

## **EYFS Curriculum**

### **Gross Motor Skills ELG**

Negotiate space and obstacles safely, with consideration for themselves and others.

Demonstrate strength, balance and coordination when playing.

Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

## Year 1 Curriculum

Term	Area	Need to Know			Vocabulary	Prior Skills
Autumn 1	Social, communication skills & Playground games	Locomotor (Movement) skills: Walking Running Jumping Hopping Skipping	Body control (Stability) skills: Balancing on one foot Walking on a line Twisting Landing Bending	Object control (Manipulative) skills: Striking with an implement Catching Underhand throw Foot dribbling Kicking Chest passing Two handed striking Hand dribbling (repeatedly bouncing a ball one hand)	Sharing conflict working together hopping skipping catching throwing balancing turning rules	
	Playground games	-Communicate clearly & effectively with my peers during physical activity -Collaborate and work well with others in pairs and groups -Begin to effectively resolve conflict during games and physical activity -Begin to successfully catch diverse objects with two hands -Begin to successfully throw diverse objects with one hand -Successfully jump with two feet and hop on one foot -Begin to follow rules and tactics for games				
Autumn 2	Manipulation skills- Throwing and catching	-Throw underarm and overarm. -Throw a ball towards a target with increasing accuracy. -Catch and bounce a ball. -Use rolling skills in a game. -Practise accurate throwing and consistent catching.			Underarm Overarm catch caught throw accuracy	
	Stability skills- Balancing and coordination- leading to gymnastics	Straight jump Tuck jump Jumping jack Half turn jump Cat spring.	Log roll (controlled)  Tiptoe, step, jump and hop Hopscotch Skipping Galloping	Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes	Forwards Backwards Sideways Roll Slow Body parts Shape	

	Gymnastics	<ul style="list-style-type: none"> <li>-Create and perform a movement sequence.</li> <li>-Copy actions and movement sequences with a beginning, middle and end.</li> <li>-Link two actions to make a sequence.</li> <li>-Recognise and copy contrasting actions (small/tall, narrow/wide).</li> <li>-Travel in different ways, changing direction and speed.</li> <li>-Hold still shapes and simple balances.</li> <li>-Carry out simple stretches.</li> <li>-Carry out a range of simple jumps, landing safely.</li> <li>-Move around, under, over, and through different objects and equipment.</li> <li>-Begin to move with control and care</li> </ul>	Jump Travel Stretch Wide Narrow	
	Stability skills- Balancing and coordination- leading to dance	Actions (What)- Travel, stretch, twist, turn, jump  Space (Where)- forwards, backwards sideways, high, low, safely showing an awareness of others.  Relationships (Who)- individual, partner- teaching eachother 2 movements to make 4.  Dynamics (How)- slowly, quickly, with appropriate expression.	Travel Stillness Direction Space Body parts Levels Speed Beginning Middle End Feelings Directions Rhythm	
Spring 1	Dance	COMPOSE - Copy and repeat basic movements and body patterns -Use simple choreographic devices such as unison, canon and mirroring.  PERFORM -Move spontaneously showing some control and co-ordination -Move with confidence when walking, hopping, jumping, landing -Move with rhythm in the above actions -Demonstrate good balance -Move in time with music -Co-ordinate arm and leg actions (e.g. march and clap) -Interact with a partner (e.g. holding hands, swapping places, meeting and parting)  EVALUATE -Respond to own work and that of others when exploring ideas, feelings and preferences -Recognise the changes in the body when dancing and how this can contribute to keeping healthy.		

Spring 2	Stability skills- Balancing and coordination- leading to gymnastics	Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes Tiptoe, step, jump and hop Hopscotch Skipping Galloping Bunny hop Front support wheelbarrow	ROLLS  Curled side roll (egg roll) (controlled) Teddy bear roll (controlled)	Vault: Straight jump off springboard.  Bunny hop Front support wheelbarrow with partner	Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow	
	Gymnastics	<ul style="list-style-type: none"> <li>-Create and perform a movement sequence.</li> <li>-Copy actions and movement sequences with a beginning, middle and end.</li> <li>-Link two actions to make a sequence.</li> <li>-Recognise and copy contrasting actions (small/tall, narrow/wide).</li> <li>-Travel in different ways, changing direction and speed.</li> <li>-Hold still shapes and simple balances.</li> <li>-Carry out simple stretches.</li> <li>-Carry out a range of simple jumps, landing safely.</li> <li>-Move around, under, over, and through different objects and equipment.</li> <li>-Begin to move with control and care.</li> </ul>				
	Multi-skills- Throwing and catching	<ul style="list-style-type: none"> <li>-Throw different types of equipment in different ways, for accuracy and distance.</li> <li>-Throw, catch and bounce a ball with a partner.</li> <li>-Use throwing and catching skills in a game.</li> <li>-Throw a ball for distance.</li> <li>-Use hand-eye coordination to control a ball.</li> <li>-Vary types of throw used</li> <li>-Change the speed of the ball they are rolling</li> <li>-Sometimes hit the target with a rolling ball</li> <li>-Aim for a stationary target using an underarm throw with some accuracy and success</li> </ul>			atch caughtthrow accu	

	<p>Target games- Rules, strategies &amp; tactics</p> <ul style="list-style-type: none"> <li>-Take part in games that involve rolling, including team games;</li> <li>-Work with others to design a game that involves throwing underarm;</li> <li>-Know how to play a game that involves aiming at moving targets and can take part, with some success at hitting a target.</li> <li>-Know what a tactic is and, with support, can use them in a game</li> <li>-Begin to display elements of teamwork in a game</li> <li>-Evaluate their performance, with support.</li> </ul>		
	<p>Multi-skills- Throwing, catching &amp; running</p> <p>THROWING &amp; CATCHING</p> <ul style="list-style-type: none"> <li>-Throw underarm and overarm.</li> <li>-Throw a ball towards a target with increasing accuracy.</li> <li>-Catch and bounce a ball.</li> <li>-Use rolling skills in a game.</li> <li>-Practise accurate throwing and consistent catching.</li> </ul> <p>RUNNING</p> <ul style="list-style-type: none"> <li>-Vary their pace and speed when running.</li> <li>-Run with a basic technique over different distances.</li> <li>-Show good posture and balance.</li> <li>-Jog in a straight line.</li> <li>-Change direction when jogging.</li> <li>-Sprint in a straight line.</li> <li>-Change direction when sprinting.</li> <li>-Maintain control as they change direction when jogging or sprinting.</li> </ul>	<p>Underarm Overarm catch caught throw accuracy</p> <p>teamwork pass tag/ tagger zones tag line Dodge/ dodger</p>	

