

PE Curriculum Progression Overview

Rationale

- For all children to gain the fundamental movement skills, knowledge and understanding to be physically literate & to lead healthy, active lives.
- For all children to have fun and have opportunities to engage in a broad variety of physical activities so that they have both the confidence and skills to try new sports, join clubs and be active outside of school for their leisure and to help with their mental health and wellbeing.

Approach

- To offer our children an inspirational curriculum in which they can learn the fundamental movement skills from Nursery through to Year 6. This is to enable children to be able to take part in a variety of sports in Primary school and beyond.
- To have the physical, tactical, and social skills to be able to play a variety of sports by learning through playing modified games, gradually building in complexity for transition to secondary school & beyond.
- We adopt a 'Teaching games for Understanding' approach so that children learn the tactics, strategies, and rules for different sports. Children will play a variety of modified games to allow this understanding to develop whilst also having time to practice their ball skills & techniques for running, throwing & catching using a variety of balls & sport specific equipment.

We ensure that social and emotional skills are at the heart of all our lesson so that children show excellent learner behaviours and our CARE values in PE lessons.

Reception

Theme	Autumn 1 Tag & evasion Games	Autumn 2 Sending & Receiving (Target Games)	Spring 1 Football	Spring 2 Net & Wall Games	Summer 1 Athletics / Sports Day Prep	Summer 2 Striking and fielding	Dance Create movement using imagination and imagery (Indoor provision)	Gymnastics (Indoor provision)
Content	<ul style="list-style-type: none"> - Simple chasing and fleeing games (tag, stuck in the mud, traffic lights) - Spatial awareness and safe movement - Introduction to basic team play 	<ul style="list-style-type: none"> Explore throwing and catching using a range of objects (Beanbags, soft balls balloons). - Practise rolling, bouncing, and gentle underarm throws. - Catch large, soft objects with two hands. - Aim and throw towards large stationary targets. - Work with a partner to roll or gently throw and catch 	<ul style="list-style-type: none"> - Explore kicking, dribbling, stopping the ball - Work individually and in pairs - Introduction to simple team games 	<ul style="list-style-type: none"> - Explore sending and receiving (rolling, throwing, catching) - Introduce rebound skills (bouncing off walls or targets) - Cooperative rally-style games 	<ul style="list-style-type: none"> - Running races, jumping, throwing - Develop understanding of effort and perseverance - Team relays and individual challenges 	<ul style="list-style-type: none"> Use of bats, rackets or hands to strike balls - Fielding and catching games - Simple team competitions 	<ul style="list-style-type: none"> Explore ways of travelling, jumping, turning and stretch 	<ul style="list-style-type: none"> Basic shapes on floor; Shapes vaulting; Conditioning Stage 1 (core, support and landing positions)
Key Outcomes	<ul style="list-style-type: none"> - Move safely in shared space - Begin to understand rules and fair play - Show awareness of others and space 	<ul style="list-style-type: none"> - Begin to show control when throwing and rolling. - Attempt to catch with two hands. - Show increasing awareness of others and space. - Start to aim throws in a chosen direction. - Participate cooperatively in simple partner activities. 	<ul style="list-style-type: none"> - Show control when kicking and stopping the ball - Begin to work cooperatively with others - Understand basic game play (attack/defend) 	<ul style="list-style-type: none"> - Develop hand-eye coordination - Use simple tactics to keep a rally going - Begin to anticipate ball movement 	<ul style="list-style-type: none"> - Show determination and good sportsmanship - Measure personal progress (distance/time) - Participate safely and confidently in Sports Day events 	<ul style="list-style-type: none"> - Strike a stationary/moving ball with control - Begin to field and return objects accurately - Work as part of a small team 	<ul style="list-style-type: none"> Show control and coordination when performing simple movements. Recall and repeat short dance phrases 	<ul style="list-style-type: none"> Understand and perform basic gymnastics shapes; demonstrate correct landing and support positions

