Reception

Outdoor

Introduction to PE Unit 2 (outdoor)

To know how to keep safe when moving + To move around safely in a space. (Lesson 1)

To know the importance of following instructions. + To follow instructions. (Lesson 2)

To know how to use equipment safely + To use equipment safely. (Lesson 3)

To know how to work with others + To play safely in a small group. (Lesson 4)

To know how to take turns + To take turns following a path. (Lesson 5)

To know what cooperation means + To work cooperatively with a partner.(Lesson 6)

Introduction to PE Unit 1 (outdoor)

To know what space means + To move safely in spaces. (Lesson 1)

To know what stop means + To stop with control. (Lesson 2)

To know how to use equipment safely + To use equipment safely. (Lesson 3)

To know different ways of travelling + To move in different ways whilst following a path. (Lesson 4)

To know what cooperation means + To work cooperatively with a small group. (Lesson 5)

To know what copy means + To follow and copy a partner. (Lesson 6)

Games Unit 2 (outdoor)

To know how to catch a ball + To catch a ball. (lesson 1)

To know what speed mean + To adjust direction or speed when playing games. (Lesson 2)

To know what an opponent is + To play against an opponent. (Lesson 3)

To know what rules are + To follow rules when playing a game. (Lesson 4)

To know how to control an object + To develop control over an object. (Lesson 5)

To know what teamwork means + To work cooperatively in a team. (Lesson 6)

Ball Skills Unit 1 (outdoor)

To know how to roll a ball + To roll a ball to a target. (lesson 1)

To know how to stop a rolling ball + To stop a rolling ball. (Lesson 2)

To know how to throw a ball + To throw a ball to a target. (Lesson 3)

To know how to bounce a ball + To bounce a ball and catch. (Lesson 4)

To know how to dribble a ball using feet + To dribble a ball using feet. (Lesson 5)

To know how to kick a ball + To kick a ball to a target. (Lesson 6)

Ball skills unit 2 (outdoor)

To know what track means + To track a ball. (lesson 1)

To know what a target is + To throw to a target. (Lesson 2)

To know how to dribble a ball using hands + To dribble a ball using hands. (Lesson 3)

To know how to throw and catch to a partner + To throw and catch to a partner. (Lesson 4)

To know how to dribble a ball using feet well + To develop dribbling a ball using feet. (Lesson 5)

To know how to kick a ball well + To develop kicking a ball to a target. (Lesson 6)

Fundamentals unit 2

(outdoor)

To know what initiate means + To initiate new combinations of balance to express ideas. (lesson 1)

To know how to travel with confidence + To travel with confidence. (Lesson 2)

To know the importance of safety + To manage risks. (Lesson 3)

To know how to manage risks + To practise appropriate safety measures without direct adult supervision. (Lesson 4)

To know how to manage risks + To practise appropriate safety measures without direct adult supervision. (Lesson 5)

To know how to travel using equipment + To

					explore ways of travelling using equipment. (Lesson 6)
		Ind	<u>oor</u>		
Fundamentals Unit 1 (indoor)	Gymnastics Unit 2 (indoor)	Dance Unit 2 (indoor)	Gymnastics Unit 1 (indoor)	Games Unit 1 (indoor)	Dance Unit 1 (indoor)
To know what makes a good balance + To balance on one foot. (Lesson 1)	To know how to make different shapes using the body + To make shapes copying short sequences. (Lesson 1)	To know that music is needed for dance + To imitate movement in response to music. (lesson 1)	To know how to make shapes using the body + To create own shapes. (lesson 1)	To know how to run and stop safely + To develop running and stopping with control. (lesson 1)	To know a range of movements + To move confidently in a range of ways. (lesson 1)
To know how to run + To run freely and with pleasure and confidence. (Lesson 2)	To know what makes a good balance + To develop balance using apparatus.(Lesson 2)	To know dance is used to express feelings + To develop moving rhythmically. (lesson 2)	To know how to transport apparatus safely + To create shapes whilst on apparatus. (Lesson 2)	To know how to keep score + To keep score when throwing. (Lesson 2)	To know why space is important + To show an awareness of space. (Lesson 2)
To know how to change direction + To run changing direction. (Lesson 3)	To know how to land safely + To jump off an object and land safely. (Lesson 3)	To know dance is a form of expression + To develop preferences for forms of expression.	To know how to take weight on different body part s+ To take weight on different body parts. (Lesson 3)	To know the different roles within games + To play games with different roles. (Lesson 3)	To know what an action is + To remember and repeat actions. (Lesson 3) To know dances are a
To know how to jump + To jump with pleasure and confidence. (Lesson 4)	To know how to rock and roll + To rock and roll with control. (Lesson 4)	(lesson 3) To know movement can be used to express feelings + To use	To know how to jump and land well + To jump and land with control. (Lesson 4)	To know why exercise is important + To explore the affects of exercise on the body. (Lesson 4)	combination of movements + To link, copy and repeat actions. (Lesson 4)
To know how to hop + To hop with pleasure and confidence. (Lesson 5)	To know how to travel around, over and through apparatus + To explore travelling around, over and through	movement to express feelings. (lesson 4) To know what repeat means + To copy simple	To know how to rock and roll well + To develop rocking and rolling. (Lesson 5)	To know the importance of taking turns + To take turns in games. (Lesson 5)	To know what communicate means + To communicate ideas through movement. (Lesson 5)
To know different ways of travelling + To explore different ways to travel. (Lesson 6)	apparatus.(Lesson 5)	repeated rhythms. (lesson 5)	To know what sequence means + To create short	To know how to work well as a team + To play	To know what represent means + To represent

