



Our School Values		
Respect	Friendship	Love
Forgiveness	Responsibility	Cooperation

School Vision: To be best prepared to live life in all its fullness

Subject Intent - To be Physically and mentally healthy so they can enjoy the next stage in their journey.

The Gospel offers forgiveness of the past, new life in the present and hope for the future.

Past – Our curriculum is progressive – it is built on skills and meaningful experiences. We will be guided by the Primary School Physical Literacy Framework and NGBs to support children on their journey to physical literacy. PE is seen as a positive way to lead a healthy lifestyle and have positive mental health. Developing physical literacy is key to being able to access all areas of the curriculum, not just PE.

Present - Declarative and procedural knowledge will be taught through fun, engaging and appropriately paced lessons. PE will be accessible for all children through scaffolding, modelling at 'STEP' differentiation. There are opportunities beyond the curriculum for those who are enthused or show a talent for a subject. Children will want to achieve a personal best.

Future – Children will leave school with a positive attitude towards sport and physical activity, knowing it will give them long term health benefits and a good outlook on life. Children will be resilient, confident and positive individuals who want to solve problems and work cooperatively as a team. Children will have celebrated others, developing positive and respectful relationships. They will be motivated and informed in their decision about healthy lifestyles.

	Term 1		Term 2		Term 3		Term 4		Term 5		Term 6	
	Teacher Led	Synergy	Teacher Led	Synergy	Teacher Led	Synergy	Teacher Led	Synergy	Teacher Led	Synergy	Teacher Led	Synergy
EYFS	Routines then... Dance: Mouse and Monster		Dance : Toys		Gymnastics		Dance: Fairy Tales		Fundamentals 1 (Throwing, catching aiming & kicking using beanbags)		Fundamentals 2 (Rolling, hitting, kicking & bouncing using a ball)	
Year 1	Fundamental Games	Games 1	Dance	Games 2	Gymnastics	Dodgeball	Dance	Tennis	Personal Bests	Athletics	Personal Bests & Intra School Competitions	Games 3
Year 2	Making games/partner work	Games 1	Dance	Games 2	Gymnastics	Dodgeball	Dance	Tennis	Personal Bests	Athletics	Personal Bests & Intra School Competitions	Games 3
Year 3	OAA	Football	Dance: Style	Hockey	Gymnastics	Dodgeball	Dance: Theme	Tennis	Personal Bests	Athletics	Personal Bests & Intra School Competitions	Cricket
Year 4	OAA	Handball	Dance: Style	Basketball	Gymnastics	Dodgeball	Dance: Theme	Tennis	Personal Bests	Athletics	Personal Bests & Intra School Competitions	Rounders
Year 5	OAA	Hockey	Dance: Theme	Tag Rugby	Gymnastics	Dodgeball	Dance: Style	Tennis	Personal Bests	Athletics	Personal Bests & Intra School Competitions	Cricket
Year 6	OAA	Handball	Dance: Theme	Basketball	Gymnastics	Dodgeball	Dance: Style	Tennis	Personal Bests	Athletics	Personal Bests & Intra School Competitions	Rounders

Games progression: global movements – manipulation of equipment in hands/with feet – using KS1 skills in conditioned games – sport specific with tactics

Swimming

Currently, children at Reepham will go swimming when they are in Year Three. They will be taught at the local swimming pool following the Swim England School Swimming Charter and will aim to meet the progression steps below.

Progression Step 1

Use arms and legs to propel themselves up to 10 metres
Use a flotation aid to float with their face out of the water

Progression Step 2

Use arms and legs to propel themselves up to 25 meters.
Use an aid to float in an upright position

Progression Step 3

Swim unaided up to 25 metres with correct arm recovery
Tread water for 60 seconds

Curriculum Aim – Step 4

Swim at least 25 metres confidently with coordinating arm and leg movements
Use a range of strokes
Take up and hold the HELP position for 5 minutes

'Schemes' Reepham Teachers use as part of our curriculum

Dance – imoves

Gymnastics – British Gymnastics (developed by Gary Kirby)

OAA – British Orienteering for Schools

Boxercise – Boxercise for Schools

Swimming – Swim England 'School Swimming Charter'

Fundamentals/Games– PE Hub

Skipping – Jump!