Skills	<ul style="list-style-type: none"> - Running and changing direction - Dodging, stopping and starting - Basic Agility, balance & coordination skills developed 	<ul style="list-style-type: none"> - Hand-eye coordination. - Underarm throwing. - Rolling and catching with two hands. - Aiming and timing. - Sharing and turn-taking. 	<ul style="list-style-type: none"> - Kicking with control - Dribbling with feet, passing - Working with a partner/team 	<ul style="list-style-type: none"> - Underarm throw, catch, bounce, aim - Tracking moving objects - Early reaction timing 	<ul style="list-style-type: none"> - Running at speed, jumping for distance, overarm/underarm throw - Starting/stopping safely 	<ul style="list-style-type: none"> - Striking with hand/bat - Aiming and returning - Catching and throwing 	travel, jump, turn, freeze, balance, stretch.	Balancing, holding shapes, safe landings, body tension
Vocab	space, fast, slow, stop, go, chase, tag, dodge, team, rule, fair play	roll, throw, catch, aim, target, bounce, hands, soft, ball, partner, turn, space, ready, go	kick, stop, pass, dribble, goal, control, aim, team, score, attack, defend Running and changing direction <ul style="list-style-type: none"> - Dodging, stopping and starting - Basic Agility, balance & coordination skills developed 	throw, catch, bounce, roll, aim, target, rally, net, wall, partner	run, jump, throw, fast, slow, start, finish, try, effort, team, encourage	hit, strike, bat, throw, catch, field, aim, team, score, turn	Dynamics: fast, slow, strong, gentle, smooth, sharp Space: high, low, near, far, pathway, direction	Tuck, Pike, Star, Straight, Landing, Core

Year 1

Theme	Autumn 1 Tag & evasion Games	Autumn 2 Sending & Receiving (Target Games)	Spring 1 Football	Spring 2 Net & Wall Games	Summer 1 Athletics / Sports Day Prep	Summer 2 Striking and fielding	Dance Create movement through the use of imagination and imagery (Indoor provision)	Gymnastics (Indoor provision)
Content	Explore more structured tag and invasion games (e.g. "Sharks & Minnows," "Capture the Tail") - Introduce scoring systems and clear rules - Develop teamwork and spatial awareness	- Develop control when throwing using underarm and begin overarm techniques. - Aim at specific targets with increasing accuracy. - Catch medium-sized balls from a partner or teacher throw. - Practise throwing and catching while moving in space. - Take part in simple games involving throwing and catching (e.g. partner challenges, target relays).	- Develop control when dribbling and passing with feet - Introduce small-sided games (2 v 2) - Understand simple positions and spacing	- Develop accuracy when rolling, throwing, and catching - Use targets and walls to rebound balls - Work cooperatively in pairs to keep an object in play	- Running, jumping, and throwing challenges - Introduce pacing and improving personal bests - Team relays and obstacle activities	- Use different equipment to strike a stationary ball - Begin to field and return with accuracy - Play small team games with basic scoring	Explore ways of travelling, jumping, turning and stretch	Rolling sideways on floor (egg, log, teddy); Jumping from different heights on vault; Conditioning Stage 2 (core, support with movement and squat work)
Key Outcomes	Follow simple game rules independently - Move into space with purpose - Begin to work tactically in pairs/small groups	- Throw with control using correct technique and aim. - Catch consistently using two hands. - Move to position self correctly when catching. - Begin to select appropriate type of throw for distance or target.	- Show control when dribbling in different directions - Pass and stop the ball accurately - Work with teammates to score - basic passing techniques	Catch a medium ball consistently - Throw accurately at a target - Rally with a partner using simple equipment	- Take part safely in running/jumping/throwing events - Measure and compare own performance - Show resilience and sportsmanship	- Strike with control and aim - Throw/catch to return to partner or base - Work together in simple game situations	Show control and coordination when performing simple movements. Recall and repeat short dance phrases	Perform controlled sideways rolls and safe landings from various heights

		- Work cooperatively in pairs or small groups, following simple rules.						
Skills	- Changing direction at speed - Awareness of attackers/defenders - Understanding how to win/lose fairly	- Underarm and overarm throwing. - Hand-eye coordination and timing. - Catching while moving. - Decision-making and control. - Spatial awareness and teamwork.	- Dribbling and stopping - Short passing with inside of foot - Simple attacking, defending and teamwork	- Underarm throw and catch - Bouncing and striking - Reaction and coordination	- Sprinting with control - Standing long jump - Overarm and underarm throws	- Hand-eye coordination - Striking with hand or bat - Throwing and catching for distance	travel, jump, turn, freeze, balance, stretch.	Rolling, coordination, balance, squat movement
Vocab	space, dodge, tag, chase, team, defend, attack, rule, fair play, score	throw, underarm throw, overarm throw, catch, aim, target, overarm, underarm, bounce, distance, control, partner, team, fair play, ready, move	dribble, pass, stop, shoot, team, goal, defend, attack, space, control	throw, catch, roll, bounce, aim, target, rally, partner, net, wall	run, jump, throw, race, fast, slow, start, finish, distance, effort	hit, strike, bat, catch, throw, field, base, score, aim, turn	Dynamics: fast, slow, strong, gentle, smooth, sharp Space: high, low, near, far, pathway, direction	Roll, Egg, Log, Teddy, Jump, Height, Support

