P) Can pupils locate points as a pair and return quickly?  (C) Can pupils identify aspects on the map to help them use the map to navigate?  (S) Can pupils explain how they feel when working as part of a team?  (W) Do pupils keep trying there hardest even if they are not successful? |
| Year<br>5 | Outdoor Adventure Activities Problem Solving   | Invasion<br>Tag Rugby  | mistake?  Dance The Greeks   | performance?  Net / Wall  Tennis   | Striking & Fielding<br>Cricket  | Athletics<br>Competitions  |
|           | <ul><li>(P) Can pupils cave through the cave tunnels without breaking the caves?</li><li>(C) Do pupils understand their role in the team?</li><li>(S) Can pupils co-operate as part of a team?</li></ul>   | <ul> <li>(P) Do pupils reduce the space applying pressure to the attackers when they are defending?</li> <li>(C) Can pupils follow more complex rules?</li> <li>(S) Can the defenders work as a</li> </ul>   | <ul> <li>(P) Are pupils able to add on clear, bold, start and finish positions?</li> <li>(C) Can pupils move convincingly as an Olympian and stay in character?</li> <li>(S) Can pupils perform as part</li> </ul>   | <ul><li>(P) Can pupils hit the ball over the net and land the ball 'in' on the other side of the court consistently?</li><li>(C) Do pupils understand why we have to control the ball using a volley?</li></ul>  | <ul><li>(P) Can pupils bowl accurately and consistently?</li><li>(C) Can pupils vary the way they bowl depending on who is batting?</li><li>(S) Can pupils umpire the games fairly?</li></ul>   | (P) Do pupils run jump and/or throw correctly  (C) Are pupils able to identify who should compete in an event and explain why?  (S) Are pupils enjoying the athletics competitions?  |
|           | (W) Do pupils continue to try<br>their best and control their<br>emotions even when finding<br>an activity challenging?  | team to prevent the attackers from scoring a try?  (W) When refereeing, can pupils implement the rules fairly?   | of a big group?  (W) Can pupils keep trying even when they make a mistake?   | (S) Can pupils collaborate with their 'doubles' partner?  (W) Can pupils strive to win matches by consistently trying there hardest?   | (W) Can pupils keep a score of the game   | (W) Do pupils try their best when involved with a team?  |







|      | Autumn 1   | Autumn 2   | Spring 1  | Spring 2   | Summer 1   | Summer 2   |
|------|--|--|---|--|--|--|
|      | <b>Invasion</b><br>Football  | <b>Gymnastics</b> Matching and Mirroring   | <b>Net / Wall</b><br>Badminton  | Health Related Exercise  | Swimming   | Outdoor Adventure Activities Orienteering  |
|      | (P) Are pupils able to pass, move and shoot accurately and consistently?                 | (P) Can pupils create a pair matching and mirroring sequence on apparatus?               | (P) Can pupils hit the shuttlecock over the next to the other side of the court | (P) Are pupils able to warm themselves up and cool themselves down?        | (P) Can pupils swim competitively in a race?   | (P) Can pupils locate points as a pair and return quickly?                               |
|      | (C) Do pupils switch fluidly between attacking and                                       | (C) Do pupils understand the difference between matching                                 | consistently?  (C) Are pupils able to identify                                  | (C) Do pupils understand the impact of exercise on their                   | (C) Can pupils select their strongest stroke to use?   | (C) Do pupils plan a route correctly?  |
|      | defending as possession changes?   | and mirroring?  (S) Are pupils collaborating   | strengths and weaknesses in<br>their own performance?                           | body?  (S) Are pupils able to encourage                                    | (S) As a team can pupils select<br>the best strokes to use and<br>best positions for everyone to | (S) Are pupils able to help their partner or another pair who find the task challenging? |
|      | (S) Can pupils officiate games?  | effectively with their partners?   | (S) Can pupils compete fairly within the games?                                 | their partner as they work through the circuit?                            | race in?   | (W) Do pupils keep trying  |
| Year | (W) Can pupils continue to follow the rules now that the games are competitive?          | (W) Can pupils manage their emotions when performing their routines?                     | (W) Do pupils continue to try and improve their own performance?                | (W) Do pupils continue to try and improve their own performance?           | (W) Do pupils show encouragement and respect to their teammates?                                 | there hardest even if they are not successful?   |
| 6    | Problem Solving Tactics and Communication  | Invasion<br>Tag Rugby  | <b>Dance</b><br>Carnival  | <b>Net / Wall</b><br>Tennis  | Striking & Fielding<br>Cricket   | Athletics<br>Competitions  |
|      | <b>(P)</b> Do pupils physically help other pupils?                                       | (P) Can pupils apply a refined understanding of passing, moving and creating space to    | (P) Can pupils perform with high energy?  | (P) Can pupils hit the ball into space to win the rally and score a point? | (P) Can pupils hit the ball on<br>both sides of their bodies into<br>space away from fielders?   | (P) Do pupils run jump and/or throw correctly?   |
|      | <b>(C)</b> Do pupils understand why their role is important if their team is going to be | score a try against another team?  | (C) Do pupils know what makes an excellent dancer?                              | (C) Can pupils collaborate with their, 'doubles' partner?                  | (C) Do pupils change the way they are batting, depending on                                      | (C) Are pupils able to identify who should compete in an event and explain why?          |
|      | successful?  (5) Can pupils listen to each other's ideas and                             | (C) Do pupils demonstrate a secure knowledge of the rules?  (S) Can pupils officiate the | (S) Can pupils make improvements to other pupils' work?                         | (S) Can pupils umpire their games?   | the game situation?  (S) Can pupils umpire the games fairly?                                     | (S) Are pupils able to evaluate their peers?   |
|      | communicate throughout the challenge?  | games?  (W) Can pupils take on the role  | (W) Can pupils work hard to keep improving their performance?                   | (W) Can pupils strive to win matches by consistently trying there hardest? | (W) Can pupils confidently score and umpire a game of  | (W) Do pupils continue to try hard even when they are challenged?                        |
|      | <b>(W)</b> Do pupils show leadership attributes?   | of team captain, leading and organising their team?                                      | , p   |  | pairs/mini-cricket game?   |  |