Synergy will follow their own Long-Term Planning 'scheme' (from iPep PE Planner)

Planning from Synergy is shared with the PE coordinator via a Dropbox link. This planning is checked by the PE Coordinator so as to ensure that over the year there is full coverage to meet our Head, Heart, Hands assessment. Where there may be queries regarding this, there will be conversations and coach observations (as per monitoring schedule) with Synergy to ensure this happens.

Reception

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn	Routines (done through small games) Getting changed Finding a space and returning to it when asked Moving safely around the room Following instructions		Dance: Mouse and Monster <ul style="list-style-type: none">Describe how their bodies feel before, during and after an activityClap and stamp feet in time to the musicCreate actions around the storyBegin to move confidently in a range of ways and into spaces safelyWorking towards control and coordination in large and small movements					Dance: Toys <ul style="list-style-type: none">Create actions and movements that travelLink two movements together to begin a sequenceUse imagination creating actionsMove confidently in a range of ways, safely negotiating space						
Spring	Gymnastics <ul style="list-style-type: none">Participate and enjoy a variety of travelling activities – safely negotiating spaceLog and egg roll – individually and together showing good controlStanding shapes – stretch, star, tuckStork stand and arabesqueSitting shapes – pike, straddle, tick2 foot to 2 foot jumpJump, land and roll safely from a low platformChildren are taught how to move the mats and benches safely and cooperatively						Dance: Fairy Tales <ul style="list-style-type: none">Skippping – safely negotiating space in time to the musicTalk about movements and actions and describe them to other peopleShow control and coordination in large and small movementsHopping – safely negotiating space in time to the musicDescribe how the music makes them feel and the kind of movements they want to do to it,Can explain preferences and dislikes in a performance							
Summer	Fundamentals 1 <i>(Throwing, catching aiming & kicking using beanbags)</i> <ul style="list-style-type: none">Underarm and overarm throws with body in the correct stance2 foot to 2 foot jump to get over an object showing good control and coordinationThrowing, catching and kicking a beanbag (handle equipment effectively)Play games in groups of 3, taking turns						Fundamentals 2 <i>(Rolling, hitting, kicking & bouncing using a ball)</i> <ul style="list-style-type: none">Roll a ball to a partner with good controlThrow, catch and bounce a ballUse a bat to manipulate a ballUse a bat to pat and bounce a ballPartner games, taking turns cooperativelyPlaying small group games with rules							

Year 1

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn	Fundamental Games <ul style="list-style-type: none"> Use agility in a variety of games Play chasing games safely and with control showing spatial awareness Make choices about changing direction in games Stop and start moving in a variety of ways Show control when performing different actions 							Dance (Theme) <ul style="list-style-type: none"> Create a variety of actions and movements that travel and change direction and speed Link two movements together to begin a sequence Use imagination when creating actions and ideas Work with a partner or small group to copy or create a formation for movements Demonstrate more control in a variety of movements 						
	Games 1							Games 2						
Spring	Gymnastics <ul style="list-style-type: none"> Travelling - stepping with straight and bent legs showing quality body positioning Shoulder rolls Large part body balances Jumping with shape and from a low platform 						Dance (Style) <ul style="list-style-type: none"> Recognise rhythm and beat within the music and be able to move in time to the music led by the teacher Create actions to tell a story Work individually and with a partner – solo and duet Describe how a piece of music makes you feel and the kind of movements you want to do Demonstrate increasing control over movements and show good coordination 							
	Dodgeball						Tennis							
Summer	Personal Bests and Intraschool competitions <ul style="list-style-type: none"> Jump as far as possible, landing safely and with control Throw a beanbag underarm Run with a basic technique over different distances Begin to say how they could improve Learn to run fast from a standing start Learn to jump while racing others 													
	Athletics							Games 3						

