

Topic/Key Concept	Year 3						Year 4						Year 5						Year 6					
	Invasion Games	Invasion Games	Gymnastics	Dance	Net/Ball	Athletics	Invasion Games	Invasion Games	Gymnastics	Dance	Net and ball	Athletic	Invasion Games	Invasion Games/ Fitness	Dance	Gymnastics	Striking, Fielding/ Net and Ball	Athletics	Invasion Games	Invasion Games/ Fitness	Dance	Gymnastics	Striking, Fielding/ Net and Ball	Athletics
Key Learning Focus (big Picture)		Hockey			Tennis						Tennis			Invasion Games/ Fitness										
	Use throwing and catching skills to keep possession of a ball.	Use a hockey stick to maintain control of a small ball	To sequence and perform a variety of different travel movements at different speeds.	To learn and perform a dance linked to the theme of	Use sending and returning skills to hit a ball over a net with a partner	Develop techniques to improve jumping and running	Use throwing and catching skills within conditioned games	Use previously learnt hockey skills to participate in games	Develop strength and control through gymnastic activities	To perform a dance linked to the theme of	To play competitive games of tennis against an opponent	Improve basic athletic movements and refine techniques	To use throwing, catching and running skills in a game of tag rugby	To use attacking and defending within a game of Netball or Basketball	To develop and take part in a HAKA	To link a range of movements into a sequence	To take the role of a batter or fielder in a game	Develop skills athletic skills to improve personal bests	To use previously learnt tag rugby skills to begin to play competitive games	To use throwing and catching skills in competitive games	To use African Dance as a stimulus to create a dance routine	To use a variety of movements to create a gymnastic routine	Use striking and fielding skills to participate in cricket and rounders games	Develop skills to improve personal bests
National Curriculum Link	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	perform dances using a range of movement patterns	use running, jumping, throwing and catching in isolation and in combination	use running, jumping, throwing and catching in isolation and in combination	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	perform dances using a range of movement patterns	use running, jumping, throwing and catching in isolation and in combination	use running, jumping, throwing and catching in isolation and in combination	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	Perform dances using a range of movement patterns	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	use running, jumping, throwing and catching in isolation and in combination	use running, jumping, throwing and catching in isolation and in combination	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	perform dances using a range of movement patterns	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	use running, jumping, throwing and catching in isolation and in combination	use running, jumping, throwing and catching in isolation and in combination
	use running, jumping, throwing and catching in isolation and in combination	use running, jumping, throwing and catching in isolation and in combination				compare their performances with previous ones and demonstrate improvement to achieve their personal best.	use running, jumping, throwing and catching in isolation and in combination	use running, jumping, throwing and catching in isolation and in combination				compare their performances with previous ones and demonstrate improvement to achieve their personal best.	use running, jumping, throwing and catching in isolation and in combination	use running, jumping, throwing and catching in isolation and in combination			compare their performances with previous ones and demonstrate improvement to achieve their personal best.						compare their performances with previous ones and demonstrate improvement to achieve their personal best.	
Learning Outcome 1	To catch effectively using the correct catching position	To be able to dribble using a hockey stick	Use balance, rolling, jumping, rocking and spinning.	Contribute ideas to the structure of the dance.	Identify, describe and demonstrate the ready position	To explore different ways of jumping	To catch the ball and bring it into the chest protect	Consistently perform basic hockey skills such as dribbling and push pass	Describe and perform basic shapes (straight, tuck, star, straddle, pike)	Develop freeze frames into a dance and ex	Move into the correct position to receive and return balls	Jump and throw in a variety of ways for distance and height	Run with the ball and evade being tagged	To recognise the effects of exercise on the body	Explore what the Haka is and who might perform this dance	Attempt a variety of jumps that involve rotation and link them into a sequence	Explain and demonstrate the ready position and how to use this to field a ball	To run for speed, distance and part of a team.	Develop the ball handling skills of a rugby ball	To discuss and explain why exercise is good for the body	Replicate a set sequence of African dance, using a tutorial guide	Perform a variety of different jumps (including rotation) and link them into a sequence	Complete an overarm bowl to aim at some wickets	To adapt and change running technique depending on the distance
	To keep possession of a ball through accurate passing	To be able to accurately pass a ball with a hockey stick	Attempt to perform different types of jump.	Attempt to perform with a sense of dynamics.	Recognise the types of hitting needed for different areas of the court.	To run at different speeds showing control and coordination	Attempt to shoot using correct technique	Implement some basic rules of hockey	Use shapes that flow smoothly, shows creativity and imagination within a sequence	Use a variety of transitions within a dance	Explore the technique that is used in a forehand and backhand shot	Identify the different techniques needed when running for speed and distance.	Deceive and get past defenders in order to score tries	To use a variety of passes within conditioned games	Learn a routine as part of a class that creates the mood of a warrior dance through expression and movement	To be able to demonstrate different types of rolls including a teddy roll	Develop reactions to a moving ball to retrieve a moving ball	Jump for distance from a standing start using upper body to add power.	Improve spatial awareness and positioning in game situations	Accurately pass a handball in the most effective and suitable way to maintain possession of the ball	Use aspects of cannon and unison within a routine	To use more complex rolls and consider how to transition into and out of them	Demonstrate control and consistency in a range of fielding skills, e.g. throwing, catching, tracking, intercepting.	To run in a team and transition a baton when racing
Learning Outcome 3	To use a range of passes showing control and accuracy	Receive the ball and turn with the ball unchallenged	Explore and use transitions between elements of a sequence	Attempt short pieces of improvised dance responding to the structure/theme of the dance.	Perform an underarm serve (over cones or benches) to start a game	To combine running and jumping to explore and judge speed to jump safely over a hurdle	Play in a game that includes marking and defending	Develop attacking and defending tactics and use them in modified games	Perform some jumps with more control and demonstrate a solid landing	Learn a set routine and be able to perform this	Identify and explain the similarities and differences between forehand and backhand shots	To use running to increase the distance of jumps	Tag opponents to stop attackers from getting past by tagging them	To use throwing and catching skills in game related situations	Demonstrate being able to work in unison as a class and in small groups	To use matched and mirrored balances in a sequence	Throw a cricket/ tennis ball over a short and longer distance at a target with consistency	Develop take off and landing to increase jumping distance	Pass and carry a rugby ball using balance and coordination	Pass and move to gain territory and attack during a game	Learn a set routine of African themed dance and be able to perform this within a small group	Demonstrate paired balances using different body parts including counterbalancing	Strike a bowled ball and attempt a range of shots in order to score runs/points.	To use, compare and contrast different throwing techniques in athletics events
	To recognise the need to get 'free' from opposition players	To be able to dispossess an opponent and show understanding of defending principles	Demonstrate a range of flexibility in different shapes and balances	Perform movements with increased control.	Move towards a ball to return (hand or racket)	To throw for accuracy and distance using different equipment	Demonstrate quick feet movements to find space in a game.	Increase endurance and be able to play games for longer	Use travel movements that incorporate different levels, pathways and directions	To evaluate own and others performance within a dance	Work with a partner to return a ball and sustain a rally	To be able to throw different equipment for distance using a range of techniques	Pass and receive the ball with accuracy and be able to transfer this into game situations	To work as a team to score points within a game situation	Design an original sequence to be part of the Haka in small groups.	To bunny hop on mats and over benches putting weight on hands	Use a variety of shots to strike a ball in isolation and in a game situation using different equipment	Use correct technique to increase distance in a variety of throwing events	Develop footwork and dodging skills to attack and get past defenders	Use some defending principles within small sided games to restrict space and to prevent the opposition from scoring	Evaluate own and others performance within a dance and to change or adapt routine based upon these evaluations	Attempt a cartwheel that involves having weight on hands	Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.	Use effective body position and run up to increase long jump distance