Year 2

Theme	Autumn 1 Hockey	Autumn 2 Basketball (throwing and catching)	Spring 1 Football	Spring 2 Net & Wall Games	Summer 1 Athletics / Sports Day Prep	Summer 2 Striking and fielding	Dance Respond imaginatively to music, sounds and visual stimuli (Indoor provision)	Gymnastics (Indoor provision)
Content	<ul style="list-style-type: none"> - Learn to hold and control a hockey stick correctly - Dribble and pass with accuracy - Play small-sided games 2v2, 3v3 focusing on attacking and defending principals 	<ul style="list-style-type: none"> - Learn to hold and control a basketball correctly - Dribble with control using one hand - Pass and catch the ball with a partner - Play small-sided games (2v2, 3v3) focusing on basic attacking and defending principals 	<ul style="list-style-type: none"> Reinforce dribbling, passing, and shooting - Understand positions and teamwork - Play small-sided games with simple scoring 	<ul style="list-style-type: none"> - Improve accuracy and consistency when sending and returning - Use rackets or bats to strike - Rally cooperatively with a partner 	<ul style="list-style-type: none"> - Develop running, jumping, and throwing technique - Improve consistency and endurance - Prepare for individual and team events 	<ul style="list-style-type: none"> - Strike a ball from a feed or tee - Field and return to base accurately - Play team games with scoring and roles 	<ul style="list-style-type: none"> Explore directions, levels, and pathways 	<ul style="list-style-type: none"> Rolling forwards and backwards on floor; Springboard technical jump on vault; Conditioning Stage 3 (core, early stage press up, squats) Transferring weight on floor (understanding weight on hands); Squat/straddle on vault; Specific leg strength
Key Outcomes	<ul style="list-style-type: none"> - Demonstrate control when dribbling and stopping the ball - Pass accurately to a teammate - Apply simple attacking and defending tactics 	<ul style="list-style-type: none"> - Demonstrate control when dribbling and stopping the ball - Pass and catch accurately with a partner 	<ul style="list-style-type: none"> - Show control when dribbling and passing - Work as part of a team to attack and defend - Follow rules and show fair play 	<ul style="list-style-type: none"> - Control object with timing and coordination - Anticipate and move to play the ball - Take turns and score fairly 	<ul style="list-style-type: none"> - Develop running, jumping, and throwing technique - Improve consistency and endurance - Prepare for individual and team events 	<ul style="list-style-type: none"> - Strike with control and accuracy - Field and return effectively - Understand rules and team roles 	<ul style="list-style-type: none"> Work with a partner or in groups to create a simple dance / duet Use movement and expression to communicate feelings or ideas 	<ul style="list-style-type: none"> Develop control in forward/backward rolls and springboard take-off technique Begin to bear weight safely on hands; use correct leg strength in vault take-offs

		<ul style="list-style-type: none"> - Understand simple rules and boundaries - Begin to attack space and defend an opponent 						
Skills	<ul style="list-style-type: none"> - Stick grip and control - Push pass and stopping - Spatial awareness in team play 	<ul style="list-style-type: none"> - Basic dribbling (walking pace) - Chest pass and bounce pass - Catching with two hands - Awareness of space 	<ul style="list-style-type: none"> - Passing, receiving, dribbling shooting - Team tactics - Positional awareness e.g. goalkeeper stay in goal. Defender protect the goal, striker stay up the pitch ready to score 	<ul style="list-style-type: none"> - Underarm/over arm throw - Striking and returning - Reaction and positioning / body position 	<ul style="list-style-type: none"> - Perform running, jumping, and throwing with control - Compare results and aim for improvement - Show determination and sportsmanship 	<ul style="list-style-type: none"> - Hand-eye coordination - Batting and catching - Throwing to target 	travel, jump, turn, stretch, bend, balance	<ul style="list-style-type: none"> Forward roll, backward roll, press up, squat Weight transfer, hand support, straddle, squat vault
Vocab	stick, ball, dribble, pass, stop, defend, attack, goal, team, space	ball, dribble, pass, catch, stop, shoot, defend, attack, space, team	dribble, pass, shoot, defend, attack, team, space, goal, position, fair play	throw, catch, strike, rally, target, net, wall, aim, control, partner	<ul style="list-style-type: none"> - Sprinting and pacing - Jumping for distance - Throwing with control 	hit, strike, bat, catch, throw, field, base, score, turn, team, teamwork	Dynamics fast, slow, strong, smooth, sharp, gentle Space pathway, direction, level, shape, size	Roll, Springboard, Take-off, Balance, Control, Weight, Transfer, Hands, Straddle, Squat

