

		R	1	2	3	4	5	6
Project Drivers	Autumn 1		Key Driver: History The Adventures of Bear and the Queen	Key Driver: History Great Fire of London	Key Driver: History Ancient Greeks	Key Driver: Geography Europe	Key Driver: Geography Our planet	Key Driver: History World War Two
	Autumn 2		Key Driver: Geography The Adventures of Bear (United Kingdom)	Key Driver: History Our Heroes (NHS)	Key Driver: Geography Journey or Endurance	Key Driver: History Romans	Key Driver: Geography Natural disasters	Key Driver: History Post war Britain
	Spring 1		Key Driver: Geography Under the Sea	Key Driver: History Mary Anning Meets the Dinosaurs	Key Driver: History Ancient Egyptians	Key Driver: History Anglo Saxons	Key Driver: History Victorian Childhood	Key Driver: Geography Darwin and South America
	Spring 2		Key Driver: Geography Sustainability	Key Driver: Geography Garden Diversity	Key Driver: Geography The River Nile	Key Driver: Geography Rainforests	Key Driver: History Industrial Revolution	Key Driver: History Mayans
	Summer 1		Key Driver: History Highway Rat	Key Driver: Geography Explorers	Key Driver: History Stone Age	Key Driver: History Vikings	Key Driver: History Elizabethans	Key Driver: Geography Coastal Geography of Devon
	Summer 2		Key Driver: History and Geography My world, Their world.	Key Driver: Geography Where we live.	Key Driver: Geography Counties	Key Driver: Geography Canals	Key Driver: Geography Rivers	Key Driver: Geography Coastal Geography of Devon

PE		Indoor/outdoor	R	1	2	3	4 Swimming once a week.	5	6
Subject Coverage (focus/unit names)	Autumn 1	Indoor	Gym – Fireman Sam	Gym Lego superheroes	Gym Lego superheroes	Gym	Gym	Gym	Gym
		Outdoor	Forest School	Exploring the outside environment/cross country	Dodgeball	Hockey	Korfball	Tri – Golf	Football
	Autumn 2	Indoor	Dance – flash	Dance – toys	Dance – Superheroes	Dance – Flintstones	Dance – Gladiator	Dance – Space	Dance – Survival
		Outdoor	Net Wall	Net Wall	Net Wall	Net Wall – Generic	Net Wall – Short Tennis	Net Wall – Badminton	Net Wall -Tennis
	Spring 1	Indoor	Indoor fitness	Indoor fitness	Indoor fitness	Indoor fitness	Indoor fitness	Indoor fitness	Indoor fitness
		Outdoor	Captain Flynn and pirate dinosaur (physical literacy)	Jake and the Netherlands pirates (physical literacy)	Peter Pan	Netball	Football	Hockey	Captain Flynn and pirate dinosaur (physical literacy)
	Spring 2	Indoor	Dance – Flash	Dance – Walk on the wild side	Dance – Mini Beasts	Dance – Rainforest	Dance – Electricity	Dance – Sports	Dance – West Side Story
		Outdoor	Athletics (physical Literacy)	Athletics (physical Literacy)	Athletics (physical Literacy)	Athletics	Athletics	Athletics	Athletics
	Summer 1	Indoor/ou tdoor when applicable	Starter unit	Farmyard fun	Fun at the zoo	Handy ball	Basketball	Netball	Basketball
		Outdoor	Outdoor fitness	Outdoor fitness	Outdoor fitness	Outdoor fitness	Outdoor fitness	Outdoor fitness	Outdoor fitness
	Summer 2	Indoor	OAA	OAA	OAA	OAA	OAA	OAA	OAA
		Outdoor/ outdoor when applicable	Strikers (Physical Literacy)	Strikers (Physical Literacy)	Strikers (Physical Literacy)	Striking and fielding – generic	Striking and fielding – cricket	Striking and fielding – rounders	Striking and fielding – Cricket

Early Learning Goals	<p>Negotiate space and obstacles safely, with consideration for themselves and others; demonstrate strength, balance and coordination when playing;</p> <p>move energetically, such as running, jumping, dancing, hopping, skipping and climbing. show an ability to follow instructions involving several ideas or actions.</p> <p>Be confident to try new activities and show independence, resilience and perseverance in the face of challenge;</p> <p>Work and play cooperatively and take turns with others; <b>when appropriate try to move in time with music.</b></p>
----------------------	--

KS1 National Curriculum Statements	R units	Y1 units	Y2 units	Y3 units	Y4 units	Y5 units	Y6 units
<ul style="list-style-type: none"> <li>master basic movements including running, jumping, throwing and catching</li> </ul>		Invasion (FUNS Movement Skills) Athletics Net Wall Striking and Fielding	Invasion (FUNS Movement Skills) Athletics Net Wall Striking and Fielding				
<ul style="list-style-type: none"> <li>developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> </ul>		Gym Dance	Gym Dance				
<ul style="list-style-type: none"> <li>participate in team games, developing simple tactics for attacking and defending</li> </ul>		Net Wall Striking and Fielding Invasion (FUNS Movement Skills)	Net Wall Striking and Fielding Invasion (FUNS Movement Skills)				
<ul style="list-style-type: none"> <li>perform dances using simple movement patterns.</li> </ul>		Gym Dance	Gym Dance				

KS2 National Curriculum Statements	R units	Y1 units	Y2 units	Y3 units	Y4 units	Y5 units	Y6 units
<ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> </ul>				Invasion Athletics Net Wall Striking and Fielding	Invasion Athletics Net Wall Striking and Fielding	Invasion Athletics Net Wall Striking and Fielding	Invasion Athletics Net Wall Striking and Fielding
<ul style="list-style-type: none"> <li>play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</li> </ul>				Invasion Athletics Net Wall Striking and Fielding	Invasion Athletics Net Wall Striking and Fielding	Invasion Athletics Net Wall Striking and Fielding	Invasion Athletics Net Wall Striking and Fielding