To know what link means + To link actions together. (Lesson 6)	To know what create means + To create movement in response to music. (lesson 6)	sequences linking actions together. (Lesson 6)	games as part of a team. (Lesson 6)	own ideas through dance.(Lesson 6)

Outdoor

Fundamentals	Team Building	Ball Skills (outdoor)	Invasion (outdoor)	Athletics (outdoor)	Net and Wall		
(outdoor)	(outdoor)				(outdoor)		
To know what		To know the names	To know what	To know			
control means + To	To know what	of different balls +	possession means	movements can be	To know what the		
balance and move	instructions are +	To explore different	+ To dribble	done at different	ready position is +		
with control.	To listen and follow	ball handling skill.	towards a goal	speeds + To run at	To defend using		
(Lesson 1)	instructions	(Lesson 1)	using feet. (Lesson	different speeds.	the ready position.		
	(Lesson 1)		1)	(Lesson 1)	(Lesson 1)		
To know what		To know how to roll					
stability means +	To know what	a ball accurately +	To know what a	To know key points	To know what		
To develop	communication	To roll a ball to hit a	defender is + To	for balance and	makes a good		
balance, stability	means + To solve	target. (Lesson 2)	practise passing to	stability + To	ready position + To		
and landing safely.	challenges with a		a teammate.	develop a	develop defending		
(Lesson 2)	partner. (Lesson 2)	To know how to	(Lesson 2)	foundation for	using the ready		
		stop a rolling ball +		balance and	position. (Lesson 2)		
To know different	To know what co-	To stop a rolling	To know how to	stability. (Lesson 2)			
ways of moving +	operation means +	ball. (Lesson 3)	dribble using hands		To know what an		
To explore moving	To listen to others		+ To move towards	To know the key	opponent is + To		
at different speeds.	and take turns.	To know how to	a goal with the ball.	points for agility	play against an		
(Lesson 3)	(Lesson 3)	dribble a ball using	(Lesson 3)	and coordination +	opponent. (Lesson		
		feet + To dribble a		To develop agility	3)		
To know what	To know the	ball using feet.	To know how to	and coordination.			
direction means +	elements of good	(Lesson 4)	throw to a	(Lesson 3)	To know how to		
To change	teamwork + To		teammate + To		hold a racket		
direction. (Lesson	explore teamwork	To know how to	support a	To know the	correctly + To		
4)	skills. (Lesson 4)	kick a ball + To kick	teammate when in	difference between	develop control		
		a ball with control.	possession.	hop, jump and leap	when holding a		
To know the	To know the	(Lesson 5)	(Lesson 4)	+ To explore	racket. (Lesson 4)		
difference between	elements of good			hopping, jumping			
	communication +						

jump, hop and skip + To explore jumping, hopping and skipping actions. (Lesson 5) To know the key elements for skipping + To develop skipping skills. (Lesson 7)	To develop communication skills. (Lesson 5) To know how to communicate effectively + To use communication skills. (Lesson 6) To know the elements of good co-operation + To	To know the rules of kick cricket + To play kick cricket. (Lesson 5)	To know why moving into space is important + To move into space showing an awareness of defenders. (Lesson 5) To know what dodge means + To use dodging to lose a defender.	nad leaping for distance. (Lesson 4) To know what is important to land safely + To develop balance when jumping and landing. (Lesson 5) To know what an obstacle is + To	To know different ways of using a racket and ball + To develop racket and balls skills. (Lesson 5) To know what send means + To send a ball using a racket. (Lesson 6) To know how to			
fundamental skills + To practise fundamental skills. (Lesson 8)	work with a partner/team to solve problems. (Lesson 7)		(Lesson 6)	travel over obstacles. (Lesson 6)	send a ball over a net + To practise sending a ball over a net. (Lesson 7)			
<u>Indoor</u>								
Fitness (indoor)	Gymnastics (indoor)	Dance (indoor)	Skip to be fit (Not Get set for PE – indoor)	Sending and receiving (indoor)	Striking and fielding (indoor)			
To know how to run for longer periods of time + To run for longer periods of time. (Lesson 1)	To know what travel means + To explore ways of travelling. (Lesson 1)	To know what a pose is + To move in tie with the music including a pose. (Lesson 1)	To know skipping actions + To practise skipping actions.	To know what send means + To roll a ball towards a target. (Lesson 1)	To know how to aim at a target accurately + To roll a ball towards a			

target. (Lesson 1)

