

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	<p>Fundamental Skills Lesson 1+2- To follow stop and start instructions. Lesson 3+4 - To balance with control using one foot only. Lesson 5+6 - To change direction when moving at speed.</p>	<p>Fundamental Skills Lesson 1+2 - To travel using changes in direction to avoid other children. Lesson 2 - To demonstrate a star shape using different actions and movements. Lesson 3+4 - To demonstrate bouncing and catching skills using a range of different sized balls. Lesson 5+6 - To demonstrate increasing control when throwing a small object at a target.</p>	<p>Gymnastics Lesson 1 - To travel safely in a variety of different ways. Lesson 2 - To link and change different ways of travelling. Lesson 3 - To travel in different ways using short, long, fast and slow steps (1/2). Lesson 4 - To travel in different ways using short, long, fast and slow steps (2/2). Lesson 5 - To jump and land appropriately. Lesson 6 - To balance using different parts of the body in a controlled way.</p>	<p>Gymnastics Lesson 1 - To use different parts of the body to perform a rocking action. Lesson 2 - To keep the body still in a controlled balance. Lesson 3 - To use 3 and 4 parts of the body to balance and travel. Lesson 4 - To understand the different parts of their body they can use to perform a balance. Lesson 5 - To move confidently in different ways, including rolling. Lesson 6 - To link different actions and movements together</p>	<p>Dance Lesson 1 - To know and perform a star shape correctly. Lesson 2 - To explore and create actions which resemble key words within a song or rhyme. Lesson 3 - To know and perform strong and controlled marches, in time with a simple beat. Lesson 4 - To use different types of jumps with control and balance. Lesson 5 - To perform well-timed and strong movements. Lesson 6 - To perform movements with fluency and in a gentle manner</p>	<p>Fundamental Skills Lesson 1+2- To kick a large ball, showing control and the ability to stop, start and change direction. Lesson 3+4 - To show increased control when moving with an object. Lesson 5+6 - To demonstrate improved coordination when handling different pieces of equipment.</p>
Year 1	<p>Fundamental Skills (Through Active Maths) Lesson 1 - use an underarm throw to accurately send a ball or bean bag to a partner or at a target. Lesson 2 - To accurately throw a ball or bean bag to catch themselves. Lesson 3 - To take part in simple, fun circuit training working with a dice and numbers. Lesson 4 - To use feet accurately to move a ball around an area. Lesson 5 - To demonstrate good coordination when using hands to pass a ball around the body Lesson 6 - To move with control, changing direction and speed when playing avoiding and chasing games.</p>	<p>Games Lesson 1 - To move with control, changing direction and speed when playing avoiding and chasing games. Lesson 2 - To demonstrate good coordination when using hands to pass a ball around the body Lesson 3 - To accurately throw underarm. Lesson 4 - To catch a large ball with two hands. Lesson 5 - To use an underarm throw to accurately send a ball or bean bag to a partner or at a target. Lesson 6 - To catch a small ball with two hands with increasing consistency.</p>	<p>Dance Lesson 1 - To create movements to resemble a specific animal. Lesson 2 - To develop movements to resemble a specific animal. Lesson 3 - To use different levels within a dance to help portray a character / story. Lesson 4 - To remember and repeat a short movement phrase in time with the beat and other group members. Lesson 5 - To perform movements at different speeds to help tell a story. Lesson 6 - To know a range of expressions, moods and feelings and use a selection in the dance to help complete the story.</p>	<p>Gymnastics Lesson 1 - To develop strength and flexibility when performing a range of basic gymnastics shapes. Lesson 2 - To move confidently, using changes in speed, level and direction and combine different ways of travelling. Lesson 3 - To show control and balance when performing a range of jumps. Lesson 4 - To perform and link different balances with control and strength. Lesson 5 - To develop a range of different rocking actions. Lesson 6 - To perform a forward roll and combine it with a range of other shapes actions and movements in a sequence.