PE Scheme of Work

Warm up and Cool Down Objectives

These objectives are to be covered throughout the full year so pupils know how to be healthy and will lead healthy, active lives.

Class 3	• Describe how the body feels before, during and after exercise • Carry and place equipment safely
Class 4	• To begin to describe why we warm up and cool down. (Get body ready for exercise etc, cool down – to regain breathing and HR. • Recognise and describe how the body feels during and after different physical activities. • Explain what they need to stay healthy.
Class 5	• To describe why we warm up and cool down. (Get blood around the body to our muscles). • To begin to know why we stretch. • Explain how to be healthy.
Class 6	• Explain why it is important to warm up and cool down. (Muscles need energy to move so blood needs to get to these muscles so the HR is increased). • To begin to learn some main muscle groups during a warm up and cool down (hamstrings, quadriceps, groin, calf, biceps, triceps) • Describe how the body reacts at different times and how this affects performance.
Class 7	• To begin to explain what happens when warming up and cooling down (Muscles need oxygen as energy to move so blood needs to get to these muscles so the HR is increased – breathing is increased to get more oxygen into the body.). • To know main muscle groups when warming up and cooling down. • To begin to stretch dynamically and statically (dynamic – moving / static still) • Explain why exercise is good for your health.
Class 8	• Know and understand the reasons for warming up and cooling down. (Muscles need oxygen as energy to move so blood needs to get to these muscles so the HR is increased – breathing is increased to get more oxygen into the body.). • To know some different types of stretching (dynamic – moving or static – still) • To begin to warm up according to the activity.
Class 9	• Understand the importance of warming up and cooling down. (Muscles need oxygen as energy to move so blood needs to get to these muscles so the HR is increased – breathing is increased to get more oxygen into the body.). • Carry out warm-ups and cool-downs safely and effectively • Understand why exercise is good for health, fitness and wellbeing. • Know ways they can become healthier.

Class 3			
Term	Activity / Objectives	PE Vocabulary	NC Objectives
Autumn 1	<u>Gymnastics – Families of Actions</u> • To explore travelling using large body parts. • To explore balancing using large body parts. • To consolidate my knowledge of travelling and balancing using large body parts. • To create a simple routine using travelling and balancing. • To learn to jump and land in a variety of ways. (different shapes) • To learn to jump and land in a variety of ways off equipment. • To create a simple routine that uses travelling, balancing and jumping off apparatus.	shapes body movement control jumps landing routine apparatus balancing travelling large body parts	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Autumn 1	<u>Cricket</u> • To hold a cricket bat correctly • To learn batting control • To develop fielding skills to stop the ball effectively. • To develop catching skills to catch a ball effectively. • Understand the role of a back stop/wicket keeper. • Accurately throw overarm at a target from a stationary position • To have a basic understanding of the rules of Cricket	Bat Ball Stumps Fielding Overarm Wicket keeper	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Autumn 2	<u>Gymnastics – Families of Actions</u> • To learn to perform a variety of rolls (not forward roll) • To learn to perform a variety of rolls with control. (not forward roll) • To learn to perform a forward roll. • To begin to create a routine including a travel, balance, jump and a roll. • To perform a routine including a travel, balance, jump and a roll. • To self-evaluate a routine including a travel, balance, jump and a roll.	shapes body movement control jumps landing routine apparatus balancing travelling large body parts	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Autumn 2	<u>Games – Striking / Fielding</u> • To learn to kick a ball in a variety of ways. • To learn kick a ball with control and accuracy. • To learn to kick a rolling ball. • To learn to control a rolling ball. • To play a simple team game using taught skills. • To learn to throw and catching a large ball with accuracy. • To learn to use my throwing and catching skills to fielding correctly.	striking control accuracy swing target throwing	Participate in team games, developing simple tactics for attacking and defending
Spring 1	<u>Games (Invasion Games)</u> • To learn how to track and receive a ball. • To learn to throw underarm. • To learn to catch an object a beanbag • To learn to throw and catch a beanbag with a partner. • To learn to bounce a ball on the spot. • To learn to throw, catch and bounce an object. • To apply these skills to play a simple game.	rolling passing accurate attack defend bowling competitive catching tactics	Participate in team games, developing simple tactics for attacking and defending
Spring 1	<u>Dance – Moving Along</u> • To learn how to stimuli to dance. • To consolidate my knowledge of using stimuli to dance. • To learn to copy dance moves to a count. • To learn to move with control at different speeds. • To learn to use speed to imitate a range of stimuli. • To learn to use speed to imitate a range of stimuli with expression. • To create a dance routine following a brief.	Speed Direction Expression Body Control Space Sequence Repeating Linking	perform dances using simple movement patterns.
Spring 2	<u>Games (Invasion Games)</u> • To develop hand eye coordination to catch a moving ball. • To learn to catch a moving ball while moving. • To learn to throw over arm.	rolling passing accurate attack defend bowling competitive	Participate in team games, developing simple tactics for attacking and defending