<ul style="list-style-type: none"> <li>develop flexibility, strength, technique, control and balance</li> </ul>				Dance Gym	Dance Gym	Dance Gym	Dance Gym
<ul style="list-style-type: none"> <li>perform dances using a range of movement patterns</li> </ul>				Dance	Dance	Dance	Dance
<ul style="list-style-type: none"> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul>				OAA Outdoor fitness Invasion Athletics Net Wall Striking and Fielding	OAA Outdoor fitness Invasion Athletics Net Wall Striking and Fielding	OAA Outdoor fitness Invasion Athletics Net Wall Striking and Fielding	OAA Outdoor fitness Invasion Athletics Net Wall Striking and Fielding
<ul style="list-style-type: none"> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul>				Dance Gym Invasion Athletics Net Wall Striking and Fielding OAA Indoor and Outdoor Fitness	Dance Gym Invasion Athletics Net Wall Striking and Fielding OAA Indoor and Outdoor Fitness	Dance Gym Invasion Athletics Net Wall Striking and Fielding OAA Indoor and Outdoor Fitness	Dance Gym Invasion Athletics Net Wall Striking and Fielding OAA Indoor and Outdoor Fitness
<ul style="list-style-type: none"> <li>swim competently, confidently and proficiently over a distance of at least 25 metres</li> </ul>					Swimming		
<ul style="list-style-type: none"> <li>use a range of strokes effectively</li> </ul>					Swimming		
<ul style="list-style-type: none"> <li>perform safe self-rescue in different water-based</li> </ul>					Swimming		

	Threads	R	1	2	3	4	5	6
Disciplinary knowledge (skills)  Assessment	Swimming					See planning and resources from pool.		
	Invasion	<b><u>FUNs Movement Skills</u></b> <ul style="list-style-type: none"><li>To be able to run in different directions with control</li><li>To be able to jump forwards from 2 feet to 2 feet</li><li>To be able to hop on either foot with control</li><li>To gallop using preferred leg</li><li>To be able to skip over a rope</li><li>To gain height when jumping</li></ul>	<b><u>FUNs Movement Skills</u></b> <ul style="list-style-type: none"><li>To be able to run and change directions quickly with control</li><li>To be able to jump for distance with control</li><li>To be able to hop in different directions with control</li><li>To gallop with rhythm &amp; control in different directions</li><li>To skip in different directions with control</li><li>To gain power to get height in jump</li></ul>	<b><u>FUNs Movement Skills</u></b> <ul style="list-style-type: none"><li>To be able to run and change directions quickly with control</li><li>To be able to jump for distance with control</li><li>To be able to hop in different directions with control</li><li>To gallop in different directions at speed</li><li>To skip with a rope</li><li>To gain power to get height in jump</li></ul>	<b><u>Handy Ball</u></b> <ul style="list-style-type: none"><li>To retrieve and carry a ball one handed, travelling in a variety of different ways</li><li>To demonstrate correct catching technique</li><li>To perform a one handed over arm throw</li><li>To pass and move into a space</li><li>To know the 3 step rule</li><li>To pass the ball then move into a space to receive the ball</li><li>To develop correct shooting technique by throwing accurately at a target</li></ul> <b><u>Netball</u></b> <ul style="list-style-type: none"><li>To demonstrate correct 2 footed landing</li><li>To perform a chest pass to a partner</li><li>To pass the ball using a bounce or overhead pass</li><li>To demonstrate the correct technique for shooting</li><li>To show a change in speed to lose an opponent</li><li>To perform a dodge to receive a pass</li><li>To mark a player without a ball to stop the attacker receiving a pass</li></ul> <b><u>Hockey</u></b> <ul style="list-style-type: none"><li>To dribble a ball with control</li><li>To pass the ball over a short distance to stationary player</li><li>To pass the ball over a longer distance to stationary player</li><li>To pass and move with a partner unopposed</li><li>To shoot the ball accurately at a target</li></ul>	<b><u>Football</u></b> <ul style="list-style-type: none"><li>To control the ball when travelling</li><li>To pass the ball with control</li><li>To pass and receive the ball with control</li><li>To shoot the ball at a target from varying distances to score a point</li><li>To pass the ball to a partner avoiding a defender</li><li>To make a decision on when to successfully intercept the ball</li><li>To mark a player with the ball</li><li></li></ul>	<b><u>Hockey</u></b> <ul style="list-style-type: none"><li>To dribble the ball at speed and change direction</li><li>To demonstrate dribbling and passing the ball on the move</li><li>To perform reverse stick to change direction</li><li>To dribble the ball around a defender and tackle the ball from another player</li><li>To shoot at goal from a crossed ball</li><li>To demonstrate dodging to lose your opponent</li><li>To mark another player without the ball</li></ul>	<b><u>Football</u></b> <ul style="list-style-type: none"><li>To perform dribbling and turning skills to keep possession of the ball</li><li>To pass the ball accurately over both long and short distances</li><li>To choose when and where to pass the ball to another player</li><li>To shoot from different angles in front of the goal</li><li>To close down play to perform a block tackle</li><li>To perform basic goalkeeping skills</li><li>To control the ball with different parts of the body</li><li>To demonstrate the correct technique for a throw in.</li></ul>