</p>	<p>Games Lesson 1 - To move a ball around an area using the feet. Lesson 2 - To kick a ball to a partner or at a target with accuracy and control. Lesson 3 - To use a racket to move with a ball (on the racket and on the ground). Lesson 4 - To use a racket accurately to strike a ball to a partner including in a cooperative rally. Lesson 5 - To participate in a chasing game using basic tactics for attacking and defending. Lesson 6 - To participate in an attacking and defending game using a ball.</p>	<p>Athletics Lesson 1 - To improve children's running technique. Lesson 2 - To know what pace means and to perform the correct running technique when travelling at different paces Lesson 3 - To move confidently using changes in speed and direction. Lesson 4 - To improve children's control and coordination when handling equipment Lesson 5 - To throw a variety of objects with increasing accuracy into or at a target. Lesson 6 - To know how to land safely, with control and balance, when performing a range of jumps. Lesson 7 - To use the skills covered in the unit in a competitive activity/ series of activities.</p>
Year 2	<p>Games Lesson 1 - To be aware of each other when playing chasing and avoiding games Lesson 2 - To use one or two hands to dribble a ball, including changing speed and direction. Lesson 3 - To throw underarm with increasing accuracy. Lesson 4 - To use two hands to send a large ball accurately to a partner or a target. Lesson 5 - To run after and towards a rolling or bouncing ball, retrieve and throw to return Lesson 6 - To aim at high, low, stationary and moving targets.</p>	<p>Games Lesson 1 - To move into space to catch a ball or bean bag (stationary or moving). Lesson 2 - To dribble a ball using feet, including changes of speed and direction. Lesson 3 - To send a ball to a moving (partner) or a stationary target using their feet. Lesson 4 - To manoeuvre a tennis ball with good control using a tennis racket. Lesson 5 - To use a racket accurately to strike a ball to a partner including in a cooperative rally. Lesson 6 - To strike a ball away from a partner or towards a stationary target.</p>	<p>Dance Lesson 1 - To create and explore body actions which resemble aspects of a given theme, performing them with control (landing on the moon). Lesson 2 - To explore, remember and link a range of actions, performing them with increasing control. Lesson 3 - To compose a short dance phrase including actions which represent a given theme, performing with increasing control and co-ordination.(finding the moon map) Lesson 4 - To compose and perform a short dance phrase that expresses the feelings and ideas of a given theme (travelling to the moon). Lesson 5 - To compose and perform a short dance phrase that expresses the feelings and ideas of a given theme (landing on the moon). Lesson 6 - To perform and evaluate a short dance phrase that expresses the feelings and ideas of a given theme (landing on the moon).</p>	<p>Gymnastics Lesson 1 - To further develop basic Gymnastic shapes Lesson 2 - To travel in different ways, including with body weight partly supported by hands. Lesson 3 - To perform a range of jumps individually and as part of a sequence, demonstrating control and good balance when taking off and landing. Lesson 4 - To demonstrate strength and control when performing balances using different body parts. Lesson 5 - To demonstrate strength and control when performing balances using different body parts.To perform sequences using apparatus. Lesson 6 -To perform rocking actions in pike, straddle and tuck shapes with good strength and body tension. Lesson 7 - To perform a wider range of rolls. To perform a forward roll with control and with a clear starting and finishing position.</p>	<p>Games (Health and Fitness) Lesson 1 - To improve cardiovascular endurance Lesson 2 - To improve and develop muscular endurance. To learn some parts of the body, including organs and how they work. Lesson 3 - To improve muscular strength Lesson 4 - To improve flexibility and balance Lesson 5 - To develop speed, agility and quickness. Lesson 6 - To improve speed, agility and quickness.</p>	<p>Athletics Lesson 1 - To further develop children's running technique and understanding of pace Lesson 2 - To move with control and fluency whilst changing direction. Lesson 3 - To improve children's coordination whilst stationary and moving. Lesson 4 - To improve children's ability to send a large ball accurately to a target with two hands. Lesson 5 - To accurately throw a variety of sized balls into near, far, high and low targets. Lesson 6 - To develop different types of take-off and landing techniques. Lesson 7 - To improve children's ability to jump further.</p>