Summer 1	Tag Rugby (simplified) - Rules, strategies & tactics	<p>-Begin handling the rugby ball with confidence. - Twist, turn and dodge other players. - Use basic game principles and play within simpler rules</p> <p>RULES:</p> <ul style="list-style-type: none"> <li>-One end zone (goal line) to another.</li> <li>-Must be on your feet to score.</li> <li>-Cannot score if there's a tag missing.</li> <li>-Can score if tagged within one step of the try line – be generous.</li> <li>-Players cannot dive on the ball on the ground.</li> <li>-Cannot hand the ball to another player.</li> <li>-Cannot grab the ball from another player.</li> <li>-A free pass must be made to a stationary player.</li> <li>-The defence have to be 3m back from a free pass.</li> </ul> <p>-After making a tag, the tagger must hand back the tag.</p> <p>-If tagged, the ball carrier must pass within three seconds. though they can take three strides.</p>	<p><a href="https://www.rugbycoachweekly.net/mini-tag/guide-coaching-u7s-tag-rugby/">https://www.rugbycoachweekly.net/mini-tag/guide-coaching-u7s-tag-rugby/</a></p> <p><a href="https://d2cx26qpfwuhvu.cloudfront.net/premier/wp-content/uploads/2016/09/23114412/STCO-Practical.pdf">https://d2cx26qpfwuhvu.cloudfront.net/premier/wp-content/uploads/2016/09/23114412/STCO-Practical.pdf</a></p>		
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Summer 2	Multi-skills- Throwing, catching, running, jumping	<p>-Adopt an effective hold and body position during the egg and spoon race</p> <p><b>THROWING &amp; CATCHING</b></p> <ul style="list-style-type: none"> <li>-Throw underarm and overarm.</li> <li>-Throw a ball towards a target with increasing accuracy.</li> <li>-Catch and bounce a ball.</li> <li>-Use rolling skills in a game.</li> <li>-Practise accurate throwing and consistent catching.</li> </ul> <p><b>RUNNING</b></p> <ul style="list-style-type: none"> <li>-Vary their pace and speed when running.</li> <li>-Run with a basic technique over different distances.</li> <li>-Show good posture and balance.</li> <li>-Jog in a straight line.</li> <li>-Change direction when jogging.</li> <li>-Sprint in a straight line.</li> <li>-Change direction when sprinting.</li> <li>-Maintain control as they change direction when jogging or sprinting.</li> </ul> <p><b>JUMPING</b></p> <ul style="list-style-type: none"> <li>-Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</li> <li>-Perform a short jumping sequence.</li> <li>-Jump as high as possible.</li> <li>-Jump as far as possible.</li> <li>- Land safely and with control.</li> <li>-Work with a partner to develop the control of their jumps</li> <li>-Jump a set distance, e.g. from hoop to hoop</li> <li>throw in the general direction of a given target</li> <li>-Jump across an agility ladder from two feet to</li> </ul>	acy jogsprintbalanceho	
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	<p>Sports day challenges</p> <ul style="list-style-type: none"> <li>-To use appropriate skills and technique to sprint in a race.</li> <li>- To be able to balance an egg on a spoon while racing against others.</li> <li>-To jump in a sack while racing against others.</li> <li>-To throw overarm and underarm to reach a target.</li> <li>-To travel in different directions while pushing a football with the feet.</li> <li>- To travel using a range of movements across obstacles in a race.</li> </ul>		
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## Year 2 Curriculum

Term	Area	Need to Know			Vocabulary	
Autumn 1	Social, communication skills & Playground games	Locomotor (Movement) skills: Walking Running Jumping	Body control (Stability) skills: Balancing on one foot Walking on a line Twisting Landing Bending	Object control (Manipulative) skills: Striking with an implement Catching throw Foot dribbling Chest passing	Underhand Kicking Two handed	Sharing conflict working together hopping skipping catching throwing balancing turning rules Dribbling chest pass
	Playground games	-Communicate clearly & effectively with my peers during physical activity -Collaborate and work well with others in pairs and groups -Effectively resolve conflict during games and physical activity -Successfully catch diverse objects with two hands - Successfully throw diverse objects with one hand -Successfully jump with two feet and hop on one foot -Follow rules and tactics for games				Prior Skills
Autumn 2	Manipulation skills- Throwing and catching	-Throw different types of equipment in different ways, for accuracy and distance. -Throw, catch and bounce a ball with a partner. -Use throwing and catching skills in a game. -Throw a ball for distance. -Use hand-eye coordination to control a ball. -Vary types of throw used			Underarm Overarm catch caught throw accuracy Hand-eye coordination	"-Throw underarm and overarm. -Throw a ball towards a target with increasing accuracy. -Catch and bounce a ball. -Use rolling skills in a game. -Practise accurate throwing and consistent
	Stability skills- Balancing and coordination- leading to gymnastics	Standing balances Kneeling balances Large body part balances Balances on apparatus Balances with a partner	Tiptoe, step, jump and hop Hopscotch Skipping Galloping Straight jump half-turn  ROLLS  Log roll (controlled)	Straight jump Tuck jump Jumping jack Half turn jump Cat spring Cat spring to straddle	Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch	-Create and perform a movement sequence. -Copy actions and movement sequences with a beginning, middle and end. -Link two actions to make a sequence. -Recognise and copy contrasting actions

Spring 1	Gymnastics	<ul style="list-style-type: none"> <li>-Copy, explore and remember actions and movements to create their own sequence.</li> <li>-Link actions to make a sequence.</li> <li>-Travel in a variety of ways, including rolling.</li> <li>-Hold a still shape whilst balancing on different points of the body.</li> <li>-Jump in a variety of ways and land with increasing control and balance</li> </ul>	Wide Narrow	(small/tall, narrow/wide). -Travel in different ways, changing direction and speed. -Hold still shapes and simple balances. -Carry out simple
	Stability skills- Balancing and coordination- leading to dance	Actions (What)- Travel, stretch, twist, turn, jump  Space (Where)- forwards, backwards sideways, high, low, safely showing an awareness of others.  Relationships (Who)- individual, partner- teaching each other 2 movements to make 4.  Dynamics (How)- slowly, quickly, with appropriate expression.	Middle End Feelings D	COMPOSE - Copy and repeat basic movements and body patterns -Use simple choreographic devices such as unison, canon and mirroring.  PERFORM -Move spontaneously showing some control and co-ordination -Move with confidence when walking, hopping, jumping, landing -Move with rhythm in the above actions -Demonstrate good balance -Move in time with music -Co-ordinate arm and leg actions (e.g. march and clap) -Interact with a partner (e.g. holding hands, swapping places, meeting and parting)
	Dance	COMPOSE - Copy and repeat basic movements and body patterns -Create a short motif inspired by a stimulus. -Change the speed and level of their actions. -Use simple choreographic devices such as unison, canon and mirroring. -Use different transitions within a dance motif. -Move in time to music. -Improve the timing of their actions		

ng 2	Stability skills- Balancing and coordination- leading to gymnastics	ROLLS  Curled side roll (egg roll) (controlled) Teddy bear roll (controlled) Rocking for forward roll Crouched forward roll	Vault: Hurdle step onto springboard Straight jump off springboard Tuck jump off springboard.	Bunny hop Front support wheelbarrow with partner T-lever Scissor kick	Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow	-Create and perform a movement sequence. -Copy actions and movement sequences with a beginning, middle and end. -Link two actions to make a sequence. -Recognise and copy contrasting actions (small/tall, narrow/wide). -Travel in different ways, changing direction and speed. -Hold still shapes and simple balances. -Carry out simple stretches. -Carry out a range of simple jumps, landing safely. -Move around, under, over, and through different objects and equipment.
	Gymnastics	<ul style="list-style-type: none"> <li>-Copy, explore and remember actions and movements to create their own sequence.</li> <li>-Link actions to make a sequence.</li> <li>-Travel in a variety of ways, including rolling.</li> <li>-Hold a still shape whilst balancing on different points of the body.</li> <li>-Jump in a variety of ways and land with increasing control and balance.</li> <li>-Climb onto and jump off the equipment safely.</li> </ul>				
	Multi-skills- Throwing and catching	<ul style="list-style-type: none"> <li>-Throw different types of equipment in different ways, for accuracy and distance.</li> <li>-Throw, catch and bounce a ball with a partner.</li> <li>-Use throwing and catching skills in a game.</li> <li>-Throw a ball for distance.</li> <li>-Use hand-eye coordination to control a ball.</li> <li>-Vary types of throw used</li> <li>-Change the speed of the ball they are rolling;</li> <li>-Sometimes hit the target with a rolling ball;</li> <li>-Aim for a stationary target using an underarm throw with some accuracy and success;</li> </ul>			Underarm Overarm catch caught throw accuracy Hand-eye coordination	<ul style="list-style-type: none"> <li>-Throw underarm and overarm.</li> <li>-Throw a ball towards a target with increasing accuracy.</li> <li>-Catch and bounce a ball.</li> <li>-Use rolling skills in a game.</li> <li>-Practise accurate</li> </ul>