	OAA	<ul style="list-style-type: none"><li>To understand directions</li><li>To be able to copy/model partner</li><li>To recognise colours and collect matching items</li><li>To recognise symbols and collect objects</li><li>To follow a partner and use different ways to communicate</li><li>To follow instructions and recognise similarities</li></ul>	<ul style="list-style-type: none"><li>To listen to a partner and follow their directions</li><li>To describe a pathway using at least 3 directions.</li><li>To understand basic symbols</li><li>To discuss with group to work out where to go</li><li>To lead a partner safely through an obstacle course</li><li>To listen carefully and remember instructions</li></ul>		<ul style="list-style-type: none"><li>To recognise &amp; find 4 directions NSEW</li><li>To use NSEW to lead and direct others</li><li>To orientate a map and find a starting point</li><li>To use a key to find symbols</li><li>To be able to listen &amp; follow instructions</li><li>To be able to remember and repeat actions</li></ul>		<ul style="list-style-type: none"><li>To be able to direct your partner accurately around a course</li><li>To use clear instructions to safely guide a partner across obstacles</li><li>To be able to recognise landmarks on a map</li><li>To listen and work effectively as a group to complete challenges</li><li>To work cooperatively with a partner by showing trust</li><li>To remember, repeat and follow a sequence of instructions</li></ul>	
	Gym	<ul style="list-style-type: none"><li>To follow instructions safely</li><li>To be able to perform 5 basic shape with control</li><li>To hold large and small shapes whilst balancing</li></ul>	<ul style="list-style-type: none"><li>To be able to preform 8 basic shapes with control</li><li>To be still whilst holding</li></ul>	<ul style="list-style-type: none"><li>To be able to link 4 shapes smoothly</li><li>To demonstrate a change in speed smoothly linking 3 balances</li></ul>	<ul style="list-style-type: none"><li>To demonstrate and hold the 10 basic shapes with control</li><li>To perform contrasting balances with a change of speed and level</li></ul>	<ul style="list-style-type: none"><li>To perform 3 shapes in unison with a partner to include twisted shape</li><li>To move into a balance from different starting positions</li></ul>	<ul style="list-style-type: none"><li>To be able to perform 5 symmetrical shapes in unison with a partner</li><li>To work with a partner to perform matching and mirroring balances</li></ul>	<ul style="list-style-type: none"><li>To work with a partner to perform weight bearing partner balances safely</li><li>To move from a balance into a roll with control</li></ul>

		<ul style="list-style-type: none"> <li>To demonstrate a safe (chair) landing from a jump</li> <li>To perform a straight jump with control from a bench</li> <li>To travel sideways using a roll</li> <li>To transfer weight from hands to feet (bunny hop)</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>balances on different body parts</li> <li>To perform 2 jumps with control</li> <li>To describe a partner's jumps</li> <li>To develop skills for a forward roll</li> <li>To transfer weight from hands to feet using the bench</li> </ul>	<ul style="list-style-type: none"> <li>To jump for height and perform a shape in the air</li> <li>To perform a tuck jump with control</li> <li>To perform rolls that move in a circular motion</li> <li>To transfer weight from hands to feet using the bench</li> </ul>	<ul style="list-style-type: none"> <li>To be able to land a variety of jumps with control</li> <li>To perform matching actions with a partner using contrasting shapes</li> <li>To perform rolls that move in a circular way</li> <li>To be able to transfer weight from hands to feet with rhythm and control</li> </ul>	<ul style="list-style-type: none"> <li>To perform a shoulder roll in opposite directions</li> <li>To explore ways of turning on the spot and off a bench</li> <li>To take weight on hands when moving over a bench</li> <li>To practise and remember the sequence needed for take-off when vaulting</li> <li>To learn a set sequence and add a change of height</li> </ul>	<ul style="list-style-type: none"> <li>To hold a counter balance with a partner at different heights</li> <li>To perform 3 symmetrical jumps with a partner</li> <li>To show a change in speed when performing rolls</li> <li>To move into balances from different actions e.g. roll into balance, shape into balance</li> <li>To land with control after flight</li> </ul>	<ul style="list-style-type: none"> <li>To be able to turn during flight and land safely</li> <li>To travel on, over and around apparatus taking weight on hands and feet</li> <li>To perform a group balance</li> </ul>