<p>Year 3</p>	<p>Linking Actions - Basketball Lesson 1 - To develop the three most common types of pass in basketball and begin to link these with movement. Lesson 2 - To dribble a basketball with control and accuracy. Lesson 3 - To improve passing and dribbling technique when moving. Lesson 4 - To keep possession by using an appropriate pass. Lesson 5 - To create space to help keep possession of the ball. Lesson 6 - To successfully apply the skills learned in previous lessons to a competitive game situation.</p>	<p>Sending and Receiving - Tag Rugby Lesson 1 - To be able to grip a rugby ball using the correct technique and with control Lesson 2 - To be able to pass a rugby ball using correct technique Lesson 3 - To be able to catch a rugby ball using correct technique Lesson 4 - To be able to pass a rugby ball in both directions Lesson 5 - To be able to catch a rugby ball from all directions Lesson 6 - To be able to catch and pass while moving</p>	<p>Dance Lesson 1 - To explore and create movements which represent space, performing the choreography in unison. Lesson 2 - To explore and create movements which represent space, performing the choreography in unison. Lesson 3 - To create movements related to finding aliens which are performed at different speeds. Lesson 4 - To create different movements and a short routine with a partner which includes the idea of 'push and pull' and 'under and over' relationships. Lesson 5 - To know what the term Canon is and plan a short routine which incorporates this. Lesson 6 - To plan and choreograph the end section of the dance with a partner.</p>	<p>Gymnastics Lesson 1 - To develop and consolidate the use of lying and standing shapes. Lesson 2 - To adapt travelling movements when moving on floor or apparatus. Lesson 3 - To develop a high quality of movement when performing a range of jumping movements. Lesson 4 - To link and move between different balances, showing control. Lesson 5 - To perform rocking actions in dish and arch shapes with good strength and body tension demonstrated. Lesson 6 - To improve children's rolling technique including forward roll.</p>	<p>Sending and Receiving - Tennis Lesson 1 - To improve children's throwing and catching and show some success when doing so. Lesson 2 - To improve over-arm and underarm throwing using tempo and targets. Lesson 3 - To know how to hold the racket properly Lesson 4 - To be able to hit a ball with a tennis racket Lesson 5 - To be able to perform a forehand shot Lesson 6 - To be able to perform an underarm serve.</p>	<p>Athletics Lesson 1 - To improve children's ability to jump in different ways and link them together Lesson 2 - To know how to jump upwards and the best technique to use for maximal height. Lesson 3 - To know how to pace themselves to enable them to run for a sustained period of time. Lesson 4 - To improve sprinting technique. Lesson 5 - To improve baton change over technique. Lesson 6 - To know how to perform a one handed over arm throw. Lesson 7 - To use the skills covered in the unit in a competitive activity/ series of activities.</p>
<p>Year 4</p>	<p>Linking Actions - Hockey Lesson 1 - To dribble the ball with speed and control Lesson 2 - To pass the ball with speed and accuracy. Lesson 3 - To improve intercepting skills. Lesson 4 - To shoot at goal with some accuracy. Lesson 5 - To keep possession of the ball in a competitive situation. Lesson 6 - To understand how to intercept or block a pass.</p>	<p>OAA - Outdoor Adventurous Activities Lesson 1 - To use teamwork skills to complete a given challenge. Lesson 2 - To be able to 'set' a simple map(1/2). Lesson 3 - To be able to 'set' a simple map(2/2). Lesson 4 - To give clear and helpful instructions. Lesson 5 - To be able to orientate a map (1/2). Lesson 6 - To be able to orientate a map. To make suggestions to improve their performance within an activity as a team and as an individual (2/2).