To know what	To know your body	To know what a	To know the	To know how to	
coordination means	can make different	stimulus is + To	elements needed	receive a moving	To know how to
+ To develop	shapes + To make	respond	for skipping. + To	ball + To receive a	track an object +
coordination.	different shapes	imaginatively to a	practise skipping	rolling ball. (Lesson	To track a rolling
(Lesson 2)	with your body.	stimulus. (Lesson	with a rope.	2)	ball and collect it.
,	(Lesson 2)	2)		,	(Lesson 2)
To know that timing			To know what is	To know how to	
is important + To	To know what	To know what a	needed for good	stop a rolling ball +	To know how to
develop timing	balance means +	theme means + To	skipping + To	To stop a rolling	throw a ball
when jumping.	To practise	copy, remember	record	ball. (Lesson 3)	underarm + To
(Lesson 3)	different balances.	and repeat actions	performance.		develop throwing
	(Lesson 3)	with a theme.		To know the key	and catching skills.
To know the key		(Lesson 3)	To know what is	elements needed	(Lesson 3)
elements for	To know what jump		needed for good	for sending and	
skipping + To	means + To	To know what	skipping + To	receiving + To	To know how to
develop skipping	practise different	choreography	develop skipping	develop send and	throw a ball
skills. (Lesson 4)	jumps. (Lesson 4)	means + To	skill.	receiving skills.	overarm + To throw
		choose actions that		(Lesson 4)	and catch with
To know what	To know what roll	represent a theme.	To know what is		accuracy. (Lesson
stamina is + To	means + To	(Lesson 4)	needed for good	To know the key	4)
develop stamina.	practise different	_ , , ,	skipping + To	elements needed	
(Lesson 5)	rolls. (Lesson 5)	To know what	record performance	for throwing and	To know how to
T. L L. (T. I	makes a good	T. I	catching + To	strike a ball + To
To know what	To know that	dance + To create	To know how to	practise throwing	strike a ball.
agility means + To	muscles give	a dance. (Lesson	compare	and catching skills.	(Lesson 5)
develop agility.	strength + To build	7)	performance + To	(Lesson 5)	To know what
(Lesson 6)	strength through different	To know what	compare performance.	To know the key	retrieve means +
To know what	movements.	perform means +	penomance.	To know the key elements needed	To retrieve a ball
exercise is + To	(Lesson 6)	To perform a dance		for throwing and	when fielding
explore exercises	(LC33011 0)	to an audience.		catching + To	(Lesson 6)
evhinic evernings		(Lesson 8)		develop throwing	(L633011 0)
		(Lesson o)	L	develop unowing	

using own body	To know how to get		and catching skills.	To know the role of
weight. (Lesson 7)	out apparatus		(Lesson 6)	the batter, bowler
	safely + To use			and fielder + To
	apparatus sensibly			play small sided
	and safely. (Lesson			games including
	7)			each role. (Lesson
				7)

Year 2 Outdoor **Fundamentals Net and Wall Ball Skills (outdoor)** Invasion (outdoor) **Team Building** Athletics (outdoor) To know the names To know what a (outdoor) (outdoor) To know what sprint (outdoor) To know what control of different balls + To defender is + To To know what makes To know what means + To practise means + To balance explore different ball a good ready position practise passing to a communication sprinting action. and move with handling skills. teammate. (Lesson + To develop (Lesson 1) means + To solve control. (Lesson 1) (Lesson 1) 2) defending using the challenges with a ready position. partner. (Lesson 2) To know what rhythm To know what To know how to roll a To know how to (Lesson 2) means + To develop stability means + ball accurately + To throw to a teammate

			1		
develop balance,	To know what co-	roll a ball to hit a	+ To support a	rhythm travelling over	To know what an
stability and landing	operation means +	target. (Lesson 2)	teammate when in	obstacles. (Lesson 2)	opponent is + To
safely. To (Lesson 2)	To listen to others		possession. (Lesson		play against an
	and take turns.	To know what throw	4)	To know the key	opponent. (Lesson 3)
To know different	(Lesson 3)	and catch means +		elements for good	
ways of moving + To		To throw and catch a	To know why moving	jumping + To	To know how to hold
explore moving at	To know the	ball. (Lesson 6)	into space is	practise jumping for	a racket correctly +
different speeds.	elements of good		important + To move	distance (Lesson 4)	To develop control
(Lesson 3)	teamwork + To	To know how to	into space showing		when holding a
	explore teamwork	dribble a ball using	an awareness of	To know the key	racket. (Lesson 4)
To know what	skills. (Lesson 4)	hands + To dribble a	defenders. (Lesson	elements for high	
direction means + To		ball using hands	5)	quality jumping + To	To know different
change direction.	To know the	(Lesson 7)		practise jumping for	ways of using a
(Lesson 4)	elements of good		To know what dodge	height. (Lesson 5)	racket and ball + To
	communication + To	To know the rules of	means + To use		develop racket and
To know the	develop	basketball + To play	dodging to lose a	To know the key	balls skills. (Lesson
difference between	communication skills.	basketball. (Lesson	defender. (Lesson 6)	elements for throwing	5)
jump, hop and skip +	(Lesson 5)	7)		+ To develop	
To explore jumping,			To know why it is	throwinig for	To know what send
hopping and skipping	To know how to	To know different	important to stay with	distance. (Lesson 6)	means + To send a
actions. (Lesson 5)	communicate	ways of using a ball	a defender + To stay		ball using a racket.
	effectively + To use	+ To use a variety of	with a player when	To know the key	(Lesson 6)
To know the key	communication skills.	ball skills. (Lesson 8)	defending, (Lesson	elements for good	
elements for skipping	(Lesson 6)		7)	throwing + To	To know how to send
+ To develop				develop throwing for	a ball over a net + To
skipping skills.	To know the		To know what the	accuracy. (Lesson 7)	practise hitting a ball
(Lesson 7)	elements of good co-		aim of a game is +		over a net. (Lesson
	operation + To work		To take a ball	To know athletic	7)
To know fundamental	with a partner/team		towards the goal.	skills + To use	
skills + To practise	to solve problems.		(Lesson 8)	athletic skills.	To know the
fundamental skills.	(Lesson 7)			(Lesson 8)	elements to make
(Lesson 8)					sure the ball gets
	To know the				over the net + To
	elements of good				develop hitting a ball
	communication + To				