Year 3

Theme	Autumn 1 Hockey & OAA	Autumn 2 Basketball	Spring 1 Football	Spring 2 Net & Wall Games	Summer 1 Athletics / Sports Day Preparation	Summer 2 Striking & Fielding	Dance Explore aspects of Roman and Egyptian culture and achievement through dance (Indoor provision)	Gymnastics (Indoor provision)
Content	<ul style="list-style-type: none"> - Consolidate control and dribbling skills with both sides of the stick - Introduce passing and receiving on the move - Apply attacking and defending tactics in small games <p style="color: green;">- Complete more complex problem-solving and navigation challenges</p> <ul style="list-style-type: none"> - Use simple maps, symbols, and teamwork to complete tasks - Emphasise communication, trust, and leadership roles 	<ul style="list-style-type: none"> - Develop controlled dribbling with either hand - Pass and receive the ball while moving - Introduce shooting technique - Play small-sided games (3v3) focusing on more advanced attacking and defending principals. 	<ul style="list-style-type: none"> - Develop passing combinations and movement off the ball - Introduce defending techniques (jockeying, tackling) - Play structured small-sided matches 3v3 	<ul style="list-style-type: none"> - Use rackets to control and return balls - Develop forehand and backhand technique - Play cooperative and competitive rallies 	<ul style="list-style-type: none"> - Develop running technique for speed and stamina - Refine jumping for height and distance - Throw with control for accuracy and power 	<ul style="list-style-type: none"> - Strike a moving ball with accuracy and timing - Improve catching and throwing for distance - Apply simple fielding formations and tactics 	<ul style="list-style-type: none"> Create movement and short phrases inspired by photographs of Roman and Egyptian artefacts. Create longer movement sequences that include a variety of actions, dynamics, and spatial patterns. Use choreographic devices effectively 	<ul style="list-style-type: none"> Transferring weight (cartwheel and handstand prep); Squat/straddle through vault; Specific core strength Routine and sequencing on floor; Springboard vaulting and jump landings; Specific strength (naming simple muscles)

Key Outcomes	<ul style="list-style-type: none"> - Control and move the ball with confidence - Pass accurately and receive while moving - Apply simple tactics in game situations - Work collaboratively to plan and complete challenges - Demonstrate effective communication and problem-solving - Take responsibility for roles in a team 	<ul style="list-style-type: none"> - Dribble with control and different speeds - Pass accurately to teammates under pressure - Shoot with correct technique from a short distance - Apply simple attacking and defending strategies 	<ul style="list-style-type: none"> - Apply teamwork and simple tactics in games - Show control when dribbling and passing under pressure - Demonstrate respect and fair play 	<ul style="list-style-type: none"> - Demonstrate control and accuracy using rackets - Keep a rally going with consistency - Show awareness of positioning and space 	<ul style="list-style-type: none"> - Perform with good technique and control - Compare results to improve performance - Show perseverance and sportsmanship 	<ul style="list-style-type: none"> - Strike consistently and place shots strategically - Work as a team to field and return effectively - Understand scoring and team roles 	<p>Create and link dance phrases using strength, rhythm, and clear structure.</p> <p>Represent aspects of Roman and Egyptian life</p> <p>Use body movement and facial expression to show character, mood, and intent</p>	<p>Progress towards handstand and cartwheel shapes with control</p> <p>Perform a short routine combining floor and vault elements</p>
Skills	<ul style="list-style-type: none"> - Push pass, dribble, intercept - Spatial awareness - Attacking and defending as a team 	<ul style="list-style-type: none"> - Dribbling with both hands - Chest pass, bounce pass, and receiving on the move - Set shot / basic shooting technique - Marking and intercepting 	<ul style="list-style-type: none"> - Short and long passes - Dribbling under pressure - Defending and intercepting 	<ul style="list-style-type: none"> - Forehand and backhand strokes - Footwork and timing - Serving and returning 	<p>Running events: Sprints, relay races, long distance</p> <p>Throwing: Vortex, javelin, welly throw,</p> <p>Jumping: Long jump, speed bounce,</p>	<ul style="list-style-type: none"> - Batting stance and swing - Catching from height or bounce - Throwing with accuracy 	<p>Action: march, lunge, strike, twist, lift, balance, stretch, reach</p>	<p>Handstand prep, cartwheel prep, core stability</p> <p>Sequencing, timing, flow, muscle awareness</p>
Vocab	<p>control, dribble pass, receive,</p>	<p>Dribble, pass, shoot, rebound,</p>	<p>pass, dribble,</p>	<p>rally, serve, return,</p>	<p>sprint, pace, jump, throw, distance,</p>	<p>strike, bowl, field, base, run, catch,</p>	<p>Dynamics: strong, sharp, flowing, heavy, smooth, light,</p>	<p>Handstand, Cartwheel, Core, Support,</p>