	• To learn to throw and catch to play a simple team game.	catching tactics	
Spring 2	<u>Dance – Moving Along</u> • To perform a dance routine to follow a brief. • To learn to use speed, levels and direction to create a simple dance routine. • To consolidate my knowledge of using speed, levels and direction to create a simple dance routine. • To perform a simple dance routine using speed, levels and direction to create a simple dance routine.	Speed Direction Expression Body Control Space Sequence Repeating Linking	perform dances using simple movement patterns.
Summer 1	<u>Athletics – Running and Jumping</u> • To learn to run at different speeds. • To learn to run non-stop for 2 minutes. • To learn to run a long distance without stopping • To learn to jump from a standing position with accuracy. • To learn to run and jump correctly.	pacing accuracy control balance standing position competitively control coordination preparation push effort	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Summer 1	<u>Athletics (Throwing Events)</u> • To learn to use equipment safely. • To explore how throw equipment correctly. • To learn how to throw equipment correctly. • To learn how to throw equipment with the correct technique. • To learn throw equipment competitively.	technique push over arm rules aim	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Summer 2	<u>Athletics – Running and Jumping</u> • To learn to run and jump simultaneously. • To learn to run and jump simultaneously at different speeds. • To learn to run and jump at different speeds to create a personal best.	pacing accuracy control balance standing position competitively control	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

	• To apply my running and jumping skills to race against others. • To apply my running and jumping skills to race against my personal best.	coordination preparation push effort	
Summer 2	<u>Athletics (Throwing Events)</u> • To perform a variety of throws with control and coordination. • To learn to include a run up to throw equipment. • To perform a throw to create a personal best using different equipment. • To learn to use equipment to beat my personal best. • To learn to competitively throw equipment competitively.	technique push over arm rules aim	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

	Class 4		
Term	Activity / Objectives	Key Vocabulary	NC Objectives
Autumn 1	<u>Gymnastics – Balancing Act</u> • To explore and develop travelling actions on small body parts. • To explore and develop balancing on small body parts. • To further develop balancing on small body parts with control. • To learn to link balances by travelling and rolling. • To create a routine performing balances on small body parts. (think about linking movements travelling and rolls) • To perform a routine balancing on small body parts. • To self-assess routine using iPad to check technique.	balance travel actions control rolling routine linking movements small body parts large body parts apparatus	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
Autumn 1	<u>Dance – Cat Dance</u> • To learn to show feelings through dance. • To link movements together to show changes in feelings. • To learn to copy a range of movements. • To learn to link a range movement. • To learn to use whole body movements to express feelings. • To learn to use whole body movements to express feelings and link them together. • To learn to use different levels in a sequence.	stimuli control coordination communicating feelings and moods linking levels speed expression feedback performing	perform dances using simple movement patterns.
Autumn 2	<u>Gymnastics – Balancing Act</u> • To explore apparatus to perform balances. • To explore apparatus to perform balances on small body parts. • To use control to balance on small body parts on the floor and using apparatus. (partner work) • To create a routine using equipment to balance on small body parts. • To perform a routine using equipment to balance on small body parts	balance travel actions control rolling routine linking movements small body parts large body parts apparatus	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities

Autumn 2	<u>Dance – Cat Dance</u> • To learn to use different speeds in a sequence. • To learn to combine different levels and speeds in a sequence. • To create a routine combining different levels and speeds. • To consolidate my knowledge of creating a routine combining different levels and speeds. • To perform a routine combining different levels and speeds. • To learn to give feedback to improve a dance.	stimuli control coordination communicating feelings and moods linking levels speed expression feedback performing	perform dances using simple movement patterns.
<u>Spring 1</u>	<u>Games (Invasion Games)</u> • To learn how to track and receive a ball. • To learn to throw in a variety of ways. • To learn use space correctly to evade the opposition. • To consolidate my knowledge of using space to evade the opposition • To learn to use tactics when working as part of a team. • To learn to communicate effectively as part of a team. • To apply these skills to play a simple game.	rolling passing accurate attack defend bowling competitive catching tactics	Participate in team games, developing simple tactics for attacking and defending
<u>Spring 1</u>	<u>Health and Fitness - Circuit Training</u> • To develop balance and co-ordination by learning different running techniques. • To develop balance and co-ordination by controlling changes of direction. • To develop balance and co-ordination in the context of jumping. • To develop balance and co-ordination. • To develop the ability to use their core to stay in control of their body. • To develop balance when travelling at different levels. • To master basic movements and apply these in a range of activities by combining more than one skill.	Circuit Combine Evaluate Grip Leap Step-up Training travelling	use running, jumping, throwing and catching in isolation and in combination