	work with a partner/team to solve problems. (Lesson 8)				over a net. (Lesson 8)
		<u>Ind</u>	<u>oor</u>		
Fitness (indoor) To know what coordination means + To develop coordination. (Lesson 2) To know that timing is important + To develop timing when	Gymnastics (indoor) To know some basic body shapes + To copy a sequence. (Lesson 1) To know what balance means + To create balances	Dance (indoor) To know what level means + To link movements. (Lesson 2) To know what expression means + To explore actions	To swim competently, confidently and proficiently over a distance of at least 25m.	Sending and receiving (indoor) To know how to stop a rolling ball + To stop a rolling ball. (Lesson 3) To know the key elements needed for	Striking and fielding (indoor) To know how to track an object + To track a rolling ball and collect it. (Lesson 2) To know how to throw a ball
jumping. (Lesson 3) To know the key elements for skipping + To develop skipping skills. (Lesson 4)	using body shapes. (Lesson 2) To know what level means + To explore travelling at different levels. (Lesson 3)	and expressions. (Lesson 3) To know what unison means + To perform in unison. (Lesson 4) To know what make	To use a range of strokes. To perform safe self-rescue in different water based situations.	sending and receiving + To develop send and receiving skills. (Lesson 4) To know the key elements needed for	underarm + To develop throwing and catching skills. (Lesson 3) To know how to throw a ball overarm + To throw and catch
To know what stamina is + To develop stamina. (Lesson 5) To know what agility means + To develop agility. (Lesson 6)	To know how to get out apparatus safely + To use apparatus sensibly and safely. (Lesson 4) To know how to land safely + To practise landing safely when jumping. (Lesson 5)	a high quality dance + To create a dance with a partner. (Lesson 6) To know what dynamics means + To use dynamics in a dance. (Lesson 7)		throwing and catching + To practise throwing and catching skills. (Lesson 5) To know the key elements needed for throwing and catching + To	with accuracy. (Lesson 4) To know how to strike a ball + To strike a ball. (Lesson 5) To know what retrieve means + To

To know what		To know what	develop throwing and	retrieve a ball when
exercise is + To	To know the names	perform means + To	catching skills.	fielding (Lesson 6)
explore exercises	of some rolls + To	perform a dance with	(Lesson 6)	,
using own body	link movements	a partner to an		To know the role of
weight. (Lesson 7)	together. (Lesson 6)	audience. (Lesson 8)	To know how to hold	the batter, bowler
			a hockey stick	and fielder + To play
To know the	To know what a		correctly + To send	small sided games
elements for agility,	sequence is + To		and receive with a	including each role.
balance and	create a sequence		hockey stick. (Lesson	(Lesson 7)
coordination + To	using apparatus.		7)	
develop agility,	(Lesson 8)			To know how to
balance and			To know how to hold	score points + To
coordination. (Lesson			a racket correctly +	play kick rounders.
8)			To send and receive	(Lesson 8)
			using a racket.	
			(Lesson 8)	

Year 3 outdoor

Hockey (outtdoor)	Basketball (outtdoor)	Football (outtdoor)	Golf (outtdoor)	Athletics (outtdoor)	OAA (outtdoor)
To know what is meant by open stick + To practise open stick dribbling. (Lesson 1)	To know what attach means + To practise the attacking skill of dribbling. (Lesson 1)	To know what dribble means + To dribble a ball with control. (Lesson 1) To know what	To know how to hit with control +To hit a ball with control at a target. (Lesson 1)	To know what technique means + To develop sprinting technique. (Lesson 1)	To know what teamwork means + To develop teamwork skills. (Lesson 1)
To know how to send a ball using a push pass + To practise sending a ball with a push pass. (Lesson 2) To know how to receive a ball + To	To know what protective dribbling means + To use protective dribbling against an opponent. (Lesson 2) To know the difference between	being under pressure means + To dribble a ball with control under pressure. (Lesson 2) To know how to pass accurately + To pass to a	To know what a shot is + To hit a shot with accuracy (Lesson 2) To know what putting is + To putt through a hole. (Lesson 3)	To know what a relay is + To practise changeover in a relay. (Lesson 2) To know what fluency means + To develop fluency running over	To know what communication means + To communicate effectively with a partner. (Lesson 2) To know what trust means + To follow and give

practise receiving a ball. (Lesson 3)	a bounce pass and a chest pass + To	teammate. (Lesson 3)	To know what chipping is + To	obstacles. (Lesson 3)	instructions. (Lesson 3)
To know what is mean by reverse stick + To practise dribbling a ball using reverse stick. (Lesson 4) To know the role of a defender + To beat a defender by dribbling the ball. (Lesson 5) To know what is meant by an open stick tackle + To use an open stick tackle. (Lesson 7)	practise the bounce pass and chest pass. (Lesson 3) To know how to jump stop and pivot + To perform a jump stop and pivot. (Lesson 4) To know the key elements for a good defender + To lose a defender. (Lesson 5) To know what a set shot is + To develop a technique for the set shot. (Lesson 7) To know the rules of Basketball + To apply skills to Basketball. (Lesson 8)	To know why it important to move + To pass and move. (Lesson 4) To know that different body parts can be used to control the ball + To practise controlling the ball with different body parts. (Lesson 5) To know what an inside and outside hook is + To use and inside and outside hook to change direction. (Lesson 6)	chip a ball down the course. (Lesson 4) To know how to play a short game + To use putting and chipping skills to score points. (Lesson 5) To know what a long game is + To hit a ball for distance. (Lesson 6)	To know how to take off effectively + To develop jumping from different take off positions. (Lesson 4) To know how to land safely + To develop jumping for height. (Lesson 5) To know the key elements for high quality throwing + To develop throwing for distance and accuracy. (Lesson 6) To know what a pull throw is + To throw for distance in a pull throw. (Lesson 7)	To know the key elements of teamwork + To develop planning and problem solving skills. (Lesson 4) To know what makes good teamwork + To involve all team members. (Lesson 5) To know how support can be given + To accept support if needed. (Lesson 6) To know what a map is + To follow a simple map. (Lesson 7)