Summer 2	Multi-skills- Throwing, catching, running, jumping	<p><b>THROWING &amp; CATCHING</b></p> <ul style="list-style-type: none"> <li>-Throw different types of equipment in different ways, for accuracy and distance.</li> <li>-Throw, catch and bounce a ball with a partner.</li> <li>-Use throwing and catching skills in a game.</li> <li>-Throw a ball for distance.</li> <li>-Use hand-eye coordination to control a ball.</li> <li>-Vary types of throw used</li> <li>-Perform the underarm, overarm and push throws with some control, accuracy and success;</li> </ul> <p><b>RUNNING</b></p> <ul style="list-style-type: none"> <li>-Run at different paces, describing the different paces.</li> <li>-Use a variety of different stride lengths.</li> <li>-Travel at different speeds.</li> <li>-Begin to select the most suitable pace and speed for distance.</li> <li>-Complete an obstacle course.</li> <li>-Vary the speed and direction in which they are travelling.</li> <li>-Run with basic techniques following a curved line.</li> <li>-Be able to maintain and control a run over different distances</li> <li>- Begin to identify and demonstrate how different running techniques can affect their performance.</li> </ul>	<p>Underarm Overarm catch caught throw accuracy Hand-eye coordination control performance hurdles running jumping</p>	<p>"-Adopt an effective hold and body position during the egg and spoon race</p> <p><b>THROWING &amp; CATCHING</b></p> <ul style="list-style-type: none"> <li>-Throw underarm and overarm.</li> <li>-Throw a ball towards a target with increasing accuracy.</li> <li>-Catch and bounce a ball.</li> <li>-Use rolling skills in a game.</li> <li>-Practise accurate throwing and consistent catching.</li> </ul>
	Athletics	<ul style="list-style-type: none"> <li>-Practise existing running, jumping and throwing skills.</li> <li>-Sprint effectively.</li> <li>-Run with fluency over hurdles.</li> <li>-Jump for distance.</li> <li>-Develop and refine different throwing techniques</li> <li>-Learn different push throw techniques</li> </ul>		<ul style="list-style-type: none"> <li>-To use appropriate skills and technique to sprint in a race.</li> <li>- To be able to balance an egg on a spoon while racing against others.</li> <li>-To jump in a sack while racing against</li> </ul>

## Year 3 Curriculum

Term	Area	Need to Know & Skills progression (multi-skills)				
Autumn 1	Manipulation skills- Balance and coordination	ROLLS  -Crouched forward roll - Forward roll from standing - Tucked backward roll	JUMPS  -Straight jump -Tuck jump -Jumping jack -Star jump -Straddle jump -Pike jump -Straight jump half-turn -Cat leap  VAULT  -Hurdle step onto springboard -Squat on vault -Star jump off -Tuck jump off -Straddle jump off -Pike jump off	BALANCES  -Large and small body part balances, including standing and kneeling balances -Balances on apparatus -Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes -Front and back support	TRAVELLING MOVEMENTS  -Tiptoe, step, jump and hop -Hopscotch -Skipping -Chassis steps -Straight jump half turn -Cat leap  HANDSTANDS, CARTWHEELS, ROUNDOFFS  -Handstand -Lunge into handstand -Cartwheel	Prior Skills
		Choose ideas to compose a movement sequence independently and with others. Link combinations of actions with increasing confidence,including changes of direction, speed or level. Develop the quality of their actions, shapes and balances. Move with coordination, control and care. Use turns whilst travelling in a variety of ways. Use a range of jumps in their sequences. Begin to use equipment to vault. Create interesting body shapes while holding balances with control and confidence. Begin to show flexibility in movements.				
	Gymnastics -Composition Evaluating and improving					
Autumn 2	Multi-skills- Throwing and catching	-Throw and catch with greater control and accuracy. -Practise the correct technique for catching a ball and use it in a game. -Perform a range of catching and gathering skills with control. -Catch with increasing control and accuracy. -Throw a ball in different ways (e.g. high, low, fast or slow).				
	Basketball -Rules, strategies, tactics	-Introduce dribbling;keeping control -Introduce passing and receiving -Combine dribbling and passing to create space -Develop passing, receiving and dribbling -Introduce shooting				

Spring 1	Multi-skills- Throwing and catching	<ul style="list-style-type: none"> <li>-Throw and catch with greater control and accuracy.</li> <li>-Practise the correct technique for catching a ball and use it in a game.</li> <li>-Perform a range of catching and gathering skills with control.</li> <li>-Catch with increasing control and accuracy.</li> <li>-Throw a ball in different ways (e.g. high, low, fast or slow).</li> <li>-Move with the ball in a variety of ways with some control.</li> <li>-Use two different ways of moving with a ball in a game.</li> <li>-Know how to keep and win back possession of the ball in a team game</li> <li>-Find a useful space and get into it to support teammates.</li> <li>-Use simple attacking and defending skills in a game.</li> <li>-Use fielding skills to stop a ball from travelling past them.</li> </ul>	
	Tag Rugby -Rules, strategies, tactics	<ul style="list-style-type: none"> <li>-Handle a rugby ball with confidence</li> <li>-Introduce moving with the ball, passing and receiving</li> <li>-Introduce tagging</li> <li>-Create space when attacking</li> <li>-Combine passing/moving to create attacking opportunities</li> <li>-Evade attackers using footwork and body control</li> <li>-Link skills to perform as a team in attack</li> <li>-Use basic game principles of tag rugby and play within simpler rules</li> </ul> <p>Rules:</p> <ul style="list-style-type: none"> <li>-One end zone (try line) to another.</li> <li>-Must be on your feet to score.</li> <li>-Cannot score if there's a tag missing.</li> </ul> <ul style="list-style-type: none"> <li>-Cannot hand the ball to another player.</li> <li>-Cannot grab the ball from another player.</li> <li>-Any offence leads to a free pass.</li> <li>-A free pass must be made to a stationary player.</li> <li>-The defence have to be 3m back from a free pass.</li> <li>-No fending off.</li> </ul> <ul style="list-style-type: none"> <li>-After making a tag, the tagger must hand back the tag.</li> <li>-If tagged, the ball carrier must pass within three seconds, though they can take three strides.</li> <li>-The tagger must return the tag to the tagged player. They cannot re-enter the game until this is done.</li> <li>-Once a tag is made, apart from the tagger, the other defenders have to get nearer the goal line than the tagged player before they can re-enter the game.</li> </ul> <p>PLUS no kicking or fending."</p>	
	Manipulation skills Balance and coordination	<p>Actions (WHAT) – travel, stretch, twist, turn, jump, travel, turn, gesture, jump, stillness</p> <p>Space (WHERE) – forwards, backwards, sideways, high, low, safely showing awareness of others, formation, direction and levels</p> <p>Relationships (WHO) – on own and with a partner by teaching each other 2 movements to create a dance with 4 actions, whole group/duo/solo, unison/canon</p> <p>Dynamics (HOW) – slowly, quickly, with appropriate expression, explore speed, energy</p>	<p>Space</p> <p>Repeat</p> <p>Dance Phrase</p> <p>Improvisation</p> <p>Character</p> <p>Gesture</p> <p>Repetition</p> <p>Action and reaction</p> <p>Myth</p> <p>Legend</p>