	Dance	<ul style="list-style-type: none"> <li>To show movements that represent animals</li> <li>To show both scared and strong expressions and actions</li> <li>To move with control at different speeds showing a change of direction</li> <li>To cooperate with a partner when moving</li> <li>To be able to remember and repeat a pattern</li> <li>To use actions to express feelings in a dance</li> <li></li> </ul>	<ul style="list-style-type: none"> <li>To be able to perform controlled movement actions</li> <li>To be able to turn and move in time with a tambourine</li> <li>To move from high to low with control</li> <li>To be able to take off and land with control</li> <li>To link 3 similar moves together</li> <li>To be able to start and stop, with control, in time to the tambourine</li> <li>To be able to perform controlled animal movements</li> <li>To move together with your colour group</li> <li>To move from high to low when changing animal</li> <li>To use hand and arm gesture in dance movement</li> <li>To mirror a partners moves</li> </ul>	<ul style="list-style-type: none"> <li>To remember and repeat a short motif</li> <li>To move confidently around the space demonstrating superhero actions</li> <li>To move from low to high and high to low with control</li> <li>To gain height in the air and land on either foot</li> <li>To turn with a partner at different speeds</li> <li>To show emotion through facial and whole-body gestures</li> <li>To use gesture to show caterpillar and butterfly movement actions using different parts of the body</li> <li>To remember and repeat a short motif of 4 actions</li> <li>To be able to describe a partners movement and say which mini beast they are moving as</li> <li>To copy a partner to create a sequence of 4 mini beast movement actions</li> <li>To use different speeds to travel and turn confidently around the space</li> <li>To co-operate with a partner and whole class to create the final pose of the dance</li> </ul>	<ul style="list-style-type: none"> <li>To move into and out of held positions with control</li> <li>To travel using different pathways</li> <li>To move together as a small group in the same direction staying connected at all times</li> <li>To move from high to low in a variety of different ways</li> <li>To use a turning movement to travel in different directions</li> <li>To tell a story through movement –Building a stone age house</li> <li>To use rolling movement to travel from side to side across the floor</li> <li>To move in a variety of ways using different pathways</li> <li>To move into and out of held positions with control</li> <li>To show a variety of ways of moving from high to low</li> <li>To tell a story through movement using gesture</li> </ul>	<ul style="list-style-type: none"> <li>To demonstrate stillness holding a position with control at different levels</li> <li>To march in time to the music and in unison with your group</li> <li>To create a motif for the chorus to show the Gladiator attacking and defending</li> <li>To use gesture and facial expression to show the crowd's reaction to a gladiator fight</li> <li>To analyse and describe the differences between the Gladiators</li> <li>To stay in character throughout the whole dance even when transitioning between phrases</li> <li>To copy and follow your partner changing dynamics when moving e.g. height and speed</li> <li>To create a motif to show the theme of the dance</li> <li>To use gesture to express the feeling of receiving an electric shock</li> <li>To perform a variety of different shapes in the air and hold a pose on a controlled landing</li> </ul>	<ul style="list-style-type: none"> <li>To use gesture to show a farewell/goodbye action</li> <li>To work as a group to create a rocket pose</li> <li>To create a movement that reflects the feeling of weightlessness</li> <li>To create a dance motif for the chorus to perform in unison as a whole class</li> <li>To respond to a stimulus to create 3 group poses</li> <li>To show smooth transitions from one phrase of dance to another</li> <li>To use gesture to show a sporting action</li> <li>To be able to analyse performance and give feedback.</li> <li>To explore different ways of moving showing changes in level or speed</li> <li>To perform a sequence in unison &amp; canon</li> <li>To work cooperatively in a small group to produce a sequence using different formations</li> </ul>	<ul style="list-style-type: none"> <li>To use gesture to develop a phrase to demonstrate waking</li> <li>To explore different ways of turning at different levels</li> <li>To mirror a partner with fluidity and in time to the music</li> <li>To create a group phrase using opposing action words e.g. stretch and curl</li> <li>To be able to dance in unison as a whole class</li> <li>To create a sequence to perform in time with a group and to the music</li> <li>To create a motif of movements that show strength</li> <li>To be able to perform a variety of linked moves that reflect intimidation</li> <li>To develop a short motif to include action/reaction moves with a partner</li> <li>To be able to trust your partner to take/hold/ move your body within a dance</li> <li>To move into/out of held positions with fluidity and in time to music</li> </ul>
