

Reception

Outdoor

Introduction to PE Unit 2 (outdoor)	Introduction to PE Unit 1 (outdoor)	Games Unit 2 (outdoor)	Ball Skills Unit 1 (outdoor)	Ball skills unit 2 (outdoor)	Fundamentals unit 2 (outdoor)
<p>To know how to keep safe when moving + To move around safely in a space. (Lesson 1)</p> <p>To know the importance of following instructions. + To follow instructions. (Lesson 2)</p> <p>To know how to use equipment safely + To use equipment safely. (Lesson 3)</p> <p>To know how to work with others + To play safely in a small group. (Lesson 4)</p> <p>To know how to take turns + To take turns following a path. (Lesson 5)</p> <p>To know what cooperation means + To work cooperatively with a partner. (Lesson 6)</p>	<p>To know what space means + To move safely in spaces. (Lesson 1)</p> <p>To know what stop means + To stop with control. (Lesson 2)</p> <p>To know how to use equipment safely + To use equipment safely. (Lesson 3)</p> <p>To know different ways of travelling + To move in different ways whilst following a path. (Lesson 4)</p> <p>To know what cooperation means + To work cooperatively with a small group. (Lesson 5)</p> <p>To know what copy means + To follow and copy a partner. (Lesson 6)</p>	<p>To know how to catch a ball + To catch a ball. (lesson 1)</p> <p>To know what speed mean + To adjust direction or speed when playing games. (Lesson 2)</p> <p>To know what an opponent is + To play against an opponent. (Lesson 3)</p> <p>To know what rules are + To follow rules when playing a game. (Lesson 4)</p> <p>To know how to control an object + To develop control over an object. (Lesson 5)</p> <p>To know what teamwork means + To work cooperatively in a team. (Lesson 6)</p>	<p>To know how to roll a ball + To roll a ball to a target. (lesson 1)</p> <p>To know how to stop a rolling ball + To stop a rolling ball. (Lesson 2)</p> <p>To know how to throw a ball + To throw a ball to a target. (Lesson 3)</p> <p>To know how to bounce a ball + To bounce a ball and catch. (Lesson 4)</p> <p>To know how to dribble a ball using feet + To dribble a ball using feet. (Lesson 5)</p> <p>To know how to kick a ball + To kick a ball to a target. (Lesson 6)</p>	<p>To know what track means + To track a ball. (lesson 1)</p> <p>To know what a target is + To throw to a target. (Lesson 2)</p> <p>To know how to dribble a ball using hands + To dribble a ball using hands. (Lesson 3)</p> <p>To know how to throw and catch to a partner + To throw and catch to a partner. (Lesson 4)</p> <p>To know how to dribble a ball using feet well + To develop dribbling a ball using feet. (Lesson 5)</p> <p>To know how to kick a ball well + To develop kicking a ball to a target. (Lesson 6)</p>	<p>To know what initiate means + To initiate new combinations of balance to express ideas. (lesson 1)</p> <p>To know how to travel with confidence + To travel with confidence. (Lesson 2)</p> <p>To know the importance of safety + To manage risks. (Lesson 3)</p> <p>To know how to manage risks + To practise appropriate safety measures without direct adult supervision. (Lesson 4)</p> <p>To know how to manage risks + To practise appropriate safety measures without direct adult supervision. (Lesson 5)</p> <p>To know how to travel using equipment + To</p>