Year 1

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn	Fundamental Games							Dance: (Theme)						
	<div>Invasion Games 1<ul style="list-style-type: none">Hold and move with a rugby ballPass the ball pointing the nose of the ballPass accurately to a partnerRun with the ballPlay tag gamesTry to score past opponents</div>							<div>Invasion Games 2<ul style="list-style-type: none">Carry and balance equipment whilst changing speed and directionShow control and accuracy when throwing and aimingGain rhythm when throwing and striking a ballStrike and kick a moving ball with accuracy and controlUnderstand the concept of dribbling and the skills required</div>						
Spring	Gymnastics						Dance: (Style)							
	<div>Dodgeball<ul style="list-style-type: none">Develop object control by throwing in different waysDevelop coordination by learning to catch simple throwsDevelop basic agility by practicing basic dodgesDevelop coordination by blocking ballsDevelop tactics around space in games</div>						<div>Net, Court and Wall Games<ul style="list-style-type: none">Explore basic movements using the 5 fundamental shoe step patternsDevelop 5 fundamental footstep patternsConnect foot patterns with ball bouncing and throwsDevelop hand patterns and sequencingLink body and feet movement with directionLink key words to foot and hand patterns</div>							
Summer	Personal Bests and Intraschool competitions													
	<div>Athletics<ul style="list-style-type: none">Run fast from a standing startJump and throw developing coordination and agilityRun and kick for accuracyThrow and catch (developing hand eye coordination and ball handling skills)Bowl and step with agility and skillThrow and skip developing spatial awareness and accurate timing</div>						<div>Games 3<ul style="list-style-type: none">Demonstrate dribbling skills required for footballDemonstrate passing skills required for footballDemonstrate shooting skills required for footballUnderstand the passes and movements required in rugbyDevelop the skill of tagging an opponent in rugbyImprove the passing, catching and movement skills in rugby</div>							

Year 2

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn	Making Games/Partner Work <ul style="list-style-type: none"> Improve control and consistency when moving a ball to a partner Aim using different types of sending Show confidence using a bat and ball Improve games to include more people Move a ball to a partner using a variety of bounces and passes Make up small games with a partner using balls and/or quoits Show control using different equipment to begin to throw and catch confidently and consistently 							Dance (Theme) <ul style="list-style-type: none"> Explore combining skills such as travelling, jumping and turning on different levels Link more than two movements together to form a sequence – remember the movement order and perform the sequence Use creative and expressive ideas Work with a partner or small group to copy start and end positions Demonstrate good control over movements and show good coordination 						
	Games 1							Games 2						
Spring	Gymnastics <ul style="list-style-type: none"> Leaps (cat, scissor and stag) Teddy bear rolls Small part body balances Jumping with a full and half turn Creating small sequences independently using all skills from EYFS through to Y2. 					Dance (Style) <ul style="list-style-type: none"> Move in time to the music independently Work with a partner or small group to copy or create formations for the movements – big, strong movements and good posture Make suggestions on how to improve your performance and the performances of others Use descriptive words to explain how the music makes you feel and create suitable movements for those feelings 								
	Dodgeball					Tennis								
Summer	Personal Bests and Intraschool competitions <ul style="list-style-type: none"> Jump for distance from a standing position with accuracy and control Begin to select the most suitable pace and speed for distance Investigate ways to alter throwing technique (beanbag) to achieve greater distance Watch and describe performances and use what they see to improve their own performance Learn to run at speed with control and fluency Learn to 2:2-foot jump in a sack while racing others 													
	Athletics					Games 3								