	Athletics	<ul style="list-style-type: none"> <li>To be able to run with control</li> <li>To be able to change speed when running</li> <li>To be able to jump forwards from 2 feet to 2 feet</li> <li>To be able to jump in different ways</li> <li>To be able to throw objects forwards</li> <li>To throw underarm towards a target</li> </ul>	<ul style="list-style-type: none"> <li>To be able to move with control at speed</li> <li>To be able to vary the speed of running</li> <li>To be able to land with control when jumping</li> <li>To demonstrate how to jump over objects</li> <li>To be able to throw objects to gain distance</li> <li>To be able to throw objects towards a target</li> </ul>	<ul style="list-style-type: none"> <li>To be able to run quickly towards a target</li> <li>To demonstrate a controlled change of speed when running</li> <li>To perform a combination of jumps with control</li> <li>To demonstrate different ways of leaving floor to gain height</li> <li>To be able to throw objects using different styles to gain distance</li> <li>To demonstrate ability to throw an object to a target</li> </ul>	<ul style="list-style-type: none"> <li>To run at speed over short distances</li> <li>To sustain a suitable pace when running for a longer time</li> <li>To investigate throwing styles from different start positions</li> <li>To investigate the correct technique to improve distance when throwing over arm</li> <li>To perform a balanced landing on 2 feet when jumping forwards</li> <li>To combine hopping and jumping with control</li> </ul>	<ul style="list-style-type: none"> <li>To describe 3 tips for sprinting</li> <li>To demonstrate changes in running style between sprinting and distance events</li> <li>To describe best the stance for a one handed push and pull throw</li> <li>To throw using a straight arm technique similar to discus</li> <li>To identify 3 tips when for jumping for distance and height</li> <li>To practice and improve technique for race walking</li> </ul>	<ul style="list-style-type: none"> <li>To sprint over short distances with a correct running style</li> <li>To run at a sustained and consistent pace</li> <li>To demonstrate a controlled shot put throwing action</li> <li>To demonstrate the discus throwing technique</li> <li>To describe the triple jump combination correctly</li> <li>To jump for distance taking off on one foot and landing on 2</li> <li>To use rhythm when running over obstacles</li> </ul>	<ul style="list-style-type: none"> <li>To pass a relay baton using a downward sweep</li> <li>To throw a javelin using a pull action</li> <li>To demonstrate a dynamic heave throw</li> <li>To perform a scissor jump from a short run up</li> <li>To perform the triple jump sequence in the correct order</li> </ul>
	Net Wall	<ul style="list-style-type: none"> <li>To move and carry a beanbag without dropping it</li> <li>To roll a ball to a stationary target.</li> </ul>	<ul style="list-style-type: none"> <li>To control &amp; send a bean bag</li> <li>To move safely in space</li> </ul>	<ul style="list-style-type: none"> <li>To be able to move into a space at speed</li> <li>To throw and catch ball to self after 1 bounce</li> </ul>	<ul style="list-style-type: none"> <li>To feed an under arm bounce pass to a partner and</li> <li>To catch a ball with 2 hands after 1 or 2 bounces</li> </ul>	<u>Short Tennis</u> <ul style="list-style-type: none"> <li>To use both underarm and overarm techniques to throw a high ball into a</li> </ul>	<u>Badminton</u> <ul style="list-style-type: none"> <li>To be able to control the shuttle with a racket</li> </ul>	<u>Tennis</u> <ul style="list-style-type: none"> <li>To hit a ball with a racket from a self-feed.</li> <li>To improve forehand shot.</li> </ul>

		<ul style="list-style-type: none"><li>To slide a beanbag to stop at partner’s feet</li><li>To throw a beanbag underarm into a hoop.</li><li>To learn to take it in turns</li><li>To throw and catch a beanbag to self</li><li>To move to stop a rolling ball.</li><li>To hit beanbag off palm of hand into air</li></ul>	<ul style="list-style-type: none"><li>To send &amp; receive a rolling ball</li><li>To take it in turns to complete activity</li><li>To bounce a ball to target</li><li>To cooperate with a partner</li><li>To bounce a ball to a moving target</li><li>To devise a game to practice bouncing/aiming</li><li>To be able to catch a moving ball</li><li>To change direction quickly to stop/catch a ball</li><li>To be able to “hand hit” the ball to my partner</li><li>To be able to control a ball with a racket (not hitting)</li></ul>	<ul style="list-style-type: none"><li>To bounce a ball underarm to a target</li><li>To know the ready position</li><li>To bounce a ball to a partner</li><li>To catch the ball with 2 hands before the ball stops bouncing</li><li>To be able to perform chassis and side steps</li><li>To move to track the ball</li><li>To be able to control a ball/shuttle with racket/bat</li><li>To hit a ball off a tee or along the floor to a target</li><li>To roll a ball to a partner for them to hit back.</li><li>To catch a returned ball after one bounce</li></ul>	<ul style="list-style-type: none"><li>To know the ready position and explain why we return to the centre of court after reach throw</li><li>To throw an underarm bounce pass into a space for partner to stop with 2 hands.