

Athletics

Years 3 & 4 Athletics

In this unit we learn a range of throwing, jumping and running techniques and hone technique before competing against ourselves and others

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Use the correct technique to start a sprint race.</p> <p>Develop my coordination to improve speed.</p>	<p>Hurdle efficiently and consistently</p> <p>Sprint between hurdles</p>	<p>Develop the technique and consistency of my jumps.</p> <p>Jump consistently off the same foot</p> <p>I can scissor kick</p>	<p>Throw overarm accurately.</p> <p>Throw overarm with power for distance.</p>	<p>Accurately replicate the technique for running, jumping and throwing events.</p> <p>Run a relay efficiently as part of a team.</p>	<p>Replicate the techniques for running, jumping and throwing events in competitive situations.</p> <p>Challenge myself to beat previous performances.</p>

Athletics

Years 5 & 6 Athletics

Looking at different ways of running, jumping and throwing whilst developing children's technique and awareness of safety.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Change pace and run at different tempos.</p> <p>Sustain my pace over longer distances.</p>	<p>Throw with accuracy and power using the pull technique.</p> <p>Throw after a run up.</p>	<p>Throw with greater force and over longer distances.</p> <p>Throw with greater control, accuracy and efficiency.</p>	<p>Perform the correct techniques for triple jump, high jump and standing vertical jump.</p> <p>Measure accurately my performance at standing vertical jumping.</p>	<p>Combine sprinting with hurdling</p>	<p>Transfer a relay baton efficiently as part of a team</p>

Badminton

Years 3 & 4 Badminton

In this unit children learn how to play different shots and how to move around the court from a position of readiness using different foot patterns.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Assume the 'ready position'..</p>	<p>Serve on the back-hand over a net.</p> <p>Serve accurately.</p>	<p>Move quickly to be in a position to return the shuttle</p> <p>Hit shots overhead and on forehand and backhand in rallies</p>	<p>Play a variety of powerful and deft shots</p> <p>Move around court using different foot-work patterns</p>	<p>Play a variety of different shots well</p> <p>Make the right decision usually about which shot to play</p>	<p>Demonstrate the school games values.</p> <p>Umpire and keep score in a game</p>

Badminton

Years 5 & 6 Badminton

This unit look at building a repertoire of strokes for the individual as well as introducing them to the different types of footwork used in badminton. It then look to build up their decision making in game situations

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Assume a position of readiness</p> <p>Hit a forehand</p>	<p>Perform a forehand and backhand serve</p> <p>Serve with accuracy</p>	<p>Move quickly to be in a position to consistently return a shuttle.</p> <p>I can serve long and short</p>	<p>Demonstrate a split step and understand its use</p> <p>Chase in to the net to retrieve shots</p> <p>Play deft shots</p>	<p>Smash</p> <p>Dropshot</p> <p>Perform different shots consistently and with accuracy.</p>	<p>Compete in an in-school badminton tournament.</p> <p>Demonstrate the school games values</p>

Cricket

Year 3 & 4 Cricket

This unit develops the skills of bowling, ground fielding, catching, wicket keeping and batting and looks to link skills whilst developing children's understanding of how the different components fit together into the game itself.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Stand sideways on with a high backlift ready to receive a ball.</p> <p>Step back and across to pull a short ball.</p>	<p>Bowl a ball over arm with a straight arm.</p> <p>Take up a wicket keeping stance and take balls bowled on both sides of the wicket</p>	<p>Throw accurately and powerfully.</p> <p>Drive a ball and then run between a set of wickets, sliding my bat when necessary.</p>	<p>Bat successfully with a partner, communicating effectively.</p> <p>Bowl with increasing accuracy.</p>	<p>Bowl with a run up</p> <p>Stop hard balls struck at me by forming a long barrier</p> <p>Communicate effectively with a partner when batting.</p>	<p>Back up my fellow fielders in the field</p> <p>Play purposefully in a competitive game, taking on multiple roles effectively</p>