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Learning Outcome 5	To pass and move towards a target	To understand and apply attacking principles within hockey	Perform different balances as an individual and hold for 3 seconds	Describe using appropriate language features of dances performed by others.	Perform in a rally with a partner	Demonstrate coordination to run for speed over a short distance	Continue to use attacking and defending skills in a game situation	Use tactics and teamwork in order to be able to pass ball and score goals/points in hockey games.	Show balances using points and patches of the body and hold for 3 seconds	Create and perform a routine in accordance with theme.	Score and describe how to score in a variety of different scenarios in tennis	To be able to describe the techniques involved in running, jumping and throwing activities	To follow adapted rules of tag rugby and be able to use these to play in small sided games	Use a range of defending and attacking skills within competitive games that use throwing and catching	Perform the class and small group Haka to an audience	Combine different gymnastic components to create a final sequence	Use and apply the basic rules of a modified game of cricket or rounders	Improve personal performances and bests when taking part in athletic activities	Use previously learnt skills in order to participate in Tag Rugby Games and follow the rules of the game	Score goals and shoot with accuracy using the correct technique and considering how to beat the goalkeeper	Create and perform a routine in accordance with the theme of African Dance	Combine different gymnastic components to create a sequence that includes more complex aspects.	Compete in modified cricket or rounders games	To practice events learnt for Sports Day and improve on best efforts
	Attack3 Defend Possession Opponent Teamwork Tracking Intercept Receiver	Control Grip Push pass Slap Contact Principles	Flow Exploring Matching Create Routine Control Contrasting	Flow Explore Create Perform Feedback Expression	Grip Stance Serve Accurately Track Rally Receiver Ready position Underarm Court	Speed Power Strength Accurately Pace Control	Opposition Contact Pivot Principle Outwit Footwork Tactics	Defend Attack Dribble Reverse Control Aim Ball Quick	Quality Performance Technique Control Apparatus Extension	Reaction Dynamics Control Posture	Forehand Backhand Outwit Volley Consecutive Forecourt Backcourt Control	Power Stamina Perseverance Determination Accuracy Faster	Dodge Evade Deceive Handling Onside Offside Support Try-line Tag	Precision Possession, change of direction shooting, intercept, opposed	Haka Movement Maori Warrior New Zealand Formation Posture Performance Unison Canon	Symmetrical Asymmetrical Rotation Aesthetics Synchronise Progression	Back Stop Bowler Wickets Batting Shot Selection Tracking Short barrier	Technique Force Rhythm Stride Flight	Dictate Contest Formation Coceding Turnover Consistently	Control, Footwork 7 metre penalty 3 second rule Handball	Culture Zimbabwe Dihne Tradition Structure Choreograph Contrast	Formation Momentum Counter Balance Stability Fluently Tension	Long Barrier One handed pick up Two Handed Pick up Tracking Coordination	Rotation Trajectory Momentum Continuous Transfer of Weight
	Intra school football Visit to the Soccer Dome						Intra school football Visit to the Soccer Dome						Video's of tag rugby games Tag Rugby Intra School Competition	Golden Mile St George's Get Fit Campaign	Videos to watch the Haka Link to Six Nations/ Rugby World Cup Dance Workshop	Gymnastics Competitions	Cheshire Cricket Visitor	Sports Days		Intra School Competition	Class Performances Workshops		Cheshire Cricket Visitor	Sports Day

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