</p>	<p>Dance Lesson 1 - To gain a basic understanding of circus skills and perform key movements to fit in with the circus. Lesson 2 - To know and perform key circus movements, highlighting the key dynamics and shapes used. Lesson 3 - To know and perform key circus movements, highlighting the key dynamics and shapes used. Lesson 4 - To know and perform a range of movements in the style of a variety of circus performers, demonstrating good use of action, shape and dynamics. Lesson 5 - To evaluate the use of dynamics, expression and timing, suggesting how to improve in one of these areas. Lesson 6 - To create and perform a short dance phase using different dynamics and expression to help communicate the theme.</p>	<p>Gymnastics Lesson 1 - To use a combination of support shapes in a sequence. Lesson 2 - To change between different ways of travelling to make a sequence more exciting. Lesson 3 - To take off and land with control and precision. Lesson 4 - To select one or two balances from a wider range that can be used as part of a sequence. Lesson 5 - To improve the quality of the forward roll and develop and use different sideways rolls. Lesson 6 - To perform a backwards roll safely and with good control.</p>	<p>Sending and Receiving - Rounders Lesson 1 - To further develop children's ball handling skills and improve the quality and accuracy of children's underarm throwing technique. Lesson 2 - To improve the quality and accuracy of children's overarm throwing technique (1/2). Lesson 3 - To improve the quality and accuracy of children's overarm throwing technique (2/2). Lesson 4 - To know and use the correct technique for the long barrier. Lesson 5 - To improve children's batting technique and ability to strike the ball with more consistency (1/2). Lesson 6 - To improve children's batting technique and ability to strike the ball with more consistency (2/2).</p>	<p>Athletics Lesson 1 - To further develop children's jumping skills Lesson 2 - To improve their ability to jump upwards to gain maximal height. Lesson 3 - To improve children's sprinting and starting technique. Lesson 4 - To develop the correct techniques for a baton change over. Lesson 5 - To improve technique for a one handed over arm throw. Lesson 6 - To improve children's ability to perform a push throw with more power.</p>
<p>Year 5</p>	<p>Tactics and Strategies - Basketball Lesson 1 - To improve ability to dribble with more control, when changing speed and direction Lesson 2 - To know how to shield the ball to help keep possession Lesson 3 - To know how to defend a player and the basic rules regarding defence Lesson 4 - To know how to defend a player without the ball Lesson 5 - To understand the difference between attack and defence Lesson 6 - To identify how the team can become better at attacking and defending</p>	<p>Creating and Closing Space - Tag Rugby Lesson 1 - To hold the rugby ball correctly when moving and changing direction. To find space to beat an opponent. Lesson 2 - To pass the ball while moving. To judge when to pass the ball. Lesson 3 - To pass the rugby ball on the move. To demonstrate when to pass a rugby ball. Lesson 4 - To run with the ball to create space. To develop tactics to beat opponents. Lesson 5 - To close down space for the attacking team. To develop defensive tactics with teammates. Lesson 6 - To implement attacking and defensive strategies in match situations</p>	<p>Dance Lesson 1 - To know the origins of the Olympics and the different countries that participate in them and the sports that occur during the games. Lesson 2 - Look at one country from the Olympics and look at their traditional style of dance key focusing on key features including its origins, typical clothing and costumes, and type of music Lesson 3 - To describe how the typical clothing and music relates to the dance style. Lesson 4 - Use three sports from the Olympics to choreograph a short dance phrase Lesson 5 - To create a closing ceremony using different speeds, levels to enhance their performance Lesson 6 - To be able to give constructive feedback to a partner to help improve a skill</p>	<p>Gymnastics Lesson 1 - To select and use a range of sitting, standing, support and lying shapes in a sequence. Lesson 2 - To use rotations to increase the difficulty of a straight jump. Lesson 3 - To use large body parts (head) to perform a well-controlled balance Lesson 4 - To perform a cartwheel safely and with control over body. Lesson 5 - To be able to use different shapes when performing a forwards and backwards roll. Lesson 6 - To identify changes in speed, direction and level when watching a performance.