					explore ways of travelling using equipment. (Lesson 6)
<h2 style="text-align: center;"><u>Indoor</u></h2>					
Fundamentals Unit 1 (indoor) To know what makes a good balance + To balance on one foot. (Lesson 1) To know how to run + To run freely and with pleasure and confidence. (Lesson 2) To know how to change direction + To run changing direction. (Lesson 3) To know how to jump + To jump with pleasure and confidence. (Lesson 4) To know how to hop + To hop with pleasure and confidence. (Lesson 5) To know different ways of travelling + To explore different ways to travel. (Lesson 6)	Gymnastics Unit 2 (indoor) To know how to make different shapes using the body + To make shapes copying short sequences. (Lesson 1) To know what makes a good balance + To develop balance using apparatus. (Lesson 2) To know how to land safely + To jump off an object and land safely. (Lesson 3) To know how to rock and roll + To rock and roll with control. (Lesson 4) To know how to travel around, over and through apparatus + To explore travelling around, over and through apparatus. (Lesson 5)	Dance Unit 2 (indoor) To know that music is needed for dance + To imitate movement in response to music. (lesson 1) To know dance is used to express feelings + To develop moving rhythmically. (lesson 2) To know dance is a form of expression + To develop preferences for forms of expression. (lesson 3) To know movement can be used to express feelings + To use movement to express feelings. (lesson 4) To know what repeat means + To copy simple repeated rhythms. (lesson 5)	Gymnastics Unit 1 (indoor) To know how to make shapes using the body + To create own shapes. (lesson 1) To know how to transport apparatus safely + To create shapes whilst on apparatus. (Lesson 2) To know how to take weight on different body part s+ To take weight on different body parts. (Lesson 3) To know how to jump and land well + To jump and land with control. (Lesson 4) To know how to rock and roll well + To develop rocking and rolling. (Lesson 5) To know what sequence means + To create short	Games Unit 1 (indoor) To know how to run and stop safely + To develop running and stopping with control. (lesson 1) To know how to keep score + To keep score when throwing. (Lesson 2) To know the different roles within games + To play games with different roles. (Lesson 3) To know why exercise is important + To explore the affects of exercise on the body. (Lesson 4) To know the importance of taking turns + To take turns in games. (Lesson 5) To know how to work well as a team + To play	Dance Unit 1 (indoor) To know a range of movements + To move confidently in a range of ways. (lesson 1) To know why space is important + To show an awareness of space. (Lesson 2) To know what an action is + To remember and repeat actions. (Lesson 3) To know dances are a combination of movements + To link, copy and repeat actions. (Lesson 4) To know what communicate means + To communicate ideas through movement. (Lesson 5) 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)
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Year 1

Outdoor

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

<p>jump, hop and skip + To explore jumping, hopping and skipping actions. (Lesson 5)</p> <p>To know the key elements for skipping + To develop skipping skills. (Lesson 7)</p> <p>To know fundamental skills + To practise fundamental skills. (Lesson 8)</p>	<p>To develop communication skills. (Lesson 5)</p> <p>To know how to communicate effectively + To use communication skills. (Lesson 6)</p> <p>To know the elements of good co-operation + To work with a partner/team to solve problems. (Lesson 7)</p>	<p>To know the rules of kick cricket + To play kick cricket. (Lesson 5)</p>	<p>To know why moving into space is important + To move into space showing an awareness of defenders. (Lesson 5)</p> <p>To know what dodge means + To use dodging to lose a defender. (Lesson 6)</p>	<p>and leaping for distance. (Lesson 4)</p> <p>To know what is important to land safely + To develop balance when jumping and landing. (Lesson 5)</p> <p>To know what an obstacle is + To travel over obstacles. (Lesson 6)</p>	<p>To know different ways of using a racket and ball + To develop racket and balls skills. (Lesson 5)</p> <p>To know what send means + To send a ball using a racket. (Lesson 6)</p> <p>To know how to send a ball over a net + To practise sending a ball over a net. (Lesson 7)</p>
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Indoor

Fitness (indoor)	Gymnastics (indoor)	Dance (indoor)	Skip to be fit (Not Get set for PE – indoor)	Sending and receiving (indoor)	Striking and fielding (indoor)
<p>To know how to run for longer periods of time + To run for longer periods of time. (Lesson 1)</p>	<p>To know what travel means + To explore ways of travelling. (Lesson 1)</p>	<p>To know what a pose is + To move in tie with the music including a pose. (Lesson 1)</p>	<p>To know skipping actions + To practise skipping actions.</p>	<p>To know what send means + To roll a ball towards a target. (Lesson 1)</p>	<p>To know how to aim at a target accurately + To roll a ball towards a target. (Lesson 1)</p>