</li><li>Move to receive using chassis, sidesteps or lunges</li><li>To hit a ball/shuttlecock from a self-feed or tee with a hand</li><li>To be able to control a ball/shuttle with racket/bat i.e. bouncing ball on racket/floor to self</li><li>To be able to adapt own game to develop skills</li><li>To hit a bounced self- feed with a racket, before the ball stops bouncing and develop aiming skills</li><li>To work with a partner to identify strengths and weaknesses</li><li>To hit a ball that has been fed after 2 bounces back to partner to catch</li></ul>	<ul style="list-style-type: none"><li>space and catch a high ball with 2 hands</li><li>To remain balanced when stopping</li><li>To be able to intercept a ball thrown between two stationary players</li><li>To hit a self-feed with a racket after 1 bounce to a partner</li><li>To throw a ball with 2 hands to a partner using a forehand technique</li><li>To develop an aiming game to improve racket skills</li><li>To hit a ball with a racket using a forehand action towards a target</li><li>To move to hit the ball to return a bounce feed</li><li>To return to the centre of the court after each hit and be in the ready position</li><li>To feed an underarm full toss to partner, to return with a forehand stroke.</li><li>To catch a hit ball before it bounces</li></ul>	<ul style="list-style-type: none"><li>To be able to hit a shuttle underarm with a racket</li><li>To be able to serve underarm.</li><li>To return a shuttle</li><li>To perform a rally with a partner</li><li>To form the overhead action.</li><li>To learn basic rules and tactics for a game.</li><li>To form the backhand shot.</li></ul>	<ul style="list-style-type: none"><li>To feed a ball to a partner</li><li>To return a ball after 1 bounce</li><li>To perform a forehand volley and drop shot</li><li>To perform a short rally with a partner, with a maximum of 2 bounces</li><li>To understand the lines of a tennis court.</li><li>To hit a ball to a target within the lines.</li><li>To use a variety of serving techniques from under arm to overarm.</li><li>To be able to return the ball with a backhand shot.</li></ul>
	Striking and fielding	<ul style="list-style-type: none"><li>To slide a bean bag towards a target</li><li>To roll a ball towards a target</li><li>To bounce and catch a ball with 2 hands</li><li>To throw underarm to a target</li><li>To catch a ball with 2 hands</li><li>To control a ball with dominant foot</li><li>To move a ball towards a target</li></ul>	<ul style="list-style-type: none"><li>To slide a bean bag towards a target</li><li>To describe a partner’s rolling action</li><li>To dribble a ball with control</li><li>To throw accurately underarm to a target</li><li>To catch a ball with 2 hands consistently from close distance</li><li>To control a moving ball with dominant foot</li><li>To move a ball towards a target with control</li></ul>	<ul style="list-style-type: none"><li>To be able to change direction at speed with control</li><li>To be able to move a ball with hands on the move</li><li>To pass the ball with 2 hands to a partner</li><li>To control a moving ball with dominant foot</li><li>To move a ball towards a target with control</li><li>To be able to control the rugby ball with 2 hands</li></ul>	<ul style="list-style-type: none"><li>To be able to stop a ball using a long barrier when fielding</li><li>To throw a ball underarm with increasing accuracy for a partner to catch</li><li>To bowl a ball underarm through a hoop.</li><li>To experiment how to throw a ball further</li><li>To hit a ball from a tee or a self feed</li></ul>	<u>Cricket</u> <ul style="list-style-type: none"><li>To retrieve a ball and return it to a wicket</li><li>To learn 3 tips for hitting a cricket ball</li><li>To hit a drop feed ball with a cricket bat</li><li>To choose the correct throw for different distances</li><li>To bowl a ball underarm at a wicket</li></ul>	<u>Rounders</u> <ul style="list-style-type: none"><li>To show the correct batting action for rounders</li><li>To learn 3 rules for bowling</li><li>To bat a bowled ball into a space</li><li>To throw from back stop to a post accurately</li><li>To decide when to stop running around the posts when batting</li><li>To catch a ball under pressure</li></ul>	<u>Cricket</u> <ul style="list-style-type: none"><li>To throw a ball underarm at a wicket from a variety of directions</li><li>To improve batting accuracy and directional batting using a forward drive</li><li>To hit a ball bowled underarm using a forward drive</li><li>To increase distance when throwing over arm</li><li>To perform close catching and deep fielding catching with consistency</li><li>To demonstrate an overarm bowling technique</li></ul>
	Indoor Fitness	<ul style="list-style-type: none"><li>To follow &amp; copy a partners actions</li><li>To listen and follow instructions</li><li>To be able to skip with control (no rope)</li></ul>	<ul style="list-style-type: none"><li>To copy &amp; refine a partner’s moves</li><li>To know what the heart does and what exercises help it</li><li>To perform basic rope skills</li></ul>	<ul style="list-style-type: none"><li>To explain -what is a fitness circuit?</li><li>To design a fitness circuit using set activities</li><li>To describe where core muscles are in your body</li></ul>		<ul style="list-style-type: none"><li>To perform in a circuit of activities to improve strength, conditioning and cardiovascular</li><li>To perform in a circuit of activities to improve speed and stamina</li><li>To perform consistently good coordination skills when under pressure</li></ul>		