	intercept, tackle, space, defend, attack, teamwork map, route, checkpoint, compass, direction, symbol, communicate, plan, lead, teamwork	mark, intercept, defend, attack, space, teammate	shoot, defend, attack tackle, goal, position, teamwork, respect, space	forehand, backhand, control, aim, target, net, opponent	accuracy, relay, improve, effort, focus	throw, aim, position, teamwork	controlled Space: pathway, direction, formation, level, shape, area Relationships: unison, canon, mirror, contrast, group, solo, partner Structure: motif, phrase, sequence, transition, beginning–middle–end	Sequence, Routine, Springboard, Muscles, Land
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Year 4

Theme	Autumn 1 Lacrosse & OAA	Autumn 2 Netball	Spring 1 Football	Spring 2 Tennis	Summer 1 Athletics / Sports Day Preparation	Summer 2 Cricket & Rounders	Dance Developing movement motifs (a repeated sequence) showing the theme using cross curricular links from the science and literacy curriculum (Indoor provision)	Gymnastics (Indoor provision)
Content	<ul style="list-style-type: none"> - Learn grip, cradle, and pass techniques using lacrosse sticks - Develop movement into space and teamwork - Apply attacking and defending in small games - Develop map reading and route planning using simple compasses - Work collaboratively to solve physical and mental challenges - Reflect on teamwork and leadership 	<ul style="list-style-type: none"> - Consolidate all passes (chest, bounce, shoulder) and introduce overhead passing - Refine movement into space and defending skills - Play small-sided competitive games using endzones and hoops 	<ul style="list-style-type: none"> - Refine dribbling, passing, and shooting with control under pressure - Develop attacking combinations and defensive organisation - Play structured team matches 3v3 	<ul style="list-style-type: none"> - Refine forehand and backhand strokes with direction - Introduce serving and scoring rules - Develop rally consistency and positional play 	<ul style="list-style-type: none"> - Refine sprint starts and pacing for middle distance - Develop throwing for distance and accuracy (javelin, shot put) - Jump with improved technique for height and distance 	<ul style="list-style-type: none"> - Refine striking technique with both bat and racket - Develop bowling and fielding accuracy - Apply team tactics in small and full games 	<p>Pupils build on the control and creativity developed in Years 1, 2 and 3 and experiment with dynamics and levels</p> <p>Working in small groups on their created motifs; using unison, canon, and mirroring</p>	<p>Shapes with balance; Shapes vaulting (showing extension); Conditioning Stage 1 (sit ups, lower leg, shoulders)</p> <p>Rolling sideways (complex log/teddy with apparatus); Jumping from height with turn; Conditioning Stage 2 (core, support with movement, squats)</p>