	<u>Indoor</u>									
Swimming (indoor)	Swimming (indoor)	Gymnastics (indoor)	Dance (indoor)	Dodgeball (indoor)	Rounders (indoor)					
To swim competently, confidently and proficiently over a distance of at least 25m.	To swim competently, confidently and proficiently over a distance of at least 25m.	To know what makes a good balance + To create a points and patch balance. (Lesson 1)	To know what stimulus means + To create actions in response to a stimulus. (Lesson	To know the rules of dodgeball + To play a mini game. (Lesson 1) To know how to	To know what tactics are + To play different roles in a game. (Lesson 2)					
To use a range of strokes.	To use a range of strokes.	To know how to travel at different levels + To link	To know what contact and interact	throw a ball + To throw at a target. (Lesson 2)	To know the rules of bowling + To develop bowling action. (Lesson 3)					
To perform safe self-rescue in different water based situations.	To perform safe self-rescue in different water based situations.	balancing and travelling using apparatus. (Lesson 2) To know what makes a good jump + To link jumps and balances using apparatus. (Lesson 3) To know what	means + To create movements that make contact/interact with a partner (Lesson 2) To know how dynamics affect actions + To select actions that represent an idea. (Lesson 3)	To know how to aim accurately + To throw at a moving target. (Lesson 3) To know how to jump, dodge and duck + To use jumps, dodges and ducks. (Lesson 4) To know how to catch + To develop	To know runs need to be outside of the base + To make decisions when to start and stop. (Lesson 4) To know the role of the fielder + To field a ball using two hand pick up (Lesson 5)					
		makes a good roll + To link rolls and	(Lesson 3)	catching from	(Lesson 5)					

jumps using apparatus. (Lesson 4) To know what transition means + To transition into and out of balances. (Lesson 5) To know what matching and contrasting means + To make matching and contrasting shapes. (Lesson 6) To know the names of gymnastic equipment + To explore gymnastic skills using hoops. (Lesson 7)	To know elements that make a high quality dance + To create a dance with a partner. (Lesson 5) To know the importance of space and timing + To use space and timing. (Lesson 6) To know what transition means + To perform a dance in a group. (Lesson 8)	different heights. (Lesson 5) To know how to catch in different ways + To use whole body to catch. (Lesson 6)	To know where to hit the ball + To develop batting technique (Lesson 6) To know the rules of rounders + To bat as part of a team. (Lesson 7) To know the rules of Rounders + To follow the rules for Rounders. (Lesson 8)
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Outdoor

ntry (outdoor – Not Get	Athletics	OAA (outdoor)
3)	(outdoor)	To know what
what a been test is ±	To know why	communication
•	,	means + To
	•	communicate
	•	effectively with a
what distance means		•
		partner. (Lesson
es.		2)
=	(Lesson 1)	To know what
	To know why	
· (· · · · · · ·)	•	trust means + To
running can be done	•	follow and give
•	<u> </u>	instructions.
		(Lesson 3)
es.		To know the key
g For Distance	(L635011 Z)	To know the key elements of
	To know the key	teamwork + To
, ,	,	develop planning
what pace means +		and problem
	•	solving skills.
		(Lesson 4)
s – Train Times	•	(LC33011 +)
	,	To know what
	<u>,</u>	makes good
key elements for	To know what	teamwork + To
over longer distances		involve all team
at least 600m.	•	mitorio dii todili
	, '	
	what a beep test is + d performance. youtube.com/watch?v=e0U yQITBks what distance means over longer s. For Distance s - Activity 1 (Twinkl) running can be done ent speeds + To vary ed run over longer s. For Distance s - Activity 2 (Twinkl) what pace means + lop pace. For Distance s - Train Times key elements for over longer distances	(outdoor) To know why pace is important + To develop pace in relation to distance. (Lesson 1) To know why pace is important + To develop pace in relation to distance. (Lesson 1) To know why pace is important + To develop pace in relation to distance. (Lesson 1) To know why power is important + To develop power when sprinting. (Lesson 2) To know the key elements for a relay + To develop technique in relays. (Lesson 3) To know the key elements for a relay + To develop technique in relays. (Lesson 3)

moving. (Lesson		change direction.	To know how to compare	for distance.	members.
4)	To know how to	(Lesson 6)	performance + To compare	(Lesson 4)	(Lesson 5)
	support a		performance.		
To know the key	teammate when	To know how	https://www.youtube.com/watch?v=e0U_yQITBks	To know how to	To know how
elements for	attacking + To	jockeying/tracking		do a vertical	support can be
defending + To	support a	works + To		jump + To	given + To accept
defend an	teammate when	jockey/track an		practise vertical	support if needed.
opponent to win the ball. (Lesson	attacking. (Lesson 5)	opponent. (Lesson		jumps. (Lesson 5)	(Lesson 6)
5)	(Lesson 3)	7)		3)	To know what a
3)	To know how to	To know the rules		To know what	map is + To
To know how to	dodge + To	of football + To		power does +	follow a simple
shoot a ball + To	dodge a	apply skills to		To develop	map. (Lesson 7)
practise shooting	defender and	Football. (Lesson		power when	,
action. (Lesson	move into space.	8)		throwing for	To know what
6)	(Lesson 7)			distance.	orientate means +
To los our the				(Lesson 6)	To orientate and
To know the				To know the key	navigate around a
rules of Netball + To apply skills to				To know the key elements of a	grid. (Lesson 8)
Netball. (Lesson				pull throw + To	
7)				develop	
' '				throwing for	
				distance in a	
				pull throw.	
				(Lesson 7)	
	<u> </u>				