Cricket

Year 5 & 6 Cricket

This unit focuses on explicit ways of delivering the ball and shots that might be played depending upon the delivery. It looks at developing children's tactical awareness, taking into account a variety of factors.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Catch consistently well under pressure.</p> <p>Throw accurately over arm.</p>	<p>Pull a ball from a short delivery to the leg side</p> <p>I can bowl with a short run up and straight arm with some accuracy</p>	<p>Perform a range of fielding techniques confidently and consistently.</p> <p>Bowl with a run up</p>	<p>Bowl with consistent accuracy and length. Pick up and return a ball with one hand quickly and consistently well.</p> <p>Use my feet to get to the pitch of the ball when batting</p>	<p>Show tactical awareness as a fielder</p> <p>Bowl out of the back of my hand</p> <p>Play a square cut shot</p>	<p>Link my skills and perform in a competitive game.</p> <p>Bowl by running in close to the wickets</p>

Dance

Years 3 & 4 Dance Themes: Around the World, Egyptians, Romans, Space, Vikings

Themes: Around the World, Egyptians, Romans, Space, Vikings

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Develop a motif demonstrating some agility, balance, co-ordination and precision</p>	<p>Creatively change static actions into travelling movements</p> <p>Show different levels and pathways when I travel</p>	<p>Communicate effectively with a partner</p>	<p>Communicate effectively within a group</p>	<p>Communicate effectively within a group</p> <p>Improve our ideas</p>	<p>Evaluate the work of other's using accurate technical language</p>

Dance

Years 5 & 6 Dance Themes: British Values; Dance through the ages; The Haka; The Victorians; World War 2

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	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Develop a motif demonstrating some agility, balance, co-ordination and precision</p>	<p>Creatively change static actions into travelling movements</p> <p>Show different levels and pathways when I travel</p>	<p>Communicate effectively with a partner</p>	<p>Communicate effectively within a group</p>	<p>Communicate effectively within a group</p> <p>Improve our ideas</p>	<p>Evaluate the work of other's using accurate technical language</p>

Dodgeball

Year 5 & 6 Dodgeball

Children develop their understanding of when and how to attack and defend in this unit and their awareness of their own strengths and that of their opponents.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Throw hard and low at my opponents. I can dodge to evade the ball. I can catch balls to get teammates back in the game	Dodge balls well that are thrown at me Throw with increasing power and at a low trajectory	Catching balls low down and thrown at pace at me	Use a ball to block incoming fire. Play adapted games with special rules	Play, abiding by the rules. Work as a group to come up with some tactics.	Choose the right moment to attack and defend. Compete against others effectively.

Football

Year 5 & 6 Football

In this unit children recap some of the fundamental skills and work on their decision making and how to use attacking and defending principles in game situations.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Demonstrate skill and close control.</p> <p>Pass the ball and move into space</p>	<p>Combines skills to allow my team to retain possession.</p> <p>Dribble at different tempos</p>	<p>Identify which shooting technique to use to be successful.</p> <p>Keep the ball moving when running at an opponent</p>	<p>Communicate well with my teammates.</p> <p>I can defend thoughtfully, slowing attackers down and not overcommitting too soon</p>	<p>Combines skills to create a goal scoring opportunity.</p> <p>Make the most of having an extra player/son my team</p>	<p>Cooperate, communicate and collaborate with others to achieve shared goals.</p> <p>Officiate if given the chance.</p> <p>Play competitive games and control my emotions</p>

Gym

Year 3 Gymnastics Linking movements together

Linking movements together

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Step gracefully and with control</p> <p>Turn through 90, 180, 270 and 360 degrees</p> <p>Spin on points and patches</p>	<p>Hold balances with good control</p> <p>Find ways of moving out of one balance and into another</p>	<p>Show different graceful ways of getting from floor to ground and vice versa</p> <p>Link high and low moves</p>	<p>Explore a variety of rolls</p> <p>Create a sequence of rolls and balances</p>	<p>Travel on patches close to the ground</p> <p>Perform with work at contrasting levels.</p>	<p>Perform a range of gymnastic movements at my own level</p> <p>Link movements seamlessly.</p>