</p>	<p>Linking Actions - Cricket Lesson 1 - To develop throwing and catching technique in cricket. Lesson 2 - To understand the role of a fielder in cricket. Lesson 3 - To improve bowling technique. Lesson 4 - To use a bat to defend the wicket. Lesson 5 - To use a bat to defend the wicket and make runs. Lesson 6 - To develop tactical awareness and apply skills previously learnt.</p>	<p>Athletics Lesson 1 - To improve children's ability to jump using the long jump technique Lesson 2 - To improve children's ability to jump using the triple jump technique. Lesson 3 - To improve sprinting technique and children's ability to perform a 3 point start. Lesson 4 - To know the correct technique for a relay change over and apply it with some consistency in their performance. Lesson 5 - To develop the shot put technique and apply it with some accuracy and control. Lesson 6 - To know the technique and the safety aspects of the javelin throw.</p>

Year 6	<p>Linking Actions - Hockey Lesson 1 - To perform and link skills at a greater speed. Lesson 2 - To intercept and tackle to regain possession. Lesson 3 - To use shooting skills from a range of distances when linked with movement. Lesson 4 - To use shooting skills from a range of distances linked to creating appropriate positions to shoot. Lesson 5 - To use shooting skills from a range of distances linked to creating appropriate positions to shoot. Lesson 6 - To identify and link together the most important skills needed for a game.</p>	<p>OAA - Outdoor Adventurous Activities Lesson 1 - To use co-ordination and reaction skills to complete a challenge. Lesson 2 - To understand the symbols used on an orienteering map (1/2). Lesson 3 - To understand the symbols used on an orienteering map (2/2). Lesson 4 - To communicate effectively giving when giving instructions Lesson 5 - To understand the cardinal points of a compass (1/2). Lesson 6 - To understand the cardinal points of a compass (2/2)</p>	<p>Dance Lesson 1 - To know what Unison is and how it enhances a performance. Lesson 2 - To know what Canon is and how it enhances a performance Lesson 3 - To develop the use of canon, levels and formations to portray a story. Lesson 4 - To understand the different ways speed can be used in dance to help convey a message or portray an emotion. Lesson 5 - To know when to use different speeds, levels and emotions to help convey the meaning of the dance Lesson 6 - To know when to use different speeds, levels and emotions to help convey the meaning of the dance</p>	<p>Gymnastics Lesson 1 - To adapt, link and use a wide range of shapes Lesson 2 - To perform a range of jumps, including rotations as part of a sequence. Lesson 3 - To use large body parts (shoulder stand and v - sit) to perform a well-controlled balance. Lesson 4 - To develop ability to take weight on their hands safely Lesson 5 - To perform a well-coordinated and controlled circle roll which can be used as part of a sequence Lesson 6 - To provide positive feedback that helps a performer to understand their strengths.</p>	<p>Linking Actions - Tennis Lesson 1 - To improve and develop forehand and backhand technique. Lesson 2 - To perform a serve. Lesson 3 - To demonstrate the use of tactics during a game. Lesson 4 - To develop a non-competitive rally with a partner. Lesson 5 - To develop a competitive rally with a partner. Lesson 6 - To play in a competition and officiate a match</p>	<p>Athletics Lesson 1 - To develop and refine children's long jump technique. Lesson 2 - To develop and refine the technique for a three point sprint start. Lesson 3 - To improve children's technique for the baton change over and apply it consistently with accuracy and control Lesson 4 - To perform the shot put technique with consistency, fluency and control. Lesson 5 - To understand and apply the correct technique for the javelin and throw with consistency, accuracy and control. Lesson 6 - To use the skills covered in the unit in a competitive activity/ series of activities.</p>
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