<u>Indoor</u>

Fitness (indoor)	Gymnastics	Swimming (indoor)	Swimming (indoor)	Dodgeball	Cricket (indoor)
	(indoor)			(indoor)	
To know what		To swim	To swim competently,		To know what
your body can	To know how to	competently,	confidently and proficiently	To know how to	makes a good
do + To develop	be safe when	confidently and	over a distance of at least	aim accurately +	underarm bowl +
basic fitness.	working with a	proficiently over a	25m.	To throw at a	To develop
(Lesson 1)	partner + To	distance of at least		moving target.	underarm bowling
	create partner	25m.	To use a range of strokes.	(Lesson 3)	technique.
To know ways	balances.				(Lesson 1)
different ways of	(Lesson 1)	To use a range of	To perform safe self-rescue in	To know how to	
building strength		strokes.	different water based	jump, dodge	To know what
+ To build	To know what	_ , ,	situations	and duck + To	makes a good
strength using	rotation means +	To perform safe		use jumps,	bowler + To
own body	To practise	self-rescue in		dodges and	develop bowling
weight. (Lesson	rotation jumps.	different water		ducks. (Lesson	action. (Lesson 2)
3)	(Lesson 2)	based situations		4)	
					To know how to
To know what	To know how to			To know how to	hold a cricket bat
coordination	roll safely + To			catch + To	correctly + To
means + To	create a			develop	develop batting
develop	sequence using			catching from	technique.
coordination by	a roll, balance			different	(Lesson 3)
completing	and jump.			heights.	To les ou unbot
actions. (Lesson	(Lesson 3)			(Lesson 5)	To know what
4)	To know what an			To know how to	makes a good fielder + To field a
To know what	inverted			catch in	
agility means +	movement is +			different ways +	ball using a two hand pick up.
To develop	To practise			To use whole	(Lesson 5)
agility by	some inverted			body to catch.	(L635011 3)
completing	movements.			(Lesson 6)	To know what
Completing	(Lesson 5)			(20000110)	makes a good
	(ressou 3)				makes a good

actions. (Lesson			To know how to	overarm bowl +
5)	To know what a		block + To block	To develop
,	pathway is + To		using the ball.	overarm bowling
To know what	explore		(Lesson 7)	technique.
balance means	pathways.		,	(Lesson 6)
+ To develop	(Lesson 6)		To know the	
balance by			rules of	To know what
completing	To know how to		Dodgeball + To	makes a good
actions. (Lesson	build a sequence		follow the rules	batter, bowler and
6)	+ To create a		when playing	fielder + To play
To know what	sequence to		Dodgeball.	small sided
stamina means	include		(Lesson 8)	games including
+ To develop	apparatus and			each role.
stamina by	inverted			(Lesson 7)
completing	movements.			
actions. (Lesson	(Lesson 7)			To know the rules
7)				of Cricket + To
	To know what			apply skills for
To know what	perform mean +			Cricket. (Lesson
personal best	To perform a			8)
means + To re-	sequence to			
test fitness	include			
scores. (Lesson	apparatus.			
8)	(Lesson 8)			

Year 5

<u>Outdoor</u>							
Hockey (outdoor)	Basketball (outdoor)	Football (outdoor)	Golf (outdoor)	Athletics (outdoor)	OAA (outdoor)		
To know that it is important to control the ball + To dribble with control. (Lesson 1)	To know the rules for double dribble and travelling + To abide by the double dribble and travelling rules. (Lesson 1)	To know the key elements for good dribbling + To develop dribbling a ball with control. (Lesson 1)	To know what putting is + To putt with accuracy (Lesson 1) To know what chipping is + To	To know what varying means + To apply different speeds over varying distances. (Lesson 1)	To know why it is important to keep safe + To show an awareness of safety. (Lesson 1)		

To know why		To know how to put	chip the ball over a	To know the key	To know it is good
defenders re	To know the key	opponents under	hazard (Lesson 2)	elements for good	to make
important + To	elements for	pressure + To		running + To	suggestions + To
develop beating a	protective dribbling	develop dribbling a	To know how to	develop fluency	suggest ideas and
defender by	+ To develop	ball with control	play a short game	and coordination	listen to others.
dribbling the ball.	protective dribbling	under pressure.	+ To use putting	when running for	(Lesson 2)
(Lesson 2)	against an	(Lesson 2)	and chipping skills.	speed. (Lesson 2)	,
	opponent. (Lesson		(Lesson 3)		To know what
To know the key	2)	To know why it is		To know what	makes effective
elements for a		important to pass	To know how to	makes an effective	teamwork + To
good push pass +	To know the	accurately + To	play a long game +	changeover + To	develop teamwork
To use a push pass	different passes	pass a ball	To use different	develop	skills. (Lesson 3)
to send a ball.	that can be made	accurately to a	techniques with	changeover in a	
(Lesson 3)	in Basketball + To	target. (Lesson 3)	control (Lesson 4)	relay. (Lesson 3)	To know what
	use a variety of				tactics are + To
To know the key	passes in a game	To know what first	To know when to	To know how to	develop tactical
elements when	situation. (Lesson	touch means + To	use different shots	perform a triple	planning and
receiving a ball +	3)	practise first touch	+ To use a range of	jump + To practise	problem solving
To receive a ball.		control. (Lesson 4)	shots (Lesson 5)	the triple jump.	(Lesson 4)
(Lesson 4)	To know decisions			(Lesson 5)	
	have to be made +	To know how to	To know how to		To know it is
To know what a jab	To choose when to	turn using a drag	score + To score a	To know why force	important to share
tackle is + To use a	pass and when to	back + To practise	game of golf	is important when	ideas + To work as
jab tackle. (Lesson	dribble. (Lesson 5)	turning using a	(Lesson 6)	throwing + To use	a team to solve
6)		drag back. (Lesson		force to throw	problems. (Lesson
	To know what	5)		longer distances.	5)
To know the	defensive			(Lesson 6)	
importance of	techniques can be	To know what			To know why trust
finding space + To	used + To use	defend means + To		To know what	is important + To
use space	defensive	develop defending		makes a high	follow and give
effectively in game	techniques to win	skills. (Lesson 6)		quality throw + To	instructions.
	the ball. (Lesson 6)			throw with greater	(Lesson 6)