Spring 2	Games (Invasion Games) • To consolidate my knowledge of using my hand eye coordination to catch a moving ball. • To learn to catch a moving ball while moving during a game. • To learn to use the most appropriate throw for a purpose. • To apply my throwing and catching skills to play a simple team game.	rolling passing accurate attack defend bowling competitive catching tactics	Participate in team games, developing simple tactics for attacking and defending
Spring 2	Health and Fitness - Circuit Training • To apply learning of basic movement skills to record a score for completing within a time frame. • To master basic movements and apply these in a range of activities, trying to improve upon own performance. • To master basic movements and apply these in a range of activities, trying to improve upon previous performance by watching and learning from others. • To create a short circuit focusing on all basic movement skills.	Circuit Combine Evaluate Grip Leap Step-up Training travelling	use running, jumping, throwing and catching in isolation and in combination.
Summer 1	Junior Golf (Striking / Fielding) • To learn grip the golf club correctly. • To develop skills of hand eye coordination when striking. • To learn the correct stance when striking a golf ball. • To learn to use the correct technique for different clubs. • To develop my technical skills in putting.	putting striking lay up chipping Driving tactics pendulum swing	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Summer 1	Athletics (Running and Jumping Events) – Hurdles and 400m • Can run at an appropriate speed for the distance (pacing) • Can jump from a standing position with accuracy. • Can run and jump simultaneously. • Can race against self and others competitively.	pacing accuracy control balance standing position competitively control	use running, jumping, throwing and catching in isolation and in combination

		coordination preparation push effort	
Summer 2	<u>Junior Golf (Striking / Fielding)</u> • To learn to use the appropriate club for different situations. • To learn to select the correct club for different situations. • To show respect to others when playing junior golf. • To understand the rules and etiquette of junior golf. • To learn to use different tactics for a purpose.	putting striking lay up chipping Driving tactics pendulum swing	• use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Summer 2	Athletics (Throwing Events) Shot Putt • Performs a variety of throws with control and co-ordination. • Further develop technique for shot putt (tennis ball then shot putts) • Can use equipment safely.	pacing accuracy control balance standing position competitively control coordination preparation push effort	use running, jumping, throwing and catching in isolation and in combination

Class 5			
Term	Activity / Objectives	Key Vocabulary	NC Objectives
Autumn 1	<u>Gymnastics</u>	create sequence	develop flexibility, strength, technique, control and balance [for

	• To explore and develop matching through travelling and balancing movements with a partner. • To explore and develop mirroring through travelling and balancing movements with a partner. • To create a short mirroring/matching sequence with a partner. • To develop rolling technique • To consolidate my technique of rolling. • To use peer assessment to perfect the technique of rolling. • To create a short rolling sequence with a partner.	similarities differences travelling flexibility arch	example, through athletics and gymnastics]
Autumn 1	<u>Games – Netball</u> • To learn to throw and catch a netball using the correct technique. (passing) • To learn to throw and catch a netball using the correct technique to a moving target. • To learn to shoot accurately using netball. • To learn simple rules of netball applying previous skills. • To consolidate the rules of netball applying previous skills. • To understand how to utilise 'space' appropriately. • To understand how to defend in netball correctly.	tactics leader / captain skills communicating coordination control competing chest pass feint pass shoulder pass pivot attacking defending contact hoop marking rebound	perform dances using a range of movement patterns Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Autumn 2	<u>Gymnastics</u> • To develop understanding of different movement themes. • To explore and develop jumping through a movement theme. • To explore mirroring and matching with a partner. • To create a simple routine using taught skills. • To practice a simple routing using taught skills.	create sequence similarities differences travelling flexibility arch	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

	• To perform a simple routine using taught skills.		
Autumn 2	<u>Games - Netball</u> • To understand how to attack in netball correctly. • To show fluency of defending and attacking in netball. • To learn to use effective communication when playing a game of netball. • To demonstrate an understanding of tactics for a purpose. • To competitively play a game of netball using taught skills. • To learn to officiate a game of netball effectively.	tactics leader / captain skills communicating coordination control competing chest pass feint pass shoulder pass pivot attacking defending contact hoop marking rebound	perform dances using a range of movement patterns Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Spring 1	Dance – Machines • To learn to move to a range of stimuli in the style of a machine. • To learn simple dance movements int the style of a machine. • To translates ideas from stimuli into movement. • To begin to improvise independently and with peers to create a simple dance. • To practice and perform a simple dance • To feedback on how to improve peers' dances. • To practice simple dance focusing on control and timing.	action space relationship formation repeat follow lead unison canon motif improvisation	♣ perform dances using a range of movement patterns
Spring 1	<u>Health and Fitness - Circuit Training</u> • To learn what Circuit Training & Fitness Components • To developing Running Technique & Endurance • To develop and Master Jumping and landing techniques. • To build strength through bodyweight movements • To learn to improving balance and stability	Balance Circuit training Control Coordination Direction Level	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