Gym

Year 4 Gymnastics Arching and bridges

Arching and bridges

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Support my body weight on my hands and feet only</p> <p>Spin from one means of support to another</p>	<p>Spin and take my weight in my hands</p> <p>Perform sequences using front and back asymmetrical supports and symmetrical spinning</p>	<p>Create sequences involving different controlled rolls and front and back supports</p>	<p>Create sequences, moving seamlessly from front and back supports to other balances</p> <p>Form different shapes with my legs whilst in shoulder balances</p>	<p>Work in different formations within a sequence</p> <p>Perform in unison to a set count</p>	<p>Work in a pair</p> <p>Create a sequence of front and back supports which involve working under and over</p>

Gym

Year 5 Gymnastics Matching, mirroring and contrast

Matching, mirroring and contrast

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Perform matching moves with a partner within a sequence.</p> <p>Hold balances on different numbers of points of contact</p>	<p>Control an Arabesque</p> <p>Contrast my partner's moves so that we work at different levels and in different pathways.</p>	<p>Perform a sequence mirroring a partner's symmetrical and asymmetrical shapes?</p>	<p>Perform a sequence with a partner which moves from matching moves to contrasting</p>	<p>Work as a group to demonstrate fluent routines involving mirroring and contrasts</p>	<p>Perform elements of unison and canon in a group routine</p>

Gym

Year 6 Gymnastics Counter balance and counter tension

Counterbalance and counter tension. Children use push and pull forces to create work a part of wider sequences

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Hold controlled balances on a variety of points and patches on a given number of body parts.</p> <p>Create a sequence of moves in unison with a partner.</p>	<p>Evaluate the work of others.</p> <p>Hold a range of symmetrical & asymmetrical counterbalances. I can work at different levels with weight on a variety of points and patches.</p>	<p>Hold a range of symmetrical and asymmetrical counterbalances.</p> <p>Roll as part of a balancing and rolling sequence</p> <p>Challenge myself to improve</p>	<p>Hold a range of symmetrical & asymmetrical counterbalances with a partner.</p> <p>Use my own body weight in opposition to the apparatus.</p> <p>Link skills to perform actions and sequences</p>	<p>Perform a sequence in canon at different levels.</p> <p>Link asymmetrical counter tension balances and counterbalances using transitional moves.</p>	<p>Work in a group.</p> <p>Perform asymmetrical counterbalances in a sequence using canon or unison.</p> <p>Use the apparatus and/or pupils when balancing.</p>

Handball

Year3 & 4 Handball

In this unit children learn how to bounce, dribble, pass and shoot. They learn how to play a game by the rules

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS I can.....	Send using a javelin style pass accurately. Catch a handball on the run	Pass and receive the ball on the move Pass quickly under pressure	Throw/shoot accurately using good overarm technique.	Intercept passes Block a shot	Participate purposefully in a small sided game Play to the rules of the game	Show a wide range of skills Play in a variety of positions with equal proficiency Keep control of my emotions whilst playing at tournament

Hockey

Year 5 & 6 Hockey

In this unit the children will refine different dribbling, tackling, shielding, passing and receiving techniques. They will play games including games where one team has a numerical advantage and look to deepen their understanding of the principles of attack and defence.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Hold the stick correctly.</p> <p>Dribble the ball with my head up.</p>	<p>Indian dribble</p> <p>Push pass accurately.</p>	<p>Jab tackle</p> <p>Send and receive under pressure</p> <p>Pass and move</p>	<p>Work with a partner to get past a defender.</p> <p>Develop a range of attacking skills and strategies</p>	<p>Develop my skills in different positions.</p> <p>Support my teammates by communicating with them</p>	<p>Respect the rules of the game and decisions of my peers.</p> <p>Adapt tactics in a game if they are not working.</p>

Leadership

Year 5 & 6 Leadership

In this unit children learn to lead, officiate and organise in physical education activities, games and other settings

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS	Recognise when the teams are unfair	Sort teams quickly and efficiently	Suggest ways to manage inappropriate behaviour effectively	Lead a warm up effectively	Work with others to apply a plan	Keep going when things are not necessarily going as I would want them to
I can.....	See when children might get bored because there is a lack of challenge	Arrange tasks for maximum involvement for everyone				

OAA

Year 3 & 4 Outdoor Adventures and Activities

Children learn how to plan and communicate as part of a group before taking on physical challenges