Year 2

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn	Making Games/Partner Work							Dance: (Theme)						
	Invasion Games 1 <ul style="list-style-type: none">• Move into a space• Move with a ball• Roll, kick and carry a ball• Stop a ball using your foot• Move towards a goal to defend it• Compete against others trying to score							Invasion Games 2 <ul style="list-style-type: none">• Perform kicking skills with control and accuracy• Perform underarm and overarm throwing with control• Complete and perform net type activities with control• Demonstrate a range of striking and gathering skills – put these into small sided games						
Spring	Gymnastics						Dance: (Style)							
	Dodgeball <ul style="list-style-type: none">• Develop coordination by improving throwing accuracy• Develop catching technique against faster balls• Develop agility by using basic dodges effectively• Develop coordination by blocking balls to keep safe• Develop tactics around where to aim when throwing						Net, Court and Wall Games <ul style="list-style-type: none">• Send and receive a moving ball with hands and rackets• Develop confidence in sending and receiving a ball using hands and rackets• Work individually and in pairs to introduce space and timing, incorporating a basic serve action• Introduce a volley action through sending and receiving over a basic net (focussing on tracking)• Introduce forward/backward/upward/downward movements with balls and rackets• Introduce a scoring system, understanding IN and OUT whilst rallying							
Summer	Personal Bests and Intraschool competitions													
	Athletics <ul style="list-style-type: none">• Develop awareness of speed when running a short distance• Develop an awareness of space, height and distance• Adjust and make changes to running speed when completing different distances• Choose the best way to throw different pieces of equipment depending on size and weight• Throw and aim with accuracy towards a given target• Jump for distance•						Games 3 <ul style="list-style-type: none">• Understand and perform the basic skills required in tri-golf• Control the distance when striking a ball• Develop the skill of chipping the ball in the air• Accurately control the distance and height using a chipper Use putting and chipping to replicate a course scenario							

Year 3

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
	OAA <ul style="list-style-type: none"> To perform as an effective and cooperative member of a team following a given set of rules. Work as an individual to negotiate a map To communicate effectively with team mates 							Dance – (Style) <ul style="list-style-type: none"> Copy and repeat some movement skills including: travelling, turning, jumping, Count out the phrases of 8 counts within the music on the regular beat correctly and confidently Combine skills of travelling and turning with growing confidence Move in time to the music confidently Express ideas in an original way Work cooperatively in a group to create a sequence 						
	Football							Hockey						
Spring	Gymnastics <ul style="list-style-type: none"> Spinning in isolation Rocking and rolling (start of forward rolls) Partner balances in contact with each other and the floor Jump, land and roll with a safe landing. 						Dance – (Theme) <ul style="list-style-type: none"> Copy and repeat all movement skills: travelling, turning, jumping, balance, levels and using different planes of movement Combine skills such as travelling and turning with complexity and confidence Move in time to the music using varying types of accompaniments To perform movements to music and build a themed dance focussing on Ancient Egyptians and the Sand Dance 							
	Dodgeball						Tennis							
Summer	Personal Bests and Intraschool competitions <ul style="list-style-type: none"> Develop an effective take-off for the standing long jump Focus on arm and leg action to improve running technique Show increasing control in. an overarm throw (tennis ball) Describe how their performance has changed over time To learn to run for speed To learn to develop agility and speed – potato race 													
	Athletics							Cricket						

Year 3

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
	OAA							Dance: (Style)						
	Football <ul style="list-style-type: none"> Move to support teammates when not in possession of the ball – employ simple tactics in game situations Develop control – perform basic skills needed for small sided games with control and accuracy Move with the ball, keeping it under close control Pass/send a ball with increasing accuracy and at different speeds Shoot and score with increasing success Find and use space in game situations 							Hockey <ul style="list-style-type: none"> Hold a hockey stick correctly and safely Use a push pass Get in. a low position when dribbling and/or passing Dribble a ball while changing direction Use a slap pass Play hockey games against others (small sided) 						
Spring	Gymnastics						Dance: (Theme)							
	Dodgeball <ul style="list-style-type: none"> Develop throwing technique and power Improve object control by catching while moving Improve agility by using a wider variety of dodges Improve object control by directing blocked balls Develop tactics around when to dodge or catch 						Tennis <ul style="list-style-type: none"> Develop right and left-hand confidence with direction Develop hand and feet movement confidence Develop an understanding of ball flight with targets Introduce the upward toss of the ball and each hand doing a different action Apply step patterns with hand and racket actions in combination Apply line judging and scoring with respect in a game situation 							
Summer	Personal Bests and Intraschool competitions													
	Athletics <ul style="list-style-type: none"> Run for speed including over a distance Jump for distance from a standing start – develop skills to jump further distances Develop a range of throwing techniques Develop skills of basic hurdling Run a relay and change over the baton appropriately 							Cricket <ul style="list-style-type: none"> Bowl underarm at a target Bat correctly, adopting correct stance and direct shot accurately Throw and catch from an underarm position and overhead Accurately bowl overarm using appropriate technique Use different batting shots Field using appropriate techniques 						