	Outdoor fitness	<ul style="list-style-type: none"><li>To be able to point to the heart and perform exercises that increase heart rate</li><li>To feel and describe changes in breathing rate</li><li>To perform exercises to make leg muscles stronger</li><li>To change direction with control</li><li>To improve co-ordination skills by performing a speed bounce and throwing at a target</li><li>To balance with control when moving the beanbag.</li></ul>	<ul style="list-style-type: none"><li>To perform a variety of fundamental movement and sport skills</li><li>To change direction quickly with control</li><li>To name different ways of moving</li><li>To perform activities to improve leg and arm strength</li></ul>	<ul style="list-style-type: none"><li>To set a personal challenge to beat own score</li><li>To describe cardio-vascular fitness</li><li>To show endurance when performing in a boot camp circuit i.e. no stopping between activities</li><li>To strengthen core muscles by performing exercises to improve core strength</li><li>To increase leg strength by performing squat and lunge exercise</li></ul>		<ul style="list-style-type: none"><li>To perform in activities to improve muscular endurance without stopping</li><li>To choose the correct pace for each activity</li><li>To perform a variety of cardio vascular activities without stopping</li></ul>		

	Threads	R	1	2	3	4	5	6
Disciplinary knowledge (skills) Assessment	Swimming							
	Invasion				<b>Handy Ball</b> <ul style="list-style-type: none"> <li>To create a game to develop and improve the one handed overarm pass</li> </ul> <b>Netball</b> <ul style="list-style-type: none"> <li>To plan simple tactics to play the core task</li> </ul> <b>Hockey</b> <ul style="list-style-type: none"> <li>To work as a team to pass the ball with increasing speed and accuracy</li> <li>To perform a block tackle</li> <li>To plan simple tactics to play the core task</li> </ul>	<b>Football</b> <ul style="list-style-type: none"> <li>To recall at least 3 basic rules of the game</li> </ul>	<b>Hockey</b> <ul style="list-style-type: none"> <li>To plan tactics for a short corner situation</li> <li>To plan an activity to develop passing over both long and short distances</li> <li>Play core task game</li> </ul>	<b>Football</b> <ul style="list-style-type: none"> <li>Play core task game</li> </ul>
	OAA	<ul style="list-style-type: none"> <li>To share ideas and work together</li> <li>To plan how to solve a problem as a group</li> </ul>	<ul style="list-style-type: none"> <li>To share ideas to help create a letter</li> <li>To plan how to solve the problem as a group</li> </ul>		<ul style="list-style-type: none"> <li>To be able to communicate clearly to solve task</li> <li>To work independently to develop and activity</li> </ul>		<ul style="list-style-type: none"> <li>To listen and work effectively as a group to complete challenges</li> <li>To create, explain and lead a task for others</li> </ul>	
	Gym	<ul style="list-style-type: none"> <li>To link 2 skills on floor</li> <li>To know how to use apparatus safely</li> <li>To link 2 skills on floor and apparatus</li> </ul>	<ul style="list-style-type: none"> <li>To perform 3 different skills on low apparatus</li> <li>To link 3 or more skills on a variety of apparatus</li> <li>To demonstrate a gym sequence using 2/3 skills on floor and apparatus</li> </ul>	<ul style="list-style-type: none"> <li>To create a sequence on the low apparatus which includes 4 different skills</li> <li>To create a sequence on the higher apparatus which includes 4 different skills</li> <li>Perform one of the core task activities</li> </ul>	<ul style="list-style-type: none"> <li>To perform contrasting shapes and balances on the low apparatus</li> <li>To perform a squat on vault on low apparatus</li> <li>Perform one of the core task activities</li> </ul>	<ul style="list-style-type: none"> <li>To safely move large apparatus into set positions.</li> <li>Perform one of the core task activities on apparatus</li> </ul>	<ul style="list-style-type: none"> <li>To safely set up large apparatus in either a L or T shape in a given area</li> <li>Perform one of the core task activities on a variety of different apparatus with a partner</li> </ul>	<ul style="list-style-type: none"> <li>To create a group sequence to include both unison and canon</li> <li>To safely set up large apparatus in a given area</li> <li>To adapt and amend sequence to include twisting and turning</li> <li>Perform one of the core task activities</li> </ul>
	Dance	<ul style="list-style-type: none"> <li>To be able to move to a count of 4 beats</li> </ul>	<ul style="list-style-type: none"> <li>To remember the order of the dance</li> </ul>	<ul style="list-style-type: none"> <li>To remember and repeat a short motif</li> <li>To remember and perform some of the phrases in the dance</li> </ul>	<ul style="list-style-type: none"> <li>To remember the order of the dance phrases</li> <li>Remember and perform dance</li> </ul>	<ul style="list-style-type: none"> <li>To choreograph a short sequence working together in pairs or a small group creating movements based on chosen theme</li> <li>To transition smoothly between phrases</li> <li>Remember and perform dance</li> </ul>	<ul style="list-style-type: none"> <li>To perform a dance using smooth transitions</li> </ul>	<ul style="list-style-type: none"> <li>To perform own sequence within a whole group dance</li> </ul>