Spring 2	Dance -Composition Evaluating and improving	<div>COMPOSE</div> <div>- Structure a dance phrase, connecting different ideas, showing a clear beginning, middle and end</div> <div>-Link phrases to music</div> <div>-Begin to improvise with a partner to create a simple dance.</div> <div>-Create motifs from different stimuli.</div> <div>-Begin to compare and adapt movements and motifs to create a larger sequence.</div> <div>-Use simple dance vocabulary to compare and improve work.</div> <div>PERFORM</div> <div>-Perform with some awareness of rhythm and expression.</div> <div>-Perform dance to an audience showing confidence</div> <div>-Show co-ordination, control and strength (Technical Skills)</div> <div>-Show focus, projection and musicality (Expressive Skills)</div> <div>-Demonstrate different dance actions with precision and some control – travel, turn, gesture, jump and stillness</div> <div>-Demonstrate dynamic qualities – speed, energy and continuity</div> <div>-Demonstrate use of space – levels, directions, pathways and body shape</div>			<div>Legs</div> <div>Costume</div> <div>Prop</div> <div>Pattern</div> <div>Co-ordinate</div> <div>Choreograph</div> <div>Improvise</div>
Summer 1	Multi-skills- Throwing, catching, running, jumping	<div>RUNNING</div> <div>-Identify and demonstrate how different techniques can affect their performance.</div> <div>-Focus on their arm and leg action to improve their sprinting technique.</div> <div>-Begin to combine running with jumping over hurdles.</div> <div>-Focus on trail leg and lead leg action when running over hurdles.</div> <div>-Understand the importance of adjusting running pace to suit the distance being run.</div>	<div>JUMPING</div> <div>-Use one and two feet to take off and to land with.</div> <div>-Develop an effective takeoff for the standing long jump.</div> <div>-Develop an effective flight phase for the standing long jump.</div> <div>-Land safely and with control.</div>	<div>THROWING &amp; CATCHING</div> <div>-Throw with greater control and accuracy.</div> <div>-Show increasing control in their overarm throw.</div> <div>-Perform a push throw.</div> <div>-Continue to develop techniques to throw for increased distance.</div>	
	Athletics -Rules, strategies, tactics	<div>-Explore running for speed</div> <div>-Explore acceleration</div> <div>-Introduce /develop relay:</div> <div>-Running for speed in a team</div> <div>-Throwing: Accuracy vs distance</div> <div>-Standing long jump</div>			



Summer 2	Multi-skills- Bat and ball	<ul style="list-style-type: none"> <li>-Demonstrate successful hitting and striking skills.</li> <li>-Develop a range of skills in striking (and fielding where appropriate).</li> <li>-Practise the correct batting technique and use it in a game.</li> <li>-Strike the ball for distance.</li> </ul>	
	Tennis -Rules, strategies, tactics	<ul style="list-style-type: none"> <li>-Introduction tennis,</li> <li>-Outwitting an opponent</li> <li>-Creating space to win a point</li> <li>-Consolidate how to win a game</li> <li>-Introduce rackets</li> <li>-Introduce the forehand</li> </ul>	

# Year 4 Curriculum

Term	Area	Need to Know & Skills progression (multi-skills)		
Autumn 1	Manipulation skills- Balance and coordination	<b>ROLLS</b>  -Forward roll from standing -Straddle forward roll -Tucked backward roll -Backward roll to straddle	<b>JUMPS</b>  -Straight jump -Tuck jump -Jumping jack -Star jump -Straddle jump -Pike jump -Straight jump half-turn -Straight jump full-turn -Cat leap -Cat leap half-turn  <b>VAULT:</b> -Hurdle step onto springboard -Squat on vault -Straddle on vault -Star jump off -Tuck jump off -Straddle jump off -Pike jump off	<b>BALANCES</b>  -1, 2, 3 and 4- point balances -Balances on apparatus -Balances with and against a partner -Pike, tuck, star, straight, straddle shapes -Front and back support.
	Gymnastics -Composition Evaluating and improving	Create a sequence of actions that fit a theme. Use an increasing range of actions, directions and levels in their sequences. Move with clarity, fluency and expression. Show changes of direction, speed and level during a performance. Travel in different ways, including using flight. Improve the placement and alignment of body parts in balances. Use equipment to vault in a variety of ways. Carry out balances, recognising the position of their centre of gravity and how Begin to develop good technique when travelling, balancing and using equipment Develop strength, technique and flexibility throughout performances.		
Autumn 2	Multi-skills- Throwing and catching	-Develop different ways of throwing and catching -Move with the ball using a range of techniques showing control and fluency. -Pass the ball with increasing speed, accuracy and success in a game situation -Occasionally contribute towards helping their team to keep and win back possession - Make the best use of space to pass and receive the ball.		
	Basketball -Rules, strategies, tactics	-Refine dribbling -Refine passing and receiving -Refine passing and dribbling creating space -Refine passing and dribbling creating shooting opportunities -Introduce marking -Refine attacking skills, passing, dribbling and shooting		
Spring 1	Multi-skills- Throwing and catching	-Develop different ways of throwing and catching -Move with the ball using a range of techniques showing control and fluency. -Pass the ball with increasing speed, accuracy and success in a game situation -Occasionally contribute towards helping their team to keep and win back possession - Make the best use of space to pass and receive the ball.		

5	Tag Rugby -Rules, strategies, tactics	-Develop passing, moving and creating space -Consistently perform basic tag rugby skills -Develop defending in game situations -Combine passing and moving to create an attack and score -Implement rules and develop tactics in competitive situations -Increase speed and build endurance during gameplay - Apply learning to 3v3 mini games		
	Manipulation skills- Balance and coordination	Actions (WHAT) – travel, stretch, twist, turn, jump, travel, turn, gesture, jump, Space (WHERE) – forwards, backwards, sideways, high, low, safely showing direction and levels Relationships (WHO) – on own and with a partner by teaching each other 2 m actions, whole group/duo/solo, unison/canon Dynamics (HOW) – slowly, quickly, with appropriate expression, explore speed		
	Dance -Composition Evaluating and improving	COMPOSE - Structure a dance phrase, connecting different ideas, showing a clear beginning -Compose a dance that reflects the chosen dance style. -Confidently improvise with a partner or on their own. -Compose longer dance sequences in a small group. -Demonstrate precision and some control in response to stimuli. -Begin to vary dynamics and develop actions and motifs in response to stimuli -Demonstrate rhythm and spatial awareness. -Change parts of a dance as a result of self-evaluation. -Use simple dance vocabulary when comparing and improving work.  PERFORM -Perform with some awareness of rhythm and expression. -Perform dance to an audience showing confidence -Show co-ordination, control and strength (Technical Skills) -Show focus, projection and musicality (Expressive Skills) -Demonstrate different dance actions with precision and some control – travel -Demonstrate dynamic qualities – speed, energy and continuity -Demonstrate use of space – levels, directions, pathways and body shape -Demonstrate different relationships – mirroring, unison, canon, complementary  EVALUATE -Show awareness of different dance styles and traditions. -Compare and comment on their own and other's work – strengths and areas -Modifies parts of sequence as a result of self-evaluation. -Uses simple dance vocabulary to compare and improve work. <del>-Modify their use of skills or techniques to achieve a better result</del>		
Summer 1	Multi-skills- Throwing, catching, running, jumping	THROWING & CATCHING -Perform a pull throw. -Measure the distance of their throws. -Continue to develop techniques to throw for increased distance -Develop different ways of throwing and catching.	JUMPING -Learn how to combine a hop, step and jump to perform the standing triple jump. -Land safely and with control. -Begin to measure the distance jumped	RUNNING -Confidently demonstrate sprinting. -Carry out an effective -Perform a relay, focusing on technique. -Speed up and slow down
	Athletics -Rules, strategies, tactics	-Develop running at speed -Exploring our stride pattern -Exploring running at pace -Understand and apply tactics when running for distance -Javelin -Standing triple jump		

Summer 2	Multi-skills- Bat and ball	<ul style="list-style-type: none"> <li>-Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy ;</li> <li>-Accurately serve underarm.</li> <li>-Build a rally with a partner.</li> <li>-Use at least two different shots in a game situation.</li> <li>-Use hand-eye coordination to strike a moving and a stationary ball.</li> </ul>
	Tennis -Rules, strategies, tactics	<ul style="list-style-type: none"> <li>-Developing the forehand</li> <li>-Creating space to win a point using a racket</li> <li>-Introduce the backhand</li> <li>-Applying the forehand and backhand in game situations</li> <li>-Applying the forehand and backhand creating space to win a point</li> <li>-Introduce/develop the volley</li> <li>-Controlling the game from the serve</li> <li>-Doubles, understanding and applying tactics to win a pint</li> </ul>