Key Outcomes	<ul style="list-style-type: none"> - Demonstrate control and coordination using a lacrosse stick - Pass, catch, and move effectively - Apply simple tactics during gameplay <ul style="list-style-type: none"> - Plan and complete tasks effectively in groups - Communicate clearly and take responsibility for roles - Demonstrate trust, resilience, and evaluation skills 	<ul style="list-style-type: none"> - Apply all passing and footwork rules accurately - Demonstrate attacking and defending strategies - Show good spatial awareness and teamwork 	<ul style="list-style-type: none"> - Apply tactical understanding in attack and defence - Demonstrate consistency in passing and control - Show teamwork, resilience, and sportsmanship 	<ul style="list-style-type: none"> - Control and return with increasing accuracy - Apply tactics in singles and doubles games - Understand scoring and match etiquette 	<ul style="list-style-type: none"> - Perform with power control, and coordination - Measure, record, and evaluate performance - Demonstrate determination and sportsmanship 	<ul style="list-style-type: none"> - Strike and place shots effectively - Field with accuracy and teamwork - Apply scoring systems and understand rules 	<ul style="list-style-type: none"> - Can create imaginative, expressive choreography using formations, dynamics, and relationships effectively 	<ul style="list-style-type: none"> - Demonstrate extension and control in floor and vault shapes - Perform complex rolls with apparatus and controlled jump turns
Skills	<ul style="list-style-type: none"> - Stick handling and control - Passing, catching, cradling - Team tactics and positioning <ul style="list-style-type: none"> - Navigation and compass use - Strategic thinking - Leadership and teamwork 	<ul style="list-style-type: none"> - Advanced passing and marking - Movement and positioning - Shooting under pressure into the hoop 	<ul style="list-style-type: none"> - Passing and receiving on the move - Tackling and intercepting - Spatial awareness and teamwork 	<ul style="list-style-type: none"> - Serving and returning - Forehand/backhand strokes - Movement and positioning 	<ul style="list-style-type: none"> - Running events: Sprints, relay races, long distance - Throwing: Vortex, javelin, welly throw, chest push - Jumping: Long jump, speed bounce, standing high jump 	<ul style="list-style-type: none"> - Bowling and catching - Positioning and communication - Striking for accuracy 	<ul style="list-style-type: none"> - Move in cannon and unison - Can identify differences between unison, cannon and mirroring 	<ul style="list-style-type: none"> - Balance, extension, core control, shoulder strength, Apparatus use, rotational control, jumping, landing
Vocab	cradle, pass, catch, defend,	pass, pivot, shoot, defend,	dribble, pass, tackle, shoot,	serve, rally, return,	sprint, pace, throw, jump, distance,	strike, bowl, catch, field, base,	Phrase, motif, sequence	Extension, Balance, Vault, Core, Shoulder,

	attack, space, goal, team, stick, movement map, route, compass, direction, checkpoint, navigate, communicate, trust, lead, strategy	attack, space, intercept, position, teamwork, sportsmanship,	defend, intercept, goal, teamwork, respect, strategy	forehand, backhand, net, opponent, aim, point, court	power, relay, technique, personal best, effort	wicket, boundary, over, teamwork, fair play		Apparatus, Rotation, Turn, Jump, Support
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Year 5

Theme	Autumn 1 Lacrosse & OAA	Autumn 2 Netball	Spring 1 Football	Spring 2 Tennis	Summer 1 Athletics / Sports Day Preparation	Summer 2 Cricket & Rounders	Dance The unit encourages students to explore and interpret narrative aspects of Greek mythology through dance (Indoor provision)	Gymnastics (Indoor provision)
Content	<ul style="list-style-type: none"> - Refine control, passing, and shooting accuracy - Apply team strategies in attack and defense - Play structured competitive games with set positions - Plan and complete advanced orienteering and problem-solving tasks using compasses and grid references - Take on leadership roles within a group - Evaluate teamwork and adapt strategies 	<ul style="list-style-type: none"> - Consolidate all passes and introduce tactical awareness in gameplay - Apply positioning for attack and defense - Officiate simple matches using rules confidently 	<ul style="list-style-type: none"> - Apply advanced tactics including formations and teamwork - Refine dribbling, passing, and shooting under pressure - Play structured competitive games with reflection - Officiate and take Ownership of own matches 	<ul style="list-style-type: none"> - Refine technique in forehand, backhand, and serve - Develop tactics for singles and doubles play - Apply scoring, rules, and match etiquette 	<ul style="list-style-type: none"> - Develop consistency, speed, and endurance across all athletic events - Improve technique in throwing and jumping - Record and analyse performance data 	<ul style="list-style-type: none"> - Refine striking, bowling, and fielding under pressure - Apply tactics in competitive team games - Take on roles such as captain, coach, or umpire 	<ul style="list-style-type: none"> Use gesture, travel, jumps, and turns to bring myths to life Create duets with a clear beginning, middle, and end using counter balance and weight bearing 	<ul style="list-style-type: none"> Rolling forwards/backwards; Springboard technical jump; Conditioning Stage 3 (lower core, oblique, single leg strength) Transferring weight (cartwheel and handstand work); Squat/straddle over vault; Specific core and upper body strength