Year 4

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn	OAA <ul style="list-style-type: none"> Using compass points for directions Perform collaboratively in a team under pressure Marking and following maps using compass points. 							Dance: (Style) <ul style="list-style-type: none"> Repeat and develop more movement skills including travelling, turning and jumping Linking several movements together to form a sequence, remembering the movement order Create movement patterns and elements of stillness to express feelings or ideas suggested by the music Show precise movements with good coordination Create movements to communicate a mood, feeling or idea Express ideas in original and imaginative ways Show good synchronicity in formations, including canons 						
	Handball							Basketball						
Spring	Gymnastics <ul style="list-style-type: none"> Spinning with travel Forwards rolls More complex partner balances (counter tension and counter balance) Headstands Using a springboard for flight Connecting a jump, roll and balance sequence with unison and cannon. 						Dance: Theme <ul style="list-style-type: none"> Repeat and develop movement skills including travelling, turning, jumping, balance, levels and different planes of movement Move in time to the music, demonstrating an awareness of rhythm and phrasing Combine skills with more complexity, confidence and precision Work well with a partner to create dance sequences with good synchronicity Perform movements to music , building a dance focussing on King Tutankhamun. 							
	Dodgeball						Tennis							
Summer	Personal Bests and Intraschool competitions <ul style="list-style-type: none"> Land safely and with control – beginning to measure the distance jumped Speed up and slow down running smoothly Continue to develop techniques to throw for distance (tennis ball) Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements To learn to maintain an effective sprinting technique To learn to develop technique and control under pressure – potato race 													
	Athletics							Rounders						

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn	OAA							Dance: (Style)						
	Handball <ul style="list-style-type: none"> Get into good positions to pass and receive the ball – develop an understanding why speed is important when playing invasion games Show growing consistency and control during games Pass the ball in different ways (high, low, bounced, fast, slow) and using different techniques Understand why team work is important when attacking and defending Keep and follow the rules of a game – choose and adapt techniques to keep possession and develop the chance to shoot Develop set moves that can be used in attacking play Use a range of tactics to keep possession of the ball to shoot or score 							Basketball <ul style="list-style-type: none"> Pass/send a ball with increasing accuracy Move with the ball keeping it under control Pass the ball in different ways Find and use the space well to keep possession Apply basic attacking and defending principles Play in small sided games, employing simple tactics 						
Spring	Gymnastics						Dance: (Theme)							
	Dodgeball <ul style="list-style-type: none"> Develop coordination by practicing different throws Develop reaction times by catching faster balls Develop agility by combining dodges to avoid balls Develop reaction times and object control by blocking faster balls Develop a strategy for counterattacking an opponent 						Tennis <ul style="list-style-type: none"> Develop aiming at targets and applying skills in competitive games Develop aiming towards a target individually, in pairs and in a team situation Introduce words and actions for forehand and back hand when sending and receiving Link upward toss to serving action and developing overarm tap serve Apply racket and balls skills in a competitive environment Apply simple tactics and trying to outwit their opponent in a competitive game 							
Summer	Personal Bests and Intraschool competitions													
	Athletics <ul style="list-style-type: none"> Record and measure performance in running, throwing and jumping Improve running technique – maintain sprinting pace, demonstrate effective running technique Relay changeovers – react quickly and listen to commands Jump for height using a variety of techniques Throw for distance - overhead heave and fling throw 							Rounders <ul style="list-style-type: none"> Catch consistently, throw at a target and to others consistently Strike a stationary ball, demonstrating correct bat grip Stop a moving ball consistently Overarm throw accurately Hit a moving ball Bowl consistently to a batter Develop striking skills in small sided games 						