	Vocabulary	Prior Learning	
TRAVELLING MOVEMENTS  -Tiptoe, step, jump and hop -Hopscotch -Skipping -Chassis steps -Straight jump half turn -Straight jump full turn -Cat leap -Cat leap half turn -Pivot  HANDSTANDS, CARTWHEELS, ROUNDOFFS  -Lunge into handstand -Lunge into cartwheel	stretch push pull step spring crawl still slowly tall long forwards high low roll copy jump land balance Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow	ROLLS  -Crouched forward roll -Forward roll from standing - Tucked backward roll	JUMPS  -Straight jump -Tuck jump -Jumping jack -Star jump -Straddle jump -Pike jump -Straight jump half-turn -Cat leap  VAULT:  -Hurdle step onto springboard -Squat on vault -Star jump off -Tuck jump off -Straddle jump off -Pike jump off
this affects the balance. ent.		"Choose ideas to compose a movement sequence Link combinations of actions with increasing complexity. Develop the quality of their actions, shapes and movement. Move with coordination, control and care. Use turns whilst travelling in a variety of ways. Use a range of jumps in their sequences. Begin to use equipment to vault. Create interesting body shapes while holding balance. Begin to show flexibility in movements."	
in. session of the ball in a team game		-Throw and catch with greater control and accuracy -Practise the correct technique for catching a ball -Perform a range of catching and gathering skills -Catch with increasing control and accuracy. -Throw a ball in different ways (e.g. high, low, fast) -Move with the ball in a variety of ways with some control Use two different ways of moving with a ball in a game	
		-Introduce dribbling;keeping control -Introduce passing and receiving -Combine dribbling and passing to create space -Develop passing, receiving and dribbling -Introduce shooting	
in. session of the ball in a team game		-Throw and catch with greater control and accuracy -Practise the correct technique for catching a ball -Perform a range of catching and gathering skills -Catch with increasing control and accuracy. -Throw a ball in different ways (e.g. high, low, fast) -Move with the ball in a variety of ways with some control -Use two different ways of moving with a ball in a game -Know how to keep and win back possession of the ball -Find a useful space and get into it to support the team -Use simple attacking and defending skills in a game Use fielding skills to stop a ball from travelling	

		<ul style="list-style-type: none"> <li>-Handle a rugby ball with confidence</li> <li>-Introduce moving with the ball, passing and receiving</li> <li>-Introduce tagging</li> <li>-Create space when attacking</li> <li>-Combine passing/moving to create attacking opportunities</li> <li>-Evade attackers using footwork and body control</li> <li>-Link skills to perform as a team in attack</li> <li>-Use basic game principles of tag rugby and play</li> </ul>
<p>stillness</p> <p>awareness of others, formation, direction</p> <p>movements to create a dance with 4 actions</p> <p>slowly, energy</p>	<p>Space</p> <p>Repeat</p> <p>Dance Phrase</p> <p>Improvisation</p> <p>Character</p> <p>Gesture</p> <p>Repetition</p> <p>Action and reaction</p> <p>Myth</p> <p>Legend</p> <p>Costume</p> <p>Prop</p> <p>Pattern</p> <p>Co-ordinate</p> <p>Choreograph</p> <p>Improvise</p>	<p>Actions (WHAT) – travel, stretch, twist, turn, jump</p> <p>Space (WHERE) – forwards, backwards, sideways, others, formation, direction and levels</p> <p>Relationships (WHO) – on own and with a partner</p> <p>create a dance with 4 actions, whole group/duo</p> <p>Dynamics (HOW) – slowly, quickly, with appropriate energy</p>
<p>beginning, middle and end</p> <p>slowly, turn, gesture, jump and stillness</p> <p>mirroring and contrasting</p> <p>for improvement</p>		<p>COMPOSE</p> <ul style="list-style-type: none"> <li>- Structure a dance phrase, connecting different actions</li> <li>-Link phrases to music</li> <li>-Begin to improvise with a partner to create a simple dance</li> <li>-Create motifs from different stimuli.</li> <li>-Begin to compare and adapt movements and dynamics</li> <li>-Use simple dance vocabulary to compare and contrast</li> </ul> <p>PERFORM</p> <ul style="list-style-type: none"> <li>-Perform with some awareness of rhythm and energy</li> <li>-Perform dance to an audience showing confidence</li> <li>-Show co-ordination, control and strength (Technical)</li> <li>-Show focus, projection and musicality (Expressive)</li> <li>-Demonstrate different dance actions with precision</li> <li>-Demonstrate dynamic qualities – speed, energy</li> <li>-Demonstrate use of space – levels, directions, distance</li> <li>-Demonstrate different relationships – mirroring</li> </ul> <p>EVALUATE</p> <ul style="list-style-type: none"> <li>-Show awareness of different dance styles and techniques</li> <li>-Compare and comment on their own and others</li> <li>-Modifies parts of sequence as a result of self-criticism</li> <li>-Uses simple dance vocabulary to compare and contrast</li> </ul>
<p>describe an improved technique for the sprint finish.</p> <p>focus on the baton changeover</p> <p>down smoothly.</p>		<p>RUNNING</p> <ul style="list-style-type: none"> <li>-Identify and demonstrate how different techniques can affect their performance.</li> <li>-Focus on their arm and leg action to improve their sprinting technique.</li> <li>-Begin to combine running with jumping over hurdles.</li> <li>-Focus on trail leg and lead leg action when running over hurdles.</li> <li>-Understand the importance of adjusting running pace to suit the distance being run.</li> </ul>
		<ul style="list-style-type: none"> <li>-Explore running for speed</li> <li>-Explore acceleration</li> <li>-Introduce /develop relay:</li> <li>-Running for speed in a team</li> <li>-Throwing: Accuracy vs distance</li> <li>-Standing long jump</li> </ul>

and control.		-Demonstrate successful hitting and striking ski -Develop a range of skills in striking (and fieldin -Practise the correct batting technique and use -Strike the ball for distance.
		-Introduction tennis, -Outwitting an opponent -Creating space to win a point -Consolidate how to win a game -Introduce rackets -Introduce the forehand

<p>BALANCES</p> <p>-Large and small body part balances, including standing and kneeling balances</p> <p>-Balances on apparatus</p> <p>-Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes</p> <p>-Front and back support</p>	<p>TRAVELLING MOVEMENTS</p> <p>-Tiptoe, step, jump and hop</p> <p>-Hopscotch</p> <p>-Skipping</p> <p>-Chassis steps</p> <p>-Straight jump half turn</p> <p>-Cat leap</p> <p>HANDSTANDS, CARTWHEELS, ROUNDOFFS</p> <p>-Handstand</p> <p>-Lunge into handstand</p> <p>-Cartwheel</p>
<p>nce independently and with others.</p> <p>nfidence,including changes of direction, speed or</p> <p>l balances.</p> <p>alances with control and confidence.</p>	
<p>racy.</p> <p>all and use it in a game.</p> <p>ls with control.</p> <p>ast or slow).</p> <p>ne control.</p> <p>a game</p>	
<p>ə</p>	
<p>racy.</p> <p>all and use it in a game.</p> <p>ls with control.</p> <p>ast or slow).</p> <p>ne control.</p> <p>a game.</p> <p>f the ball in a team game</p> <p>əammates.</p> <p>game.</p> <p>past them</p>	



<p>ceiving</p> <p>pportunities rol</p> <p>ay within simpler rules</p> <p>np, travel, turn, gesture, jump, stillness ays, high, low, safely showing awareness of</p> <p>ner by teaching each other 2 movements to /solo, unison/canon riate expression, explore speed, energy</p>	
<p>it ideas, showing a clear beginning, middle and</p> <p>imple dance.</p> <p>motifs to create a larger sequence. improve work.</p> <p>expression. ence rnical Skills) sive Skills) ision and some control – travel, turn, gesture,</p> <p>gy and continuity pathways and body shape j, unison, canon, complementary and contrasting</p> <p>traditions. r's work – strengths and areas for improvement evaluation. d improve work.</p>	
<p>JUMPING</p> <p>-Use one and two feet to take off and to land with.</p> <p>-Develop an effective takeoff for the standing long jump.</p> <p>-Develop an effective flight phase for the standing long jump.</p> <p>-Land safely and with control.</p>	<p>THROWING &amp; CATCHING</p> <p>-Throw with greater control and accuracy.</p> <p>-Show increasing control in their overarm throw.</p> <p>-Perform a push throw.</p> <p>-Continue to develop techniques to throw for increased distance.</p>

ills. ig where appropriate). it in a game.