<p>Key Outcomes</p>	<ul style="list-style-type: none"> - Demonstrate control and power when passing and shooting - Apply tactics to create and defend space - Show teamwork and understanding of match rules <p style="color: green;">Confidently plan and navigate routes using symbols and maps</p> <ul style="list-style-type: none"> - Show initiative and leadership in team situations - Reflect on performance and suggest improvements 	<ul style="list-style-type: none"> - Use a range of passes in game situations - Demonstrate good positional play and awareness - Understand and apply basic umpiring skills 	<ul style="list-style-type: none"> - Combine skills effectively in competitive play - Adjust tactics depending on opposition - Show leadership, respect, and fair play - Demonstrate good decision making within the game - Understand the roles and responsibilities of the different positions in football 	<ul style="list-style-type: none"> - Maintain rallies with consistency and control - Use tactics to outwit opponents - Serve accurately and follow correct scoring systems 	<ul style="list-style-type: none"> - Perform with control and precision - Demonstrate improvement using self-evaluation - Compete with determination and good sportsmanship 	<ul style="list-style-type: none"> - Strike and field with accuracy and awareness - Work collaboratively to apply defensive and attacking tactics - Demonstrate leadership and decision-making 	<p>Perform a class dance clearly and expressively incorporating duets and larger groups</p> <p>Encourage students to discuss peers' performances using appropriate dance vocabulary and understand refining and improving</p>	<p>Refine rolling technique and introduce single-leg strength elements</p> <p>Demonstrate controlled cartwheel and handstand; improve upper body power</p>
<p>Skills</p>	<ul style="list-style-type: none"> - Passing under pressure - Shooting accuracy - Tactical movement and marking <p style="color: green;">- Map reading and compass bearings</p> <p style="color: green;">- Communication</p>	<ul style="list-style-type: none"> - Advanced movement into space - Marking and intercepting - Game management if losing strategies to get back into the game - if winning what can we do hold on 	<ul style="list-style-type: none"> - Dribbling, passing and shooting in combination - Pressing and defending - Movement off the ball - Greater understanding of the game 	<p>Forehand and backhand placement</p> <ul style="list-style-type: none"> - Serving under control - Positioning 	<p>Running events: Sprints, relay races, long distance, hurdles</p> <p>Throwing: Vortex, javelin, welly throw, chest push</p> <p>Jumping: Long jump, speed bounce, standing</p>	<ul style="list-style-type: none"> - Bowling consistency - Batting placement - Team strategy and communication 	<p>Travel, Leap, turn, jump, balance, stretch , curl , roll, twist , reach</p>	<p>Core work, rolling technique, take-off control, Handstand, cartwheel, squat vault, strength</p>

	and teamwork - Leadership and reflection	to the lead			high jump, triple jump			
Vocab	cradle, pass, shoot, mark, intercept, defend, attack, possession, transition, teamwork	pivot, intercept, defend, attack, position, umpire, pass, shoot, turnover, teamwork	formation, press, attack, defend, transition, teamwork, respect, position, strategy, control, officiate	serve, rally, forehand, backhand, volley, spin, tactic, opponent, deuce, advantage	- Sprinting with technique - Jumping for power - Throwing for accuracy -personal best	bat, bowl, field, wicket, over, boundary, innings, strategy, teamwork, umpire	Levels, (high, medium, low) Direction, pathway (straight, curved, zigzag) formation, focus, counter balance	Core, Oblique, Single-leg, Strength, Roll, Transference, Power, Upper body, Cartwheel