Year 5

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn	OAA <ul style="list-style-type: none"> Know how to read and follow an orienteering map Use simple maps to negotiate a small area Collaborate and compete with a partner 							Dance: (Theme) <ul style="list-style-type: none"> Create more than one sequence of movements and perform them in a specific order Create movement patterns and elements of stillness to express feelings or ideas suggested by the music using regular, slow and quick beat counts. Alternate working solo, with a partner and cooperatively as part of a group with good synchronicity in formations and when transitioning. 						
	Hockey							Tag Rugby						
Spring	Gymnastics <ul style="list-style-type: none"> Stepping with spin whilst travelling Backwards rolls Group balances Handstands Cartwheels Flight using small apparatus 						Dance (Style) <ul style="list-style-type: none"> Create and develop new movements to include travelling, turning and jumping Count out the phrases of 8 counts and 32 count blocks within the music on the regular, slow and quick beats correctly Combine skills to develop flexibility, strength, technique, control and balance Create and express imaginative ideas in a specific style 							
	Dodgeball						Tennis							
Summer	Personal Bests and Intraschool competitions <ul style="list-style-type: none"> Perform an effective standing long jump, landing safely and with control Identify and demonstrate stamina, explaining its importance for runners Perform a push throw (shot putt) – developing a technique for increased distance Explain why they have used a particular skill or technique and the effect it had on their performance To learn to develop running for speed Learn to demonstrate growing technique, control and balance – obstacle race 													
	Athletics							Cricket						

Year 5

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn	OAA							Dance: (Theme)						
	Hockey <ul style="list-style-type: none">Choose skills that meet the needs of the situationChange speed and direction to get away from a defender – develop control whilst performing skills at speedPass with accuracy, confidence and controlUse different skills to keep possession of a ball – choose when to pass or dribble to keep possession of a ballShoot and score with increased successCombine and perform skills with control – showing good awareness of others in game situations							Tag Rugby <ul style="list-style-type: none">Travel at speed with the ballDodge fake passes when running with the ballCatch the ball whilst under pressureMark the opposition and move forward to defend a lineDecide on ways to attack when playing gamesDecide on the best ways to defend in games						
Spring	Gymnastics						Dance: (Style)							
	Dodgeball <ul style="list-style-type: none">Develop throwing technique and accuracyDevelop coordination by catching throws at different heightsDevelop agility by dodging close throwsDevelop decision making when blockingDevelop a system to organise group throws						Tennis <ul style="list-style-type: none">Develop right and left side hand and foot movements in combinationDevelop reactions to a moving ball, building rhythm and sequencesDevelop foot movements and racket controlIntroduce the attacking strategy of playing into a spaceDevelop competence in movement around the court spaceApply key step patterns in sequence, mirroring actions and cooperative rallying to practice hand, feet and body movements							
Summer	Personal Bests and Intraschool competitions													
	<ul style="list-style-type: none">Athletics<ul style="list-style-type: none">Develop running for speed from a sprint startDevelop jumping for distance (triple jump)Develop throwing skills (javelin from standing start)Develop hurdling skills understanding the role of the lead and trail legRun relays in a given zone, changing the baton with accuracy							<ul style="list-style-type: none">Cricket<ul style="list-style-type: none">Bowl underarm and overarmBat accurately using correct technique and stanceDevelop deep field catching at different heightsPlay a lofted drive						