	• To learn to enhance coordination with Equipment • To learn to improve my agility and change direction quickly. • To improve my flexibility and complete mobility activities • To combine all Fitness Elements in a full circuit.	Lunge Sidestep Speed Travel underarm	
Spring 2	Dance - Machines • To begin to compare and adapt movements and motifs to create a larger sequence in pairs. • To uses simple dance vocabulary to compare and improve work. • To continue to develop large sequence focusing on keeping in time with a partner. • To perform a larger routine with keeping in time with a partner.	action space relationship formation repeat follow lead unison canon motif improvisation	♣ perform dances using a range of movement patterns
Spring 2	<u>Health and Fitness - Circuit Training</u> • To learn to work with a partners and small groups to complete a circuit. • To introduce time-based challenges focusing on all elements of fitness. • To design and demonstrate a circuit station • To complete a class circuit & reflect on progress	Balance Circuit training Control Coordination Direction Level Lunge Sidestep Speed Travel underarm	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
Summer 1	<u>Rounders</u> • To learn a range of throwing and catching techniques to use when playing rounders • To learn to bat correctly using a rounders bat. • To learn how to field correctly in rounders. • To consolidate my knowledge of all rounders skills. • To learn the rules of rounders	Back stop Bases Batter Batting stance Bowler Deep fielder Field Fielders Game plan	perform dances using a range of movement patterns Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

		Stratergy Tactics Technique Umpire Under arm throw	
Summer 1	<u>Athletics – (Throwing)</u> • To learn to throw a range of equipment safely. • To learn to throw a ball overarm with the correct technique. • To learn to throw a vortex overarm with the correct technique. • To consolidate my knowledge of throwing a vortex correctly. • To learn to throw a javelin overarm with the correct technique.	technique push over arm rules aim	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
Summer 2	<u>Rounders</u> • To show fluency of the skills required to play rounders. • To apply taught skills to play a game of rounders. • To fluently apply taught skills to play a game of rounders. • To learn different tactics that could be used to win a game of rounders. • To apply different tactics in order to win a game of rounders.	Back stop Bases Batter Batting stance Bowler Deep fielder Field Fielders Game plan Stratergy Tactics Technique Umpire Under arm throw	perform dances using a range of movement patterns Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Summer 2	<u>Athletics – (Throwing)</u> • To consolidate my knowledge of throwing a range of equipment using the correct technique. • To learn to throw accurately with equipment with the correct technique.	technique push over arm rules aim	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

	• To learn to use the correct technique to throw equipment to create a personal best. • To perform competitively to beat a personal best. • To competitively perform to compete against others.		

Class 6			
Term	Activity / Objectives	Key Vocabulary	NC Objectives
Autumn 1	<u>Swimming</u> 1. To learn how to stay safe when in water and perform self-rescue 2. To learn the fundamental movements skills of swimming. 3. To consolidate my knowledge of the fundamental movement skills of swimming. 4. To show fluency of the fundamental movement's skills of swimming. 5. To learn to control my breath when underwater. 6. To learn to perform a range of floats on my back and front. 7. To learn to perform a push and glide using the correct technique on my front and back.	Front paddle Back paddle body position leg action arm action breathing timing buoyancy propulsion orientation push glide rotation coordination streamlined front crawl breaststroke back stroke floating diving self-rescue	• swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations

Autumn 1	Cricket • To learn and practice catching skills. • To learn and practice throwing skills. • To learn and practice fielding skills. • To learn and practice batting skills. • To retrieve and throw a ball with accuracy. • To learn to understand the mechanics of bowling • To consolidate my knowledge of the mechanics of bowling.	Cricket Fielding Pitch Stumping Run Out Batting Bowler Batter Wicket Crease Pitch Stumps Wicket Keep	• Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Autumn 2	<u>Swimming</u> 1. To learn to use my legs to move in water to perform the front crawl. 2. To learn to use my arms correctly when performing the front crawl. 3. To learn to develop my breathing when performing the front crawl. 4. To develop my technique of the front crawl. 5. To learn to use my legs to move in water to perform the back stroke. 6. To learn to use my arms and breathing correctly when performing the back stroke.	Front paddle Back paddle body position leg action arm action breathing timing buoyancy propulsion orientation push glide rotation coordination streamlined front crawl breaststroke back stroke floating diving self-rescue	• swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations

Autumn 2	Cricket • Accurately throw overarm at a target from a moving position. • To develop power and direction of the ball using the full face of the bat • To consolidate my knowledge of using power and direction using the full face of the bat. • To understand of Cricket rules • To apply taught skills to play a game of simplified cricket. • To show fluency of taught skills to play a game of simplified cricket.	Cricket Fielding Pitch Stumping Run Out Batting Bowler Batter Wicket Crease Pitch Stumps Wicket Keep	• Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
Spring 1 (First 4 weeks)	<u>Swimming</u> 1. To develop my technique of the backstroke. 2. To develop the technique of the legs for the breast stroke. 3. To develop the technique of the arms for the breast stroke.	Front paddle Back paddle body position leg action arm action breathing timing buoyancy propulsion orientation push glide rotation coordination streamlined front crawl breaststroke back stroke floating diving self-rescue	• swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations
Spring 1	<u>Dance</u>	Improvising	Perform dances using a range of movement patterns

	• To learn a range of movements in the style of hand jive. • To learn to put the hand jive movements to music. • To work in pairs to create and perform a simple motif. • To perform a simple motif using expression. • To create a simple individual motif and join to a paired dance.	Composing Adapting Developing Dance Phrase Linking Order Time Speed Direction Cooperatively Feedback	
Spring 1	<u>Gymnastics</u> • To learn to travel in a variety of ways. • To develop the ability to travel in time with a partner. • To develop balancing with or against a partner (Counter balances/counter tension) • To explore and develop part-weight/full weight bearing partner balances • To explore a range of balances to create a short sequence. • To plan and record a range of balances in a longer sequence. • To learn to use apparatus safely.	balance flexibility strength core technique control planted travelling extension tension fluently accurately	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
Spring 2	<u>Dance</u> • To perform individual and paired dance using expression. • To learn to join in a simple whole class dance routine • To work collaboratively to create a simple dance that includes paired and whole class sequences. • To perform a dance with individual, paired and whole class routines.	Improvising Composing Adapting Developing Dance Phrase Linking Order Time Speed Direction Cooperatively Feedback	Perform dances using a range of movement patterns

Spring 2	<u>Gymnastics</u> • To learn to perform a range of balances on apparatus. • To plan a sequence using balances on the floor and on apparatus. • To perform a sequence using a range of balances on the floor and apparatus. • To evaluate the performance of others and give feedback.	balance flexibility strength core technique control planted travelling extension tension fluently accurately	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
Summer 1	Invasion Games – Ultimate Frisbee 1. To learn different techniques to throwing a frisbee. 2. To learn to accurately throw a frisbee. 3. To learn to throw a frisbee to a moving target. 4. To consolidate my knowledge of throwing to a static and moving target. 5. To show fluency of throwing and catching a frisbee.	Disc Referee Stationary Thrower Target backhand throw accuracy consistency forehand throw fake	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
Summer 1	<u>Athletics</u> • To learn to use pacing when running a certain length of time. • To learn to use pacing when running a range of distances. • To develop my technique of sprinting • To develop my technique for starting a sprint.	pacing accuracy control balance standing position competitively control coordination preparation push effort	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
Summer 2	Invasion Games – Ultimate Frisbee 1. To begin to learn the rules of ultimate frisbee.	Disc Referee	Play competitive games, modified where appropriate [for example, badminton,

	2. To follow the simple rules of ultimate frisbee. 3. To learn techniques for defending in ultimate frisbee. 4. To learn techniques for attacking in ultimate frisbee 5. To use space effectively when playing ultimate Frisbee.	Stationary Thrower Target backhand throw accuracy consistency forehand throw fake	basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
Summer 2	<u>Athletics</u> • To create my personal best for running a short distance. • To develop my technique for jumping over hurdles. • To apply my techniques of running and jumping over hurdles. • To create a personal best for running a short distance over hurdles. • To compete against myself and others to better my personal best.	pacing accuracy control balance standing position competitively control coordination preparation push effort	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Class 7			
Term	Activity / Objectives	Key Vocabulary	NC Objectives
Autumn 1	<u>Gymnastics – Group Dynamics</u> • To learn the difference between counter-balance and counter tension balances. • To develop part/full weight-bearing pairs balances. • To perform part/full weight-bearing pairs balances with control. • To use self-assessment to improve my ability of performing part/full weight-bearing pairs balances (iPads)	balance counter balance weight bearing apparatus control group balance unison travel canon	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

	• To learn to perform part/full weight-bearing pairs balances with control on apparatus. • To learn to explore a variety of group balances • To learn to perform group balances with control.	composition	
Autumn 1	<u>Cricket</u> • To practice and consolidate catching skills. • To practice and consolidate throwing skills. • To practice and consolidate fielding skills. • To practice and consolidate batting skills. • To develop control and direction when batting • To improve accuracy in overarm bowling • To consolidate my knowledge of overarm bowling.	Cricket Fielding Pitch Stumping Run Out Batting Bowler Batter Wicket Crease Pitch Stumps Wicket Keep	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
Autumn 2	<u>Gymnastics – Group Dynamics</u> • To develop the ability to travel in unison with a partner. • To explore different compositional ideas (unison/canon) • To create a routine including part/full weight-bearing pairs balances with control on apparatus. • To practice a routine including part/full weight-bearing pairs balances with control on apparatus. • To perform a routine including part/full weight-bearing pairs balances with control on apparatus. • To evaluate a routine including part/full weight-bearing pairs balances with control on apparatus.	balance counter balance weight bearing apparatus control group balance unison travel canon composition	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
Autumn 2	<u>Cricket</u> • To improve skills of catching on the move • Use a variety of effective throwing techniques to return the ball to a bowler.	Cricket Fielding Pitch Stumping Run Out	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply

	• To consolidate my knowledge of the basic rules of cricket. • To learn to collaborate with a team to apply tactics to win a game. • To learn to adapt rules to play a game based on the skills of cricket. • Recognise how some aspects of fitness apply to cricket, e.g. power, flexibility and cardiovascular endurance.	Batting Bowler Batter Wicket Crease Pitch Stumps Wicket Keep	basic principles suitable for attacking and defending.
Spring 1	<u>Dance</u> • To use respond to stimuli, creating movement phrases using specific skills. • To design own movement phrases to represent rivers and seas. • To link and combine movement phrases and patterns. • To link and combine movement phrases and patterns in pairs and perform in pairs. • To perform a short dance phrase. • To perform a short dance phrase with expression. • To respond to a changing stimulus.	Motif Improvisation Stimuli movement phrases unison canon call and response isolation travel link combine movement patterns levels motif development tempo/speed expression dynamics repetition trigger solo	Perform dances using a range of movement patterns
Spring 1	<u>Swimming</u> 1. To learn how to stay safe when in water and perform self-rescue 2. To learn the fundamental movements skills of swimming.	putting striking lay up chipping Driving tactics	use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey,

	3. To consolidate my knowledge of the fundamental movement skills of swimming. 4. To show fluency of the fundamental movement's skills of swimming.	pendulum swing	netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Spring 2	<u>Dance</u> • To use range of dance techniques to create a movement sequence. • To use a range of dance techniques to practise a movement sequence. • To perform a range of dance techniques in a movement sequence. • To evaluate and reperform a dance techniques in a movement sequence.	Motif Improvisation Stimuli movement phrases unison canon call and response isolation travel link combine movement patterns levels motif development tempo/speed expression dynamics repetition trigger solo	Perform dances using a range of movement patterns
Spring 2	<u>Swimming</u> 1. To learn to control my breath when underwater. 2. To learn to perform a range of floats on my back and front. 3. To learn to perform a push and glide using the correct technique on my front and back. 4. To learn to use my legs to move in water to perform the front crawl. 5. To learn to use my arms correctly when performing the front crawl.	Front paddle Back paddle body position leg action arm action breathing timing buoyancy propulsion orientation push	• swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations

	6. To learn to develop my breathing when performing the front crawl..	glide rotation coordination streamlined front crawl breaststroke back stroke floating diving self-rescue	
Summer 1	<u>Swimming</u> 1. To develop my technique of the front crawl 2. To learn to use my legs to move in water to perform the back stroke. 3. To learn to use my arms correctly when performing the back stroke. 4. To learn to develop my breathing when performing the back stroke. 5. To develop my technique of the backstroke.	Front paddle Back paddle body position leg action arm action breathing timing buoyancy propulsion orientation push glide rotation coordination streamlined front crawl breaststroke back stroke floating diving self-rescue	• swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations
Summer 1	<u>Athletics</u> • To use and apply existing running, jumping and throwing skills. • To improve running technique for sprinting.	Distance Sprint Steady pace Record	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

	• To learn how to relay run. • To apply my skills of relaying running to compete against ourselves. • To apply my skills of relaying running to compete against others.	Joints Heart beat Pulse rate Jogging Walk Stamina Speed relay	
Summer 2	<u>Swimming</u> 1. To develop the technique of the legs for the breast stroke. 2. To develop the technique of the arms for the breast stroke. 3. To consolidate my knowledge of using a range of strokes with technique.	Front paddle Back paddle body position leg action arm action breathing timing buoyancy propulsion orientation push glide rotation coordination streamlined front crawl breaststroke back stroke floating diving self-rescue	• swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations
Summer 2	<u>Athletics</u> • To jump for distance using the standing triple jump. • To consolidate my knowledge of using the standing triple jump • To learn the pull throw technique. (Javelins).	Pull Distance Accuracy Height Record Rhythm	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

	• To consolidate my knowledge of using the pull throw technique. (Javelins) • To apply taught skills of running, jumping and throwing to compete.	Leading leg Measure Overarm Landing Control Preferred Landing foot	