Year 6

Theme	Autumn 1 Tag Rugby & OAA	Autumn 2 Netball	Spring 1 Football	Spring 2 Badminton	Summer 1 Athletics / Sports Day Preparation	Summer 2 Cricket & Rounders	Dance Choreograph a whole year group dance performance to celebrate the end of Year 6 and culmination of dance at Belleville (Indoor provision)	Gymnastics (Indoor provision)
Content	<ul style="list-style-type: none"> - Refine passing, catching, and evasion skills under pressure - Apply attacking and defending] tactics in competitive games - Understand rules and positions in tag rugby - Plan and complete orienteering challenges using advanced map and compass skills - Lead team challenges with minimal teacher input - Reflect on communication 	<ul style="list-style-type: none"> - Apply all passing and movement skills confidently - Adapt tactics in attack and defence - Lead small teams or officiate full matches 	<ul style="list-style-type: none"> - Refine control, passing, shooting, and tackling with precision - Implement tactical formations and strategies - Manage small teams during games or tournaments - Participate in 5v5 matches 	<ul style="list-style-type: none"> - Refine control and consistency of serves and returns - Apply tactics in singles and doubles play - Understand scoring systems and match etiquette 	<ul style="list-style-type: none"> - Refine technique and power in running, jumping, and throwing - Develop pacing, endurance, and performance analysis - Compete against personal bests and in teams 	<ul style="list-style-type: none"> - Refine bowling, striking, and fielding with control - Apply team tactics and field placements - Lead or umpire competitive matches 	<p>Create a dance using unison, canon and solos incorporating travel, jump, turn and gesture around a given theme to be decided by the students</p>	<p>Transferring weight (one-handed cartwheel, varied finishes); Partner/group balances; Squat/straddle through higher vault; Specific leg shaping</p> <p>Routine and sequencing (floor work); Partner/group routines; Specific strength (naming muscles and functions)</p>

	and problem-solving							
Key Outcomes	<ul style="list-style-type: none"> - Apply tactics effectively in game situations - Demonstrate control, teamwork, and decision-making - Show respect and fairness in competition <p>Independently plan, navigate, and adapt routes</p> <ul style="list-style-type: none"> - Demonstrate strong leadership and teamwork - Evaluate strategies and suggest improvements 	<ul style="list-style-type: none"> - Demonstrate control and accuracy in all game situations - Apply complex tactics in competitive play - Show independence in officiating and leadership 	<ul style="list-style-type: none"> - Apply tactical understanding independently - Understand roles and responsibilities of a variety of playing positions - Show leadership, sportsmanship, and resilience 	<ul style="list-style-type: none"> - Maintain long rallies with timing and control - Adapt tactics to exploit opponents' weaknesses - Show independence and self-evaluation 	<ul style="list-style-type: none"> - Show control, consistency, and competitive focus - Measure and analyse performance accurately - Demonstrate determination and leadership 	<ul style="list-style-type: none"> - Demonstrate precision and control under pressure - Apply advanced tactics and decision-making - Lead teams with confidence and fairness 	<p>A celebration of Dance at Belleville to be performed on the last day of term for parents and carers outside in the playground.</p> <p>Prepare and perform confidently to an audience</p>	<p>Perform partner balances and higher vaults with control</p> <p>Create and perform complex group routines demonstrating control and understanding of muscles</p>
Skills	<ul style="list-style-type: none"> - Passing backwards - Supporting play - Tagging and defending <p>Advanced map reading</p> <ul style="list-style-type: none"> - Compass bearings and grid references - Leadership, reflection, and resilience 	<ul style="list-style-type: none"> - Tactical awareness - Communication and positioning - Umpiring and decision-making 	<ul style="list-style-type: none"> - Refine, dribbling, passing & shooting skills. - Movement off the ball - Team communication - Running with the ball 	<ul style="list-style-type: none"> - Serving under control - Smash and drop shots - Positional awareness 	<p>Running events: Sprints, relay races, long distance, hurdles, hurdle relays</p> <p>Throwing: Vortex, javelin, welly throw, chest push</p> <p>Jumping: Long jump, speed bounce, standing high jump, triple jump</p>	<ul style="list-style-type: none"> - Bowling consistency - Batting placement and timing - Fielding coordination 	<p>To choreograph a whole year group dance and perform in front of a large audience</p>	<p>Partner work, balance, shaping, landing, Sequencing, teamwork, choreography, strength awareness</p>

Vocab	pass, tag, defend, attack, space, offside, support, teamwork, strategy, fair play Compass, bearings, navigate, coordinate, strategy, evaluate, resilience, teamwork, lead, adapt	pass, pivot, intercept, defend, attack, position, umpire, tactic, transition, accuracy, GK, GD, C, GA, GS	formation, press, pass, dribble, defend, counter, attack, teamwork, respect, strategy, goalkeeper, defender, midfielder, striker	serve, return, rally, drop shot, smash, court, doubles, singles, advantage, tactic	sprint, stamina, technique, relay, measure, distance, pace, endurance, record, improve, personal best	bowl, strike, field, wicket, innings, boundary, over, teamwork, tactic, umpire	Dynamics Fast, slow, strong, light, flowing. Relationships Unison, canon, mirroring, support Space Pathway, formation, personal space, general space	Balance, Partner, Group, Vault, Shape, Routine, Sequence, Muscle groups, Function
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