			Year 5 Curriculum								
Term	Area	Need to Know & Skills progression (multi-skills)				Vocabulary	Prior Learning				National Curriculum
Autumn 1	Swimming	In particular, pupils should be taught to:  Swim competently,, confidently and proficiently over a distance of at least 25m Use a range of strokes effectively (e.g. front crawl, backstroke and breaststroke) Perform safe self-rescue in different water-based situations									
Autumn 2	Manipulation skills- Balance and coordination	ROLLS-Forward roll from stable	JUMPS  -Straight jump -Tuck jump -Jumping jack -Star jump -Straddle jump -Pike jump -Stag jump -Straight jump half-turn Straight jump full-turn -Cat leap -Cat leap half-turn -Split leap  VAULT  -Hurdle step onto springboard -Squat on vault -Straddle on vault -Star jump off -Tuck jump off -Straddle jump off	BALANCES  - 1, 2, 3 and 4-point balances -Balances on apparatus -Part body weight partner balances -Pike, tuck, star, straight, straddle shapes -Front and back support	TRAVELLING MOVEMENTS  - Tiptoe, step, jump and hop -Hopscotch -Skipping -Chassis steps -Straight jump half turn -Straight jump full turn -Cat leap -Cat leap half turn -Pivot  HANDSTANDS, CARTWHEELS, ROUNDOFFS  -Lunge into handstand -Lunge into cartwheel	stretch push pull step spring crawl still slowly tall long forwards high low roll copy jump land balance Muscles Joints Symmetrical/asymmetrical Rotation Turn Shape Landing Take-off	ROLLS  -Forward roll from standing Straddle forward roll - Tucked backward roll - Backward roll to straddle	JUMPS  -Straight jump -Tuck jump -Jumping jack -Star jump -Straddle jump -Pike jump -Straight jump half-turn -Straight jump full-turn -Cat leap -Cat leap half-turn  VAULT: -Hurdle step onto springboard -Squat on vault -Straddle on vault -Star jump off -Tuck jump off -Straddle jump off -Pike jump off	BALANCES  -1, 2, 3 and 4- point balances -Balances on apparatus -Balances with and against a partner -Pike, tuck, star, straight, straddle shapes -Front and back support.	TRAVELLING MOVEMENTS  -Tiptoe, step, jump and hop -Hopscotch -Skipping -Chassis steps -Straight jump half turn -Straight jump full turn -Cat leap -Cat leap half turn -Pivot  HANDSTANDS, CARTWHEELS, ROUNDOFFS  -Lunge into handstand -Lunge into	
	Gymnastics - Composition Evaluating and improving	Select ideas to compose specific sequences of movements, shapes and balances. Adapt their sequences to fit new criteria or suggestions. Perform jumps, shapes and balances fluently and with control. Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance. Confidently use equipment to vault in a variety of ways. Apply skills and techniques consistently. Develop strength, technique and flexibility throughout performances. Combine equipment with movement to create sequences.					Create a sequence of actions that fit a theme. Use an increasing range of actions, directions and levels in their sequences. Move with clarity, fluency and expression. Show changes of direction, speed and level during a performance. Travel in different ways, including using flight. Improve the placement and alignment of body parts in balances. Use equipment to vault in a variety of ways. Carry out balances, recognising the position of their centre of gravity and how this affects the balance. Begin to develop good technique when travelling, balancing and using equipment.				

Spring 1	Multi-skills- Throwing and catching	<ul style="list-style-type: none"> <li>-Consolidate different ways of throwing and catching, and know when each is appropriate in a game</li> <li>-Use a variety of ways to dribble in a game with success.</li> <li>-Use ball skills in various ways, and begin to link together.</li> <li>-Pass a ball with speed and accuracy using appropriate techniques in a game situation</li> <li>-Keep and win back possession of the ball effectively in a team game. Demonstrate an increasing awareness of space.</li> <li>-Choose the best tactics for attacking and defending.</li> <li>-Shoot in a game.</li> <li>-Use fielding skills as a team to prevent the opposition from scoring</li> </ul>			<ul style="list-style-type: none"> <li>-Develop different ways of throwing and catching</li> <li>-Move with the ball using a range of techniques showing control and fluency.</li> <li>-Pass the ball with increasing speed, accuracy and success in a game situation.</li> <li>-Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game</li> <li>- Make the best use of space to pass and receive the ball.</li> </ul>		
	Tag Rugby -Rules, strategies, tactics	<ul style="list-style-type: none"> <li>-Combine basic tag rugby skills such as catching and quickly passing in one movement</li> <li>-Play effectively when attacking and defending</li> <li>-Increase the power of passes so the ball can be moved quickly over greater distance</li> <li>-Refine passing and moving to create attacking opportunities</li> <li>-Explore different passes that can be used to outwit defenders</li> <li>-Refine defending as a team</li> <li>-Create and apply defending tactics.</li> <li>-Develop officiating</li> <li>-Devise and adapt rules to create their own game</li> </ul>			<ul style="list-style-type: none"> <li>-Develop passing, moving and creating space</li> <li>-Consistently perform basic tag rugby skills</li> <li>-Develop defending in game situations</li> <li>-Combine passing and moving to create an attack and score</li> <li>-Implement rules and develop tactics in competitive situations</li> <li>-Increase speed and build endurance during gameplay</li> <li>- Apply learning to 3v3 mini games</li> </ul>		
Spring 2	Multi-skills- Throwing and catching	<ul style="list-style-type: none"> <li>-Consolidate different ways of throwing and catching, and know when each is appropriate in a game (chest, bounce and overarm pass)</li> <li>-Use ball skills in various ways, and begin to link together (chest, bounce and overarm pass)</li> <li>-Pass a ball with speed and accuracy using appropriate techniques in a game situation</li> <li>-Keep and win back possession of the ball effectively in a team game.</li> <li>-Demonstrate an increasing awareness of space.</li> <li>-Choose the best tactics for attacking and defending.</li> <li>-Shoot in a game</li> </ul>			<ul style="list-style-type: none"> <li>-Develop different ways of throwing and catching</li> <li>-Move with the ball using a range of techniques showing control and fluency.</li> <li>-Pass the ball with increasing speed, accuracy and success in a game situation.</li> <li>-Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game</li> <li>- Make the best use of space to pass and receive the ball.</li> </ul>		
	Netball -Rules, strategies, tactics	<ul style="list-style-type: none"> <li>-Introduce passing, receiving and creating space</li> <li>-Develop/combine passing and moving</li> <li>-Combine/develop passing and shooting</li> <li>-Develop footwork</li> <li>-Develop creating space</li> </ul>			NA		
Summer 1	Multi-skills- Throwing, catching, running, jumping	<b>RUNNING</b> <ul style="list-style-type: none"> <li>-Accelerate from a variety of starting positions and select their preferred position.</li> <li>-Identify their reaction times when performing a sprint start.</li> <li>-Continue to practise and refine their technique for sprinting, focusing on an effective sprint start.</li> <li>-Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.</li> <li>-Identify and demonstrate</li> </ul>	<b>JUMPING</b> <ul style="list-style-type: none"> <li>-Improve techniques for jumping for distance.</li> <li>-Perform an effective standing long jump.</li> <li>-Perform the standing triple jump with increased confidence.</li> <li>-Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.</li> <li>-Land safely and with control.</li> <li>-Measure the distance and height jumped with</li> </ul>	<b>THROWING &amp; CATCHING</b> <ul style="list-style-type: none"> <li>-Perform a fling throw.</li> <li>-Throw a variety of implements using a range of throwing techniques.</li> <li>-Measure and record the distance of their throws.</li> <li>-Continue to develop techniques to throw for increased distance</li> <li>-Consolidate different ways of throwing and catching, and know when each is appropriate</li> </ul>	<b>THROWING &amp; CATCHING</b> <ul style="list-style-type: none"> <li>-Perform a pull throw.</li> <li>-Measure the distance of their throws.</li> <li>-Continue to develop techniques to throw for increased distance</li> <li>-Develop different ways of throwing and catching.</li> </ul>	<b>JUMPING</b> <ul style="list-style-type: none"> <li>-Learn how to combine a hop, step and jump to perform the standing triple jump.</li> <li>-Land safely and with control.</li> <li>-Begin to measure the distance jumped</li> </ul>	<b>RUNNING</b> <ul style="list-style-type: none"> <li>-Confidently demonstrate an improved technique for sprinting.</li> <li>-Carry out an effective sprint finish.</li> <li>-Perform a relay, focusing on the baton changeover technique.</li> <li>-Speed up and slow down smoothly.</li> </ul>