	Class 8		
Term	Activity / Objectives	Key Vocabulary	NC Objectives
Autumn 1	<u>Dodgeball</u> • To learn range of throwing techniques to hit a target. • To learn to use a range of different throwing techniques to hit a target. • To learn to use a range of different throwing techniques to hit a moving target. • To learn to catch a moving ball. • To learn the rules of dodgeball. • To learn to communicate effectively to work as a team. • To learn to attack effectively as a team.	handball one arm high arm bounce pass space w catch high catch low catch dribble accuracy defence skills cooperation team work independently compete sportsmanship	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

Autumn 1	<u>Gymnastics</u> • To demonstrate safe use of apparatus. • To develop basic shapes and balances on the floor and apparatus • To explore controlled traveling actions using apparatus • To Perform symmetrical and asymmetrical balances using apparatus • To develop jumping and landing skills from low apparatus • To consolidate rolling techniques incorporating apparatus	Agility Apparatus Backward roll	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
Autumn 2	<u>Dodgeball</u> • To learn to defend effectively as a team. • To apply my knowledge of tactics to play dodgeball. • To officiate a game of dodgeball correctly. • To play dodgeball with adapted rules. • To adapt the game of dodgeball. • To play an adapted game of dodgeball. • To learn to play competitively and fairly.	handball one arm high arm bounce pass space w catch high catch low catch dribble accuracy defence skills cooperation team work independently compete sportsmanship	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Autumn 2	<u>Gymnastics</u> • To Create short sequences linking travel, balance, and roll using apparatus • To perform vaulting actions over low apparatus with a run-up • To work cooperatively to create paired sequences using apparatus		develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

	• To demonstrate rhythmic movement and timing using apparatus • To Adapt and refine routines for performance using feedback • To Perform and evaluate a complete gymnastics sequence using multiple apparatus.		
Spring 1	<u>Pickleball</u> • To learn to hold the paddle correctly and adopt a balanced ready position. • To learn to control the ball on the paddle while stationary and moving, developing hand-eye coordination. • To learn to perform a basic forehand shot with a controlled low-to-high swing. • To learn to perform a basic backhand shot using correct footwork and body rotation. • To learn to play a soft, controlled dink shot that lands accurately in the kitchen. • To learn to understand and apply the non-volley zone ("kitchen") rule during play. • To learn to perform an underarm serve accurately into the correct service box. • To learn to volley the ball with control before it bounces.	• Paddle • Kitchen (non-volley zone) • Dink. • Volley • Serve • Double bounce rul. • Rally • Baseline	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Spring 1	<u>NAK</u> • To learn different techniques of releasing the Kurling Stone. • To learn to control the pace of the Kurling stone accurately.	stones pace control nudge accurately pace defending	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending

	• To learn to accurately move the Kurling stone to a location. • To consolidate my knowledge of controlling the pace and accuracy of the Kurling stone. • To learn to move own team stones accurately (Nudge). • To learn the rules of NAK. • To learn to use tactics to move opposition stones.	attacking •	
Spring 2	Pickleball • To learn to volley the ball with control before it bounces. • To learn to move efficiently around the court and recover to a ready position after each shot. • To learn to apply the rules and scoring system correctly during mini-games. • To learn to select and combine appropriate shots tactically during competitive small-sided games.	• Paddle • Kitchen (non-volley zone) • Dink. • Volley • Serve • Double bounce rul. • Rally • • Baseline	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Spring 2	NAK • To learn to play tactically to benefit my team. (Scenarios). • To learn the rules of New Age Kurling. • To apply all my knowledge to play a competitive game of New Age Kurling. • To adapt the rules of NAK to play a different version of the game	stones pace control nudge accurately pace defending attacking	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Summer 1	Athletics • To practise and refine existing running, jumping and throwing skills. • To use an effective technique for sprinting including the sprint start. • To sustain my running pace over longer distances. • To consolidate my knowledge of pacing over longer distances. • To practise jumping for height. (vertical jump)		develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

Summer 1	<u>Dance – Making the Grade – Style of Street Dance</u> • To explore a range of dance moves associated with street dance • To explore a range of props to be incorporated into a dance. • To create simple steps that include the use of a prop. • To respond to stimuli to create dance steps (feelings)	Exploring Improvising Combining Accuracy Control Timing Linking Sections Safely Imaginatively Portraying Emotions Sensitively	Perform dances using a range of movement patterns
Summer 2	<u>Athletics</u> • To apply skills of the vertical jump to compete wth others. • To learn the fling throw technique. (Discus) • To consolidate my knowledge of the fling throw to compete against myself. (Discus) • To use the fling throw technique to compete against others. • To use a variety of throwing techniques to compete against others.		develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
Summer 2	<u>Dance – Making the Grade – Style of Street Dance</u> • To learn a range of dance steps to create a whole class dance. • To create my own dance motif in pairs in the style of street dance. • To learn how to start and end a dance. • To rehearse the steps as part of a whole class and in pairs. • To perform my dance in the style of street dance.	Exploring Improvising Combining Accuracy Control Timing Linking Sections Safely Imaginatively Portraying Emotions	Perform dances using a range of movement patterns