<p>To know what coordination means + To develop coordination. (Lesson 2)</p> <p>To know that timing is important + To develop timing when jumping. (Lesson 3)</p> <p>To know the key elements for skipping + To develop skipping skills. (Lesson 4)</p> <p>To know what stamina is + To develop stamina. (Lesson 5)</p> <p>To know what agility means + To develop agility. (Lesson 6)</p> <p>To know what exercise is + To explore exercises</p>	<p>To know your body can make different shapes + To make different shapes with your body. (Lesson 2)</p> <p>To know what balance means + To practise different balances. (Lesson 3)</p> <p>To know what jump means + To practise different jumps. (Lesson 4)</p> <p>To know what roll means + To practise different rolls. (Lesson 5)</p> <p>To know that muscles give strength + To build strength through different movements. (Lesson 6)</p>	<p>To know what a stimulus is + To respond imaginatively to a stimulus. (Lesson 2)</p> <p>To know what a theme means + To copy, remember and repeat actions with a theme. (Lesson 3)</p> <p>To know what choreography means + To choose actions that represent a theme. (Lesson 4)</p> <p>To know what makes a good dance + To create a dance. (Lesson 7)</p> <p>To know what perform means + To perform a dance to an audience. (Lesson 8)</p>	<p>To know the elements needed for skipping. + To practise skipping with a rope.</p> <p>To know what is needed for good skipping + To record performance.</p> <p>To know what is needed for good skipping + To develop skipping skill.</p> <p>To know what is needed for good skipping + To record performance</p> <p>To know how to compare performance + To compare performance.</p>	<p>To know how to receive a moving ball + To receive a rolling ball. (Lesson 2)</p> <p>To know how to stop a rolling ball + To stop a rolling ball. (Lesson 3)</p> <p>To know the key elements needed for sending and receiving + To develop send and receiving skills. (Lesson 4)</p> <p>To know the key elements needed for throwing and catching + To practise throwing and catching skills. (Lesson 5)</p> <p>To know the key elements needed for throwing and catching + To develop throwing</p>	<p>To know how to track an object + To track a rolling ball and collect it. (Lesson 2)</p> <p>To know how to throw a ball underarm + To develop throwing and catching skills. (Lesson 3)</p> <p>To know how to throw a ball overarm + To throw and catch with accuracy. (Lesson 4)</p> <p>To know how to strike a ball + To strike a ball. (Lesson 5)</p> <p>To know what retrieve means + To retrieve a ball when fielding (Lesson 6)</p>
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using own body weight. (Lesson 7)	To know how to get out apparatus safely + To use apparatus sensibly and safely. (Lesson 7)			and catching skills. (Lesson 6)	To know the role of the batter, bowler and fielder + To play small sided games including each role. (Lesson 7)
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<u>Year 2</u>					
<u>Outdoor</u>					
Fundamentals (outdoor) To know what control means + To balance and move with control. (Lesson 1) To know what stability means +	Team Building (outdoor) To know what communication means + To solve challenges with a partner. (Lesson 2)	Ball Skills (outdoor) To know the names of different balls + To explore different ball handling skills. (Lesson 1) To know how to roll a ball accurately + To	Invasion (outdoor) To know what a defender is + To practise passing to a teammate. (Lesson 2) To know how to throw to a teammate	Athletics (outdoor) To know what sprint means + To practise sprinting action. (Lesson 1) To know what rhythm means + To develop	Net and Wall (outdoor) To know what makes a good ready position + To develop defending using the ready position. (Lesson 2)