situations. (Lesson 7) To know the rules of hockey + To apply skills and tactics to hockey. (Lesson 8)	To know what a jump shot is + To develop a technique for the jump shot. (Lesson 7)			control and technique. (Lesson 7) To know what officiate means + To practise officiating skills. (Lesson 8)	To know what navigate means + To practise navigational skills. (Lesson 7)			
	<u>Indoor</u>							
Fitness (indoor)	Gymnastics (indoor)	Dance (indoor)	Handball (indoor)	Dodgeball (indoor)	Tennis (indoor)			
To know what your body can do + To develop basic fitness. (Lesson 1) To know what sprinting is + To develop sprinting technique. (Lesson 2) To know ways different ways of building strength + To build strength	To know what symmetrical and asymmetrical means + To create partner balances. (Lesson 1) To know what makes a good sequence + To link balance, roll and jump movements (Lesson 3) To know what canon and	To know elements that make a high quality dance + To perform actions showing quality and control. (Lesson 1) To know how to evaluate a performance + To use feedback to improve performance. (Lesson 2)	To know when to use different passed to maintain possession + To use a variety of passes. (Lesson 1) To know how to create space + To use stepping, dribbling and passing skills (Lesson 2) To know how to stop an opponent	To know the rules + To apply the rules to a game. (Lesson 1) To know how to aim + To throw at a moving target. (Lesson 2) To know how to jump, dodge and duck + To use jumps, dodges and ducks. (Lesson 3)	To know how to do a forearm groundstroke + To practise the forearm groundstroke. (Lesson 1) To know what is meant by return + To return the ball using forearm groundstroke. (Lesson 2)			

coordination through skipping (Lesson 4) To know what agility means + To perform actions that develop agility. (Lesson 5) To know what stamina means + To develop stamina by completing actions. (Lesson 6) To know what control means + To develop control whilst balancing. (Lesson 7) A (Lesson 3) To know there are different types of dance genre + To copy and repeat movements. (Lesson 3) To know there are different types of dance genre + To copy and repeat movements. (Lesson 6) To know what tatcitic (Lesson 4) To know there are different types of dance genre + To copy and repeat movements with a partner. (Lesson 7) To know what to defend space (Lesson 5) To know what it means to be under pressure + To maintain possession under pressure (Lesson 6) To know there are different types of dance genre + To copy and repeat movements with a partner. (Lesson 7) To know there are different types of dance genre + To copy and repeat movements with a partner. (Lesson 7) To know there are different types of dance genre + To copy and repeat movements in a group. (Lesson 8)	To know what a rally is + To keep a continuous rally.
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To know what makes a high quality sequence + To create a partner sequence using apparatus. (Lesson 8)		

Year 6 Outdoor

Netball (outdoor)	Tag rugby	Football (outdoor)	Cross country (outdoor – Not Gt set	Athletics (outdoor)	OAA (outdoor)
To know what	(outdoor)	To know why it is	for PE)	To know what	To know it is
makes effective passing and moving + To develop passing and moving towards a goal. (Lesson 2)	To know when to run and when to pass + To choose when to run and when to pass. (Lesson 1)	important to pass accurately + To pass a ball accurately to a target. (Lesson 3) To know what first	To know what a beep test is + To record performance. https://www.youtube.com/watch?v=e0U_yQITBks To know what distance means + To run over longer	steady pace means + To work with a partner to set a steady pace. (Lesson 1)	good to make suggestions + To suggest ideas and listen to others. (Lesson 2)
To know what attacking means + To use the attacking principle.	To know what makes high quality throwing and catching + To throw and catch with control. (Lesson	touch means + To practise first touch control. (Lesson 4) To know how to turn using a drag	distances. Running For Distance Activities – Activity 1 (Twinkl) To know running can be done at different speeds + To vary the speed run over longer	develop the technique of others + To develop sprinting technique. (Lesson 2)	To know what makes effective teamwork + To develop teamwork skills. (Lesson 3)
To know what makes a good defender + To change direction to lose a	To know what a forward pass is and the off side	back + To practise turning using a drag back. (Lesson 5)	distances. Running For Distance Activities – Activity 2 (Twinkl)	To know + To develop running over obstacles with greater control and	To know what tactics are + To develop tactical planning and

