



Term	Topic	Subject Specific Vocabulary	Knowledge and Skills Children will be able to:
Autumn 1	Run throw jump	Throw, Passing, Balance, Aim Jumping, Land, Bend, Swing, Direction, Coordination, Speed, Retrieve, Arch, Muscles, Speed, Motion, Relay, Sequence, Distance, Transfer weight, Chest press, pike position, soles of feet,	<p>To discover ways to move objects quickly.</p> <p>To identify which ways to move objects is quickest.</p> <p>To experience a variety of ways to move between hoops.</p> <p>To run in a straight line at different speeds.</p> <p>To show power at the start of a run.</p> <p>To perform runs as part of a team.</p> <p>To use arm movement when running to increase speed and support balance.</p> <p>To slow down safely to a stop.</p> <p>To experience a variety of jumps.</p> <p>To perform a standing long jump. (start with feet together and taking off on two feet)</p> <p>To identify how to take off and land safely. (bending knees)</p> <p>To swing arms to generate distances for the jump.</p> <p>To throw a range of objects over distance.</p> <p>To adapt throwing styles to different objects.</p> <p>To identify some differences in throwing styles.</p> <p>To use the leading arm to direct throw and other arm to aim at the direction you are throwing to.</p> <p>To explore and refine basic agility, balance and coordination skills.</p> <p>To perform as a team and listen to team mates.</p> <p>To compete with others.</p> <p>To repeat repetitive actions for sustained periods of time</p> <p>To recognise improvements in performance and how to improve skills</p> <p>To select the best movement and describe the reasons why</p> <p>To recognise how to start and stop an activity safely and by following instructions.</p> <p>To improve throwing accuracy.</p> <p>To aim when throwing.</p> <p>To develop core muscles and perform stretching positions.</p>
Autumn 2	Send and return	Targets, opposition, team work, rolling, scoring, striking, awareness, bouncing, catching, throwing,	<p>To participate in team games, developing simple tactics for attacking and defending.</p> <p>To slide a beanbag/ball over an opponent's goal line.</p> <p>To move to defend (stop) the ball/beanbag going over your goal line.</p> <p>To explore which objects are easier to slide and defend.</p> <p>To explore different ways of sending a ball.</p> <p>To practice sending a ball in a variety of ways to a partner.</p>

		hitting, batting, aiming, direction, spacing jog, positioning, pitching, defending, returning, feeding, rally, tracking, observing, serving, passing, kneeling, balancing, accurate	To move position to get in line with a ball. To get into positions to return balls to partners. To work with a partner to receive and return balls to score points against opposition. To describe how you work with a partner to receive and return successfully. To play in a rally with a partner. To describe the necessary skills to play in a rally successfully. To use skills previously learn to move towards and return a ball in a rally game. To attempt to accurately send a ball which can be returned by others. To track movement of a ball to be able to return over the bench or net. To send objects from a variety of positions such as sitting, kneeling, and standing. To play cooperatively in a competitive game situation.
Spring 1	Gymnastics	Performing, point, steps, movements, directions, jumps, star, straight, tuck, half twist, rolls, apparatus, safety, piked, curled, wide, muscle tension, shapes, take off and landing, height, distance, travelling, dynamic movements, muscle tension, levels, positions, travel, rocking, spinning, turning, arch, backwards, forwards, rotation	To perform dances using simple movement patterns. To be able to choose and link actions together. To repeat a sequence. To perform simple rolls. To repeat a sequence safely on low level equipment and on floor mats. To identify shapes that are thick, wide, curled, straight, piked and tucked To copy and change shapes To use muscle tension to hold shapes To jump on and off apparatus safely To take off and land with some control To perform jumps with some height and distance To use muscle tension to maintain a position. To perform a sequence of movements together. To experiment with spinning and turning on different body parts and in different directions. To link spinning and rocking movements with force and speed.
Spring 2	Dance	Performing, movements, beats, actions, expressing, leaping, bouncing, spinning, twisting, heights, jumping, still, directions, spacing, partner work, union, friendship, mirroring, counts of 8, structure, beginning,	To perform dances using simple movement patterns. To compose a travelling sequence using a variety of body parts To explore ideas, moods and feelings To show control, coordination and spatial awareness To perform with an awareness of body shape with a partner. To demonstrate some musicality throughout the performance. To compose a movement pattern to demonstrate unison To develop partner work To explore ideas and movements showing a friendship theme To compose a sequence demonstrating mirroring and following.

		middle, ending, together, apart, travelling, emotions, sequencing	<p>To watch what others do and suggest improvements to their work.</p> <p>To create a short dance based on visual stimulus.</p> <p>To compose a short dance sequence that shows sensitivity to the theme.</p> <p>To show greater control, coordination and spatial awareness in their movement patterns.</p> <p>To demonstrate an ability to create a dance with a clear start, middle and end.</p> <p>To choose and link actions to make short dance phrases that reflect rhythmic qualities.</p> <p>To explore repetition through a dance sequence.</p> <p>To perform dance phrases and short dances that express ideas and feelings.</p>
Summer 1	Attack, Defend, Shoot	Attack, catch, compete, defend, over-arm, play against, receive, rolling, send, throw, under-arm, aiming, targeting, intercepting, rolling, focus	<p>To participate in team games, developing simple tactics for attacking and defending.</p> <p>To practice rolling and throwing (using underarm and overarm technique) at a target.</p> <p>To use throwing or rolling technique in a timed game.</p> <p>To experiment catching a variety of beanbags and different sized balls.</p> <p>To recognise how to intercept a ball or beanbag.</p> <p>To experiment with different ways you can throw a ball or beanbag.</p> <p>To roll/slide a ball or beanbag to a partner and a target.</p> <p>To score points by throwing a beanbag or ball into an opponent's hoop.</p> <p>To demonstrate simple defending to stop beanbag/ball going into hoops.</p> <p>To describe how they threw the beanbag and how they defended their hoop.</p> <p>To comment on how you used different attacking and defending skills you have already learned to help you in your games</p>
Summer 2	Hit, Catch, Run	Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw, passing, intercepting, running, communication, striking, bases,	<p>To participate in team games, developing simple tactics for attacking and defending.</p> <p>To use a range of throwing and rolling skills to put the ball in space.</p> <p>To be able to move quickly with agility to score points.</p> <p>To be able to keep count of the score.</p> <p>To be able to collect a moving ball from along the ground.</p> <p>To be able to return the ball back to base/zone.</p> <p>To catch over short distance to stop players scoring points.</p> <p>To work with other fielders to stop players scoring.</p> <p>To attempt to hit an object with the hand.</p> <p>To self-feed and hit the ball.</p> <p>To describe the movements needed to hit successfully.</p> <p>To run between bases to score points.</p> <p>To work with others to retrieve balls.</p> <p>To make decisions to make it difficult for hitters to score points.</p> <p>To show collaborative work as a team to score points.</p> <p>To show awareness of teammates when fielding.</p>

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