	Athletics -Rules, strategies, tactics	-Finishing a race -Evaluating our performance -Sprinting: My personal best -Relay changeovers		-Develop running at speed -Exploring our stride pattern -Exploring running at pace -Understand and apply tactics when running for distance	
Summer 2	Multi-skills -Throwing and catching -bat and ball	-Consolidate different ways of throwing and catching, and know when each is appropriate in a game -Use different techniques to hit a ball. -Identify and apply techniques for hitting a tennis ball. -Explore when different shots are best used. -Develop a backhand technique and use it in a game. -Practise techniques for all strokes. -Play a tennis game using an overhead serve -Devise and adapt rules to create their own game		-Use a bat, racquet or stick (hockey) to hit a ball or shuttlecock with accuracy and control. -Accurately serve underarm. -Build a rally with a partner. -Use at least two different shots in a game situation. -Use hand-eye coordination to strike a moving and a stationary ball.  THROWING & CATCHING -Perform a pull throw. -Measure the distance of their throws. -Continue to develop techniques to throw for increased distance	
	Cricket -Rules, strategies, tactics	-Understand the concept of batting and fielding -Introduce throwing overarm -Introduce throwing underarm -Introduce catching -Striking with intent -Develop an understanding of batting and fielding -Introduce bowling underarm -Develop stopping and returning the ball -Develop retrieving and returning the ball -Striking the ball at different angles and speeds		NA	

			Year 6 Curriculum								
Term	Area	Need to Know & Skills progression (multi-skills)				Vocabulary	Prior Learning				National Curriculum
Autumn 1	Manipulation skills- Balance and coordination	ROLLS  -Forward roll from standing -Straddle forward roll -Pike forward roll -Dive forward roll -Tucked backward roll -Backward roll to straddle -Backward roll to standing pike -Pike backward roll	JUMPS  -Straight jump -Tuck jump -Jumping jack -Star jump -Straddle jump -Pike jump -Stag jump -Straight jump half-turn -Straight jump full-turn -Cat leap -Cat leap half-turn -Cat leap full-turn -Split leap -Stag leap  VAULT  -Hurdle step onto springboard -Squat on vault -Straddle on vault -Star jump off -Tuck jump off -Straddle jump off	BALANCES  - 1, 2, 3 and 4-point balances -Balances on apparatus -Develop technique, control and complexity of part-weight partner balances -Group formations -Pike, tuck, star, straight, straddle shapes -Front and back support	TRAVELLING MOVEMENTS  -Tiptoe, step, jump and hop -Hopscotch -Skipping -Chassis steps -Straight jump half turn -Straight jump full turn -Cat leap -Cat leap half turn -Cat leap full turn -Pivot  HANDSTANDS, CARTWHEELS, ROUNDOFFS  -Lunge into cartwheel -Lunge into round-off -Hurdle step -Hurdle step into cartwheel -Hurdle step into round-off		ROLLS  -Forward roll from standing -Straddle forward roll -Pike forward roll -Tucked backward roll -Backward roll to straddle	JUMPS  -Straight jump -Tuck jump -Jumping jack -Star jump -Straddle jump -Pike jump -Stag jump -Straight jump half-turn Straight jump full-turn -Cat leap -Cat leap half-turn -Split leap  VAULT  -Hurdle step onto springboard -Squat on vault -Straddle on vault -Star jump off -Tuck jump off -Straddle jump off -Pike jump off -Squat through vault	BALANCES  - 1, 2, 3 and 4-point balances -Balances on apparatus -Part body weight partner balances -Pike, tuck, star, straight, straddle shapes -Front and back support	TRAVELLING MOVEMENTS  - Tiptoe, step, jump and hop -Hopscotch -Skipping -Chassis steps -Straight jump half turn -Straight jump full turn -Cat leap -Cat leap half turn -Pivot  HANDSTANDS, CARTWHEELS, ROUNDOFFS  -Lunge into handstand -Lunge into cartwheel -Lunge into round-off	
	Gymnastics -Composition Evaluating and improving	Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. Confidently use equipment to vault and incorporate this into sequences. Apply skills and techniques consistently, showing precision and control. Develop strength, technique and flexibility throughout performances.					Select ideas to compose specific sequences of movements, shapes and balances. Adapt their sequences to fit new criteria or suggestions. Perform jumps, shapes and balances fluently and with control. Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance. Confidently use equipment to vault in a variety of ways. Apply skills and techniques consistently. Develop strength, technique and flexibility throughout performances. <del>Combine equipment with movement to create sequences.</del>				
Autumn 2	Multi-skills- Bat and Ball	-Use different techniques to hit a ball. -Identify and apply techniques for hitting a tennis ball. -Explore when different shots are best used. -Practise techniques for all strokes. -Devise and adapt rules to create their own game -Use good handeye coordination to be able to direct a ball when striking or hitting.					-Use different techniques to hit a ball. -Identify and apply techniques for hitting a tennis ball. -Explore when different shots are best used. -Practise techniques for all strokes. -Devise and adapt rules to create their own game				
	Hockey -Rules, strategies, tactics	-Introduce dribbling; keeping control -Introduce passing and receiving -Combine dribbling and passing to create space -Introduce shooting -Develop shooting; combine passing and dribbling to create shooting opportunities -Develop passing and dribbling creating space for attacking opportunities -Introduce defending; blocking and tackling					NA				