defender.	rule + To use the	To know what	To know what pace means +	coordination.	problem solving
(Lesson 4)	forward pass and	defend means +	To develop pace.	(Lesson 3)	(Lesson 4)
	off side rule.	To develop	Running For Distance		
To know what	(Lesson 3)	defending skills.	Activities – Train Times	To know the key	To know it is
interception		(Lesson 6)	(Twinkl)	elements of a	important to
means + To	To know the			triple jump + To	share ideas + To
intercept ball	tagging rules +	To know the role	To know key elements for	develop the triple	work as a team
side. (Lesson 5)	To use the	of a goalkeeper +	running over longer distances	jump. (Lesson 5)	to solve
	tagging rules.	To develop	+ To run at least 1000m.		problems.
To know the key	(Lesson 4)	goalkeeping		To know what	(Lesson 5)
elements for		skills. (Lesson 7)	To know how to compare	makes a high	
good shooting +	To know why it is		performance + To compare	quality throw +	To know why
To develop	important to	To know the rules	performance. https://www.youtube.com/watch?v=e0U_yQITBks	To throw with	trust is important
shooting action.	dodge + To	of Football + To	nttps://www.youtube.com/watcn?v=euu_yQiTBKs	greater power,	+ To follow and
(Lesson 6)	develop dodging	apply rules and		control and	give instructions.
.	skills to lose a	tactics to Football.		technique	(Lesson 6)
To know the	defender.	(Lesson 8)		(Lesson 6)	T = 1 =
positions for	(Lesson 5)			To ke our what	To know what
Netball + To	To know the key			To know what	navigate means
explore the different	To know the key elements from			makes a high	+ To practise
positions.				quality throw + To throw with	navigational
(Lesson 7)	preventing attackers from			greater force and	skills. (Lesson 7)
(Lesson I)	scoring + To			accuracy.	To know how to
	prevent attackers			(Lesson 7)	use a key + To
	from scoring.			(Lesson I)	use a key to
	(Lesson 7)			To know what is	identify objects
	(20000117)			needed to	and locations.
	To know the			measure, time	(Lesson 8)
	rules of Tag			and record + To	(2000)
	Rugby + To			develop	
	apply rules and				

	tactics to Tag Rugby. (Lesson 8)			officiating skills. (Lesson 8)					
<u>Indoor</u>									
Fitness (indoor)	Gymnastics (indoor)	Dance (indoor)	Badminton (indoor)	Dodgeball (indoor)	Volleyball (indoor)				
To know what your body can do + To develop basic fitness. (Lesson 1)	To know what counter balance and counter tension is + To	To know elements that make a high quality dance + To show	To know different types of grips + To use a forehand and backhand grip with control (Lesson 1)	To know how to jump, dodge and duck + To use jumps, dodges and ducks.	To know what the ready position is + To use the ready position to move				
To know ways different ways of building strength + To build	develop counter balance and counter tension. (Lesson1)	confidence in movements. (Lesson 1) To know how to	To know what a rally is + To use a forehand grip to clear a shot and a backhand grip to serve (Lesson 2)	(Lesson 3) To know what an opponent is + To get an opponent	the ball. (Lesson 1) To know what a fast catch volley				
strength using own body weight. (Lesson 3)	To know how to be safe when working with a partner + To link partner balances	evaluate a performance + To develop a dance idea with a	To know how to serve + To use a forehand serve (Lesson 3) To know the rules + To score	out. (Lesson 4) To know how to block + To block using the ball.	is + To practise the fast catch volley. (Lesson 2)				
To know what coordination	into a sequence (Lesson 3)	partner. (Lesson 2)	points in a game (Lesson 4)	(Lesson 5)	To know how to volley the ball +				
means + To develop coordination through skipping	To know some inverted movements + To	To know that changing elements can improve	To know how to use a backhand to clear + To use a backhand grip to clear in a game (Lesson 5)	To know what a tactic is + To select and apply tactics. (Lesson	To volley the ball. (Lesson 3) To know what a				
(Lesson 4)	perform inverted	performances +	game (Lesson o)	6)	rally is + To keep				

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	movements with	To include a	To know how to follow the		a continuous
To know what	control. (Lesson	range of	rules + To play a rally (Lesson	To know what	rally going over
agility means +	4)	choreography.	6)	officiate means +	the net. (Lesson
To perform		(Lesson 3)		To referee a	5)
actions that	To know how to			game. (Lesson	
develop agility.	do a cartwheel	To know how		7)	To know how to
(Lesson 5)	safely + To	elements of			serve + To
	perform the	dance can convey		To know what	practise the
To know what	progressions of a	different		skills rules and	underarm serve.
stamina means +	handstand and a	characters + To		tactics are	(Lesson 6)
To develop	cartwheel.	convey different		needed for	
stamina by	(Lesson 5)	characters		Dodgeball + To	To know when to
completing		through dance.		apply skills, rules	rotate + To
actions. (Lesson	To know how to	(Lesson 6)		and tactics for	rotate correctly
6)	include flight in			Dodgeball.	in a game.
	movements + To	To know what		(Lesson 8)	(Lesson 7)
To know what	use flight from	contrasting			
control means +	hands to travel	means + To			To know what
To develop	over apparatus.	convey			skills rules and
control whilst	(Lesson 6)	contrasting			tactics are
balancing.		characters			needed for
(Lesson 7)	To know what	through dance.			Volleyball + To
	makes a good	(Lesson 7)			apply skills, rules
To know what	performance +				and tactics for
personal best	To develop	To know dance			Volleyball
means + To re-	group balances	can be a way of			(Lesson 8)
test fitness	(Lesson 7)	communication +			
scores. (Lesson		To communicate			
8)	To know what	a story through			
	makes a high	dance. (Lesson 8)			
	quality				
	performance +				

To create a group sequence using formations and apparatus. (Lesson 8)		