Year 6

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn	OAA <ul style="list-style-type: none">Follow a given route on a marked area, recognising symbols used on orienteering mapsUse an orienteering map to negotiate a larger area, communicating effectively with a partnerUse orienteering skills collaboratively in a timed, competitive group event							Dance: (Theme) <ul style="list-style-type: none">Create more than one sequence of movements and perform them in a variety of orders.Combine skills to develop flexibility, strength, technique, control and balanceCreate and develop movements to communicate a character, story, mood or feelingCombine skills to consistently demonstrate flexibility, strength, technique, control and balanceWork cooperatively in a group, achieving good synchronicity throughout the whole performance.						
	Handball							Basketball						
Spring	Gymnastics <ul style="list-style-type: none">Create and build a 9-11 action sequence independently and with a partner (unison and cannon)Introduce apparatus into the sequence. Vaulting on and off a platform (squat through and straddle).Evaluate and recognise own successes in their performances						Dance (Style) <ul style="list-style-type: none">Create and develop more than one sequence of movements to include travelling, turning, jumping, balance, levels and different planes of movement within this specific styleCreate elements of stillness to express feelings or ideas that are suggested by the music, alternating between regular, slow and quick beatsMove in time to the music, demonstrating confidence with more complex rhythm and phrasingConsistently demonstrate with accuracy more movement types e.g., strength, softness, power, flexibility, control, energy etc within one performanceWork well, alternating between working solo, with a partner and as part of a group with good synchronicity within the same performance							
	Dodgeball						Tennis							
Summer	Personal Bests and Intraschool competitions <ul style="list-style-type: none">Maintain control and each of the different stages of a jump –applying skills confidently, consistently and with precisionDemonstrate endurance and stamina over a longer distance in order to maintain a sustained runContinue to develop techniques to throw (shot putt) for increased distance and support others in improving their personal bestThoroughly evaluate their own and others’ performances,, suggesting thoughtful and appropriate improvements.Learn to sprint at maximum speed with good fluency <p>Learn to develop effective technique, control and balance – obstacle race</p>													
	Athletics							Rounders						

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12	Week 13	Week 14
Autumn	OAA							Dance: (Theme)						
	Handball <ul style="list-style-type: none"> Pass the ball with accuracy, control and confidence Choose when to pass in order to keep possession and make progress towards the goal Develop control whilst performing skills at speed Understand there are different ways to attack as a team Understand, choose and apply a range of tactics and strategies in attack Know how to mark a player and a space – understanding there are different ways to defend as a team Combine and perform skills with control, adapting them to meet the needs of the situation Develop control whilst performing skills at speed Understand there are different ways to attack as a team Understand, choose and apply a range of tactics and strategies in attack and defence 							Basketball <ul style="list-style-type: none"> Pass the ball in a variety of different ways with confidence and control Move with the ball at speed Mark, track and cover when defending Keep possession of the ball when faced with opponents Work together as a team, showing good awareness of others Apply basic principles for attacking and defending in game situations 						
Spring	Gymnastics						Dance (Style)							
	Dodgeball <ul style="list-style-type: none"> Develop throwing accuracy and timing during group throws Develop coordination and object tracking by catching group throws Develop agility and object tracking by dodging group throws Develop a strategy for when pupils are the last player remaining 						Tennis <ul style="list-style-type: none"> Develop forehand and backhand sending and receiving actions, using hands and rackets Apply forehand and backhand technique in small games Understand the flight of the ball & timing of the bounce in relation to body position Develop basic overarm serve and return of serve technique Develop the volley action and apply in a competition Apply key actions in a competitive game situation, with scoring 							
Summer	Personal Bests and Intraschool competitions													
	Athletics <ul style="list-style-type: none"> Run with greater fluency and speed including hurdling Sustain pace over longer distances Adjust running styles depending on distance Use correct techniques for all throws Correct techniques for all jumps 							Rounders <ul style="list-style-type: none"> Catch and throw to others consistently and at varying heights Strike a bowled ball consistently and into different spaces Stop and field a moving ball with varying techniques Understand and demonstrate key rules – running around bases and how rounders can be scored Understand best strategies when fielding <p>Apply learnt skills in a full rounders match</p>						