Spring 1	Manipulation skills- Balance and coordination	<p>Actions (WHAT) – travel, stretch, twist, turn, jump, travel, turn, gesture, jump, stillness</p> <p>Space (WHERE) – forwards, backwards, sideways, high, low, safely showing awareness of others, formation, direction, levels and pathways</p> <p>Relationships (WHO) – solo/duo/trio, unison/canon/contrast</p> <p>Dynamics (HOW) – slowly, quickly, with appropriate expression, explore speed, energy (e.g. heavy/light, flowing/sudden)</p> <p>Choreographic devices – motif, motif development, repetition, retrograde (performing motifs in</p>	<p>Dance style</p> <p>Technique</p> <p>Formation</p> <p>Pattern</p> <p>Rhythm</p> <p>Variation</p> <p>Improvisation</p> <p>Unison</p> <p>Canon</p> <p>Action</p> <p>Reaction</p> <p>Motif</p> <p>Phrase</p> <p>Interpret</p> <p>Exploration</p> <p>Co-ordination</p> <p>Choreograph</p>	<p>Actions (WHAT) – travel, stretch, twist, turn, jump, travel, turn, gesture, jump, stillness</p> <p>Space (WHERE) – forwards, backwards, sideways, high, low, safely showing awareness of others, formation, direction and levels</p> <p>Relationships (WHO) – on own and with a partner by teaching each other 2 movements to create a dance with 4 actions, whole group/duo/solo, unison/canon</p> <p>Dynamics (HOW) – slowly, quickly, with appropriate expression, explore speed, energy</p>	
	Dance -Composition Evaluating and improving	<p>COMPOSE</p> <ul style="list-style-type: none"> <li>-Identify and repeat the movement patterns and actions of a chosen dance style.</li> <li>-Compose individual, partner and group dances that reflect the chosen dance style.</li> <li>-Use dramatic expression in dance movements and motifs.</li> <li>-Perform with confidence, using a range of movement patterns.</li> <li>-Demonstrate strong and controlled movements throughout a dance sequence.</li> <li>-Combine flexibility, techniques and movements to create a fluent sequence.</li> <li>-Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs.</li> <li>-Show a change of pace and timing in their movements.</li> <li>-Move rhythmically and accurately in dance sequences.</li> <li>-Improvise with confidence, still demonstrating fluency across their sequence.</li> <li>-Dance with fluency and control, linking all movements and ensuring that transitions flow.</li> <li>-Modify some elements of a sequence as a result of self and peer evaluation.</li> <li>-Use complex dance vocabulary to compare and improve work.</li> </ul> <p>PERFORM</p> <ul style="list-style-type: none"> <li>-Demonstrate consistent precision when performing dance sequences.</li> <li>-Perform dance to an audience showing confidence and clarity of actions</li> <li>-Show co-ordination, control, alignment, flow of energy and strength (Technical Skills)</li> <li>-Show focus, projection, sense of style and musicality (Expressive Skills)</li> <li>-Demonstrate a wide range of dance actions – travel, turn, gesture, jump and stillness</li> <li>-Demonstrate dynamic qualities – speed, energy, continuity, rhythm</li> <li>-Demonstrate use of space – levels, directions, pathways, size and body shape</li> <li>-Demonstrate different relationships – mirroring, unison, canon, complementary and contrasting, body part to body part and physical contact</li> </ul> <p>EVALUATE</p> <ul style="list-style-type: none"> <li>-Show awareness of different dance styles, traditions and aspects of their historical/social context</li> <li>-Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate</li> </ul>		<p>COMPOSE</p> <ul style="list-style-type: none"> <li>- Structure a dance phrase, connecting different ideas, showing a clear beginning, middle and end</li> <li>-Compose a dance that reflects the chosen dance style.</li> <li>-Confidently improvise with a partner or on their own.</li> <li>-Compose longer dance sequences in a small group.</li> <li>-Demonstrate precision and some control in response to stimuli.</li> <li>-Begin to vary dynamics and develop actions and motifs in response to stimuli.</li> <li>-Demonstrate rhythm and spatial awareness.</li> <li>-Change parts of a dance as a result of self-evaluation.</li> <li>-Use simple dance vocabulary when comparing and improving work.</li> </ul> <p>PERFORM</p> <ul style="list-style-type: none"> <li>-Perform with some awareness of rhythm and expression.</li> <li>-Perform dance to an audience showing confidence</li> <li>-Show co-ordination, control and strength (Technical Skills)</li> <li>-Show focus, projection and musicality (Expressive Skills)</li> <li>-Demonstrate different dance actions with precision and some control – travel, turn, gesture, jump and stillness</li> <li>-Demonstrate dynamic qualities – speed, energy and continuity</li> <li>-Demonstrate use of space – levels, directions, pathways and body shape</li> <li>-Demonstrate different relationships – mirroring, unison, canon, complementary and contrasting</li> </ul> <p>EVALUATE</p> <ul style="list-style-type: none"> <li>-Show awareness of different dance styles and traditions.</li> <li>-Compare and comment on their own and other's work – strengths and areas for improvement</li> <li>-Modifies parts of sequence as a result of self-evaluation.</li> <li>-Uses simple dance vocabulary to compare and improve work.</li> </ul>	
Spring 2	Multi-skills- Throwing and catching	<ul style="list-style-type: none"> <li>-Throw and catch accurately and successfully under pressure in a game.</li> <li>- Link ball skills in various ways (chest, bounce and overarm pass)</li> <li>-Choose and explain the best tactics for attacking and defending.</li> <li>-Shoot in a game.</li> <li>-Use defending skills as a team to prevent the opposition from scoring</li> <li>-Keep and win back possession of the ball effectively in a team game.</li> </ul>		<ul style="list-style-type: none"> <li>-Consolidate different ways of throwing and catching, and know when each is appropriate in a game (chest, bounce and overarm pass)</li> <li>-Use ball skills in various ways, and begin to link together (chest, bounce and overarm pass)</li> <li>-Pass a ball with speed and accuracy using appropriate techniques in a game situation</li> <li>-Keep and win back possession of the ball effectively in a team game.</li> <li>-Demonstrate an increasing awareness of space.</li> <li>-Choose the best tactics for attacking and defending.</li> <li>-Shoot in a game.</li> </ul>	
	Netball -Rules, strategies, tactics	<ul style="list-style-type: none"> <li>-Refine passing, receiving and shooting</li> <li>-Apply passing, footwork and shooting into mini games, introduce officiating</li> <li>-Introduce defending</li> <li>-Explore the function of other passing styles</li> <li>-Consolidate keeping possession, develop officiating</li> <li>-Consolidate defending Create, understand and apply attacking/defending tactics in game situations</li> </ul>		<ul style="list-style-type: none"> <li>-Introduce passing, receiving and creating space</li> <li>-Develop/combine passing and moving</li> <li>-Combine/develop passing and shooting</li> <li>-Develop footwork</li> <li>-Develop creating space</li> </ul>	

Summer 1	Multi-skills- Throwing, catching, running, jumping	<b>RUNNING</b> -Recap, practise and refine an effective sprinting technique, including reaction time. -Build up speed quickly for a sprint finish -Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern. -Accelerate to pass other competitors. -Work as a team to competitively perform a relay. -Confidently and independently select the most appropriate pace for different distances and different parts of the run. -Demonstrate endurance and	<b>JUMPING</b> -Develop the technique for the standing vertical jump. -Maintain control at each of the different stages of the triple jump. -Land safely and with control. -Develop and improve their techniques for jumping for height and distance and support others in improving their performance. -Perform and apply different types of jumps in other contexts. -Set up and lead jumping activities including measuring the jumps with confidence and accuracy.	<b>THROWING &amp; CATCHING</b> -Perform a heave throw. -Measure and record the distance of their throws. -Continue to develop techniques to throw for increased distance and support others in improving their personal best. -Develop and refine techniques to throw for accuracy. -Throw and catch accurately and successfully under pressure in a game.		<b>RUNNING</b> -Accelerate from a variety of starting positions and select their preferred position. -Identify their reaction times when performing a sprint start. -Continue to practise and refine their technique for sprinting, focusing on an effective sprint start. -Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run. -Identify and	<b>JUMPING</b> -Improve techniques for jumping for distance. -Perform an effective standing long jump. -Perform the standing triple jump with increased confidence. -Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight. -Land safely and with control. -Measure the distance and height jumped with accuracy. -Investigate different jumping techniques.	<b>THROWING &amp; CATCHING</b> -Perform a fling throw. -Throw a variety of implements using a range of throwing techniques. -Measure and record the distance of their throws. -Continue to develop techniques to throw for increased distance -Consolidate different ways of throwing and catching, and know when each is appropriate	
	Athletics -Rules, strategies, tactics	-Running for speed competition -Running for distance competition -Throwing competition -Jumping competition -Evaluating our performance -Refining relay changeovers -Refining shotput and javelin skills -Refine hurdle skills				-Finishing a race -Evaluating our performance -Sprinting: My personal best -Relay changeovers -Shot Put -Refining the hurdles			
Summer 2	Multi-skills -Throwing and catching -bat and ball	-Hit a bowled ball over longer distances. -Use good handeye coordination to be able to direct a ball -When striking or hitting. -Throw and catch accurately and successfully under pressure in a game.				-Consolidate different ways of throwing and catching, and know when each is appropriate in a game -Use different techniques to hit a ball. -Identify and apply techniques for hitting a tennis ball. -Explore when different shots are best used. -Develop a backhand technique and use it in a game. -Practise techniques for all strokes. -Play a tennis game using an overhead serve			
	Cricket -Rules, strategies, tactics	-Refine batting, understand and develop batting and bowling tactics -Refine fielding stooping, catching and throwing -Combine bowling and fielding creating and applying tactics -Introduce umpiring and scoring Create, understand and apply attacking/defensive tactics in game				-Understand the concept of batting and fielding -Introduce throwing overarm -Introduce throwing underarm -Introduce catching -Striking with intent -Develop an understanding of batting and fielding -Introduce bowling underarm -Develop stopping and returning the ball -Develop retrieving and returning the ball			