		Sensitively	

	Class 9		
Term	Activity / Objectives	Key Vocabulary	NC Objectives
Autumn 1	<u>Cricket</u> • To consolidate my knowledge of throwing. • To consolidate my knowledge catching. • To consolidate my knowledge of fielding skills. • To consolidate my knowledge of batting skills. • To consolidate my knowledge of bowling overarm. • To attempt a range of recognised shots in isolation. • To attempt a range of shots in a competitive setting.	Cricket Fielding Pitch Stumping Run Out Batting Bowler Batter Wicket Crease Pitch Stumps Wicket Keep	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
Autumn 1	<u>Dance</u> • To learn the basic dance moves of Indian dance. • To learn to understand the unison movement phrase as a group. • To consolidate my knowledge of different dance techniques (canon, unison, mirroring etc). • To learn to apply simple Indian dance moves with different dance techniques. • To learn to perform dance moves at different speeds and levels.		Perform dances using a range of movement patterns

	• To learn to apply simple Indian dance moves with different dance techniques and levels and speeds.		
Autumn 2	<u>Cricket</u> • To learn to confidently undertake the positions of batter, bowler and fielder. • To learn to use a range of tactics for attacking and defending in the role of bowler, batter and fielder • To apply, with consistency, cricket rules. • To adapt the rules of cricket to play a game inspired by cricket. • To deliver a game inspired by the rules of cricket. • To identify their own and others strengths and areas for improvement.	Cricket Fielding Pitch Stumping Run Out Batting Bowler Batter Wicket Crease Pitch Stumps Wicket Keep	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.
Autumn 2	<u>Dance</u> • To create a paired dance routine using different techniques, levels and speeds. • To practice a paired dance routine using different techniques, levels and speeds. • To continue to practice a paired dance routine using different techniques, levels and speeds. • To perform a paired dance routine using different techniques, levels and speeds. • To self-assess a paired dance and change elements to make it polished. • To perform a paired dance routine using different techniques, levels and speeds with control.		Perform dances using a range of movement patterns
Spring 1	<u>Gymnastics</u> • To perform complex balances with control on apparatus • To use canon, unison, and contrast in paired/group balances on apparatus • To demonstrate fluency and creativity in traveling across apparatus.		develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

	• To link different types of jumps and controlled landings from height • To perform rolling actions with variations and precision • To explore inversion and upper-body strength through apparatus-based movement • To create sequences using contrasting levels, directions, and speeds.		
Spring 1	<u>Invasion Games – Rugby</u> • To develop basic handling and spatial awareness. • To perform accurate lateral passes while moving and improve catching under pressure. • To learn to evade defenders using side-steps and speed to keep possession. • To understand and perform effective tagging to defend. • To develop support play and passing before contact.		play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Spring 2	<u>Gymnastics</u> • To incorporate rhythmic and expressive movement in apparatus sequences • To lead warm-ups and cool-downs with a focus on gymnastics preparation • To perform an extended group routine combining all elements (8–12 actions). • To use video or peer feedback to refine individual and group performance.		develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
Spring 2	<u>Invasion Games – Rugby</u> • To learn to communicate effectively to defend and attack. • To apply simple tactics in a small sided game. • To learn to restart a game after being tug or in touch. • To consolidate taught skills to play a game. • To apply taught skills to play a game.		
Summer 1	<u>NAK</u> • To learn different techniques of releasing the Kurling Stone.	stones pace control	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey,

	• To learn to control the pace of the Kurling stone accurately. • To learn to accurately move the Kurling stone to a location. • To consolidate my knowledge of controlling the pace and accuracy of the Kurling stone. • To introduce tactical play by using a guard stone. • To learn to move own team stones accurately (Nudge)	nudge accurately pace defending attacking	netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Summer 1	<u>Athletics – Running</u> • To learn to use pacing when running a certain length of time. • To learn to use pacing when running a range of distances. • To develop my technique of sprinting. • To develop my technique for running long distances.	pacing accuracy control balance standing position competitively control coordination preparation push effort	use running, jumping, throwing and catching in isolation and in combination
Summer 2	<u>NAK</u> • To learn to use tactics to move opposition stones. • To learn to play tactically to benefit my team. (Scenarios). • To learn the rules of New Age Kurling. • To apply all my knowledge to play a competitive game of New Age Kurling.	stones pace control nudge accurately pace defending attacking	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
Summer 2	<u>Athletics – Throwing</u> • To learn to throw a range of equipment safely • To learn to use the correct technique to throw equipment correctly. • To consolidate my knowledge of throwing equipment correctly • To learn to use the correct technique to create a personal best.	technique push over arm rules aim	use running, jumping, throwing and catching in isolation and in combination

	• To learn to compete competitively against myself and others.		