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Work as part of a team.</p> <p>Show enthusiasm, determination and resilience</p>	<p>Work together in a small group to solve problems.</p> <p>Compete under pressure</p>	<p>Negotiate with my group</p> <p>Plan a route map.</p>	<p>Work with others to solve problems</p> <p>Follow the rules of an activity</p>	<p>Identify areas of the school grounds using a map.</p> <p>Run and think simultaneously to compete in a competition</p>	<p>Identify where a number of controls are situated around the school grounds via photographic clues.</p> <p>Take photographs of interesting places around the school site</p>

OAA

Year 5 & 6 Outdoor Adventures and Activities

This unit involves using non-verbal and verbal communication and teamwork to solve a variety of team challenges

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Use non-verbal communication to solve problems.</p> <p>Work as part of a team.</p>	<p>Work with a partner to navigate successfully across and through obstacles whilst blindfolded.</p> <p>Give clear instructions</p> <p>Stay focused</p>	<p>Think creatively to find solutions to challenges.</p> <p>Work together in a small group to solve problems.</p>	<p>Navigate my way around using a map.</p> <p>Demonstrate teamwork and a good level of communication to complete a group task</p>	<p>Work quickly and effectively against the clock.</p> <p>Work with a partner/group to find a number of controls using a map.</p>	<p>Identify the location of a number of controls which relate to specific letters of the alphabet.</p> <p>Communicate positively with the other members of my team</p>

Rounders

Year 3 & 4 Rounders

A unit building on striking and fielding 2 and looking to combine and begin to secure the skills of striking, fielding and running in small game situations.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS	Send using good throwing technique.	Develop basic bowling and batting skills	Develop my throwing skills.	Field the ball off the ground using a variety of techniques.	Catch high balls comfortably.	Perform well in a range of positions in a competitive game
I can.....	Receive using good catching technique.		Communicate with other players for the good of my team.		Backpedal to catch ball over me.	

Rounders

Year 5 & 6 Rounders

Moving into more game situations and looking for children to develop their self-awareness and awareness of the ability of others and adjust their own games accordingly.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Catch with soft hands</p> <p>Throw accurately into space.</p>	<p>Bowl accurately at a consistent height.</p> <p>Ground field consistently well</p>	<p>Catch and throw quickly from back-stop</p> <p>Strike with some accuracy into a given area</p>	<p>Back up fellow fielders in the outfield.</p> <p>Communicate with my fellow batsmen/women when between bases.</p>	<p>Throw with real accuracy and under pressure.</p> <p>Play a full game in a small group taking on different roles within the team</p>	<p>Adapt my game according to the direct opponent/situation.</p>

Tag Rugby

Year 3 & 4 Tag Rugby

In this unit children learn how to carry the ball, to score a try and to tag. They learn how to pass the ball and the rules of playing Tag.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
SKILLS	Scoop a ball up from the floor.	Pocket pass with accuracy from my right and left.	Pass a rugby ball backwards accurately.	Pass backwards consistently Create an overlap	Pass, missing out players in a line.	Apply a range of skills effectively in a game of rugby.
I can.....	Dodge to avoid being tagged by an opponent. Tag safely	Make a target to receive the ball. Send and receive a ball under pressure.	Dummy a pass		Set up defensively opposite an opponent	Play to the rules

Tennis

Year 3 & 4 Tennis

In this unit children learn how to move around the court, how to control the ball and to send it across the net using a variety of ground strokes.

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
<p>SKILLS</p> <p>I can.....</p>	<p>Take up a 'ready position' and move into good positions to strike a ball.</p> <p>Play a game of hand tennis trying to move my opponent around the court</p>	<p>Hit consistent forehand returns.</p> <p>Get into consistently good positions to hit the ball after one bounce</p>	<p>Get into good positions to play backhand shots.</p> <p>Strike the ball on the backhand with some consistency.</p>	<p>Volley a ball on the forehand and backhand striking the ball downwards.</p>	<p>Serve from the baseline into my opponent's side of the court</p> <p>Move into the correct position to play a variety of shots.</p>	<p>Use tactics against an opponent.</p>