	Athletics	<ul style="list-style-type: none"> <li>To work with a partner to complete a challenge</li> </ul>	<ul style="list-style-type: none"> <li>To follow instructions to complete an athletics circuit</li> <li>To work with a partner to record a score</li> </ul>	<ul style="list-style-type: none"> <li>To follow instructions to complete an athletics circuit</li> <li>To score activities accurately</li> </ul>	<ul style="list-style-type: none"> <li>To maintain good running technique when sprinting over obstacles</li> <li>To work as a team to score points in an athletics circuit</li> </ul>	<ul style="list-style-type: none"> <li>To pass and receive a baton effectively</li> <li>To follow instructions to set up station safely as part of an athletics circuit</li> </ul>	<ul style="list-style-type: none"> <li>To measure and record performance in a variety of different events</li> </ul>	<ul style="list-style-type: none"> <li>To plan and devise an endurance circuit to sustain pace over a longer time</li> <li>To plan and lead an athletics festival</li> <li>To take part in another group's festival and give feedback on each event</li> </ul>
	Net Wall	<ul style="list-style-type: none"> <li>To follow instructions to play in a game 1v1</li> </ul>	<ul style="list-style-type: none"> <li>To follow rules to play a game</li> </ul>	<ul style="list-style-type: none"> <li>Devise a game with a simple scoring system</li> <li>To play the core task 2v2</li> <li>To work as a team to score points</li> </ul>	<ul style="list-style-type: none"> <li>To use a simple scoring system in a game</li> <li>To implement simple tactics to score a point</li> </ul>	<b>Short Tennis</b> <ul style="list-style-type: none"> <li>To implement tactics to help you to score a point.</li> </ul>	<b>Badminton</b> <ul style="list-style-type: none"> <li>To understand tactics and rules for a game of doubles</li> <li>To perform core task 2</li> </ul>	<b>Tennis</b> <ul style="list-style-type: none"> <li>To know how to score and play in a singles match</li> <li>To know how to score and play in a doubles match</li> </ul>
	Striking and fielding	<ul style="list-style-type: none"> <li>To be able to move the rugby ball with 2 hands</li> </ul>	<ul style="list-style-type: none"> <li>To be able to control the rugby ball on move</li> </ul>	<ul style="list-style-type: none"> <li>To develop a game that improves a skill.</li> <li>To work with partner to follow rules and score points</li> </ul>	<ul style="list-style-type: none"> <li>To develop a practice to improve batting technique</li> <li>To work as a team when fielding</li> <li>To be able to catch a ball and stump a post quickly</li> </ul>	<b>Cricket</b> <ul style="list-style-type: none"> <li>To demonstrate correct technique for hands when close catching and deep field catching.</li> <li>To refine batting technique to protect the wicket using a forward defensive shot</li> </ul>	<b>Rounders</b> <ul style="list-style-type: none"> <li>To explain how to score in rounders when batting</li> <li>To play a game of rounders and understand the basic rules for batting and fielding</li> </ul>	<b>Cricket</b> <ul style="list-style-type: none"> <li>To stop the ball using 2 different techniques and return accurately to partner</li> <li>To demonstrate wicket keeping stance and sideways movement</li> </ul>

						<ul style="list-style-type: none"><li>To make a decision when to run to the wicket to score a run</li></ul>		
	Indoor Fitness	<ul style="list-style-type: none"><li>To perform exercises with control</li><li>To exercise continuously for 3 minutes</li><li>To perform exercises safely</li></ul>	<ul style="list-style-type: none"><li>To name muscles being exercised</li><li>To keep moving for 5 minutes</li><li>To perform core exercises safely and with control</li></ul>		<ul style="list-style-type: none"><li>To measure breathing rate and record score after different types of activity</li><li>To use core muscles to help with balance and strength</li><li>To state that High Intensity Interval Training (HIIT) is a good way of strengthening heart and lungs</li></ul>		<ul style="list-style-type: none"><li>To improve agility and coordination skills when performing a set routine</li><li>To co-operate well with a partner when performing tasks to improve core</li><li>To show a rapid change in direction when performing agility exercises</li></ul>	
	Outdoor fitness	<ul style="list-style-type: none"><li></li></ul>	<ul style="list-style-type: none"><li>To create exercises linked to a sporting theme</li><li>To say what happens to the heart when we exercise</li></ul>		<ul style="list-style-type: none"><li>To perform in activities to raise heart rate and explain why this happens</li></ul>		<ul style="list-style-type: none"><li>To be able to define the terms agility, balance and coordination and help design an activity to improve each area of fitness</li><li>To give clear and safe instructions to another team to teach them your obstacle course</li><li>To define the terms Speed, Reaction time and Power</li></ul>	