<p>develop balance, stability and landing safely. To (Lesson 2)</p> <p>To know different ways of moving + To explore moving at different speeds. (Lesson 3)</p> <p>To know what direction means + To change direction. (Lesson 4)</p> <p>To know the difference between jump, hop and skip + To explore jumping, hopping and skipping actions. (Lesson 5)</p> <p>To know the key elements for skipping + To develop skipping skills. (Lesson 7)</p> <p>To know fundamental skills + To practise fundamental skills. (Lesson 8)</p>	<p>To know what co-operation means + To listen to others and take turns. (Lesson 3)</p> <p>To know the elements of good teamwork + To explore teamwork skills. (Lesson 4)</p> <p>To know the elements of good communication + To develop communication skills. (Lesson 5)</p> <p>To know how to communicate effectively + To use communication skills. (Lesson 6)</p> <p>To know the elements of good co-operation + To work with a partner/team to solve problems. (Lesson 7)</p> <p>To know the elements of good communication + To</p>	<p>roll a ball to hit a target. (Lesson 2)</p> <p>To know what throw and catch means + To throw and catch a ball. (Lesson 6)</p> <p>To know how to dribble a ball using hands + To dribble a ball using hands (Lesson 7)</p> <p>To know the rules of basketball + To play basketball. (Lesson 7)</p> <p>To know different ways of using a ball + To use a variety of ball skills. (Lesson 8)</p>	<p>+ To support a teammate when in possession. (Lesson 4)</p> <p>To know why moving into space is important + To move into space showing an awareness of defenders. (Lesson 5)</p> <p>To know what dodge means + To use dodging to lose a defender. (Lesson 6)</p> <p>To know why it is important to stay with a defender + To stay with a player when defending, (Lesson 7)</p> <p>To know what the aim of a game is + To take a ball towards the goal. (Lesson 8)</p>	<p>rhythm travelling over obstacles. (Lesson 2)</p> <p>To know the key elements for good jumping + To practise jumping for distance (Lesson 4)</p> <p>To know the key elements for high quality jumping + To practise jumping for height. (Lesson 5)</p> <p>To know the key elements for throwing + To develop throwinig for distance. (Lesson 6)</p> <p>To know the key elements for good throwing + To develop throwing for accuracy. (Lesson 7)</p> <p>To know athletic skills + To use athletic skills. (Lesson 8)</p>	<p>To know what an opponent is + To play against an opponent. (Lesson 3)</p> <p>To know how to hold a racket correctly + To develop control when holding a racket. (Lesson 4)</p> <p>To know different ways of using a racket and ball + To develop racket and balls skills. (Lesson 5)</p> <p>To know what send means + To send a ball using a racket. (Lesson 6)</p> <p>To know how to send a ball over a net + To practise hitting a ball over a net. (Lesson 7)</p> <p>To know the elements to make sure the ball gets over the net + To develop hitting a ball</p>
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	work with a partner/team to solve problems. (Lesson 8)				over a net. (Lesson 8)
<h2><u>Indoor</u></h2>					
Fitness (indoor) To know what coordination means + To develop coordination. (Lesson 2) To know that timing is important + To develop timing when jumping. (Lesson 3) To know the key elements for skipping + To develop skipping skills. (Lesson 4) To know what stamina is + To develop stamina. (Lesson 5) To know what agility means + To develop agility. (Lesson 6)	Gymnastics (indoor) To know some basic body shapes + To copy a sequence. (Lesson 1) To know what balance means + To create balances using body shapes. (Lesson 2) To know what level means + To explore travelling at different levels. (Lesson 3) 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)	Dance (indoor) To know what level means + To link movements. (Lesson 2) To know what expression means + To explore actions and expressions. (Lesson 3) To know what unison means + To perform in unison. (Lesson 4) To know what make 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)	Swimming (indoor) To swim competently, confidently and proficiently over a distance of at least 25m. To use a range of strokes. To perform safe self-rescue in different water based situations.	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 sending and receiving + To develop send and receiving skills. (Lesson 4) To know the key elements needed for throwing and catching + To practise throwing and catching skills. (Lesson 5) To know the key elements needed for throwing and catching + To	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 underarm + To develop throwing and catching skills. (Lesson 3) To know how to throw a ball overarm + To throw and catch with accuracy. (Lesson 4) To know how to strike a ball + To strike a ball. (Lesson 5) To know what retrieve means + To

<p>To know what exercise is + To explore exercises using own body weight. (Lesson 7)</p> <p>To know the elements for agility, balance and coordination + To develop agility, balance and coordination. (Lesson 8)</p>	<p>To know the names of some rolls + To link movements together. (Lesson 6)</p> <p>To know what a sequence is + To create a sequence using apparatus. (Lesson 8)</p>	<p>To know what perform means + To perform a dance with a partner to an audience. (Lesson 8)</p>		<p>develop throwing and catching skills. (Lesson 6)</p> <p>To know how to hold a hockey stick correctly + To send and receive with a hockey stick. (Lesson 7)</p> <p>To know how to hold a racket correctly + To send and receive using a racket. (Lesson 8)</p>	<p>retrieve a ball when fielding (Lesson 6)</p> <p>To know the role of the batter, bowler and fielder + To play small sided games including each role. (Lesson 7)</p> <p>To know how to score points + To play kick rounders. (Lesson 8)</p>
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Year 3

outdoor

<u>Year 3</u>					
<u>outdoor</u>					
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 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 what protective dribbling means + To use protective dribbling against an opponent. (Lesson 2)	To know what being under pressure means + To dribble a ball with control under pressure. (Lesson 2)	To know what a shot is + To hit a shot with accuracy (Lesson 2)	To know what a relay is + To practise changeover in a relay. (Lesson 2)	To know what communication means + To communicate effectively with a partner. (Lesson 2)
To know how to receive a ball + To	To know the difference between	To know how to pass accurately + To pass to a	To know what putting is + To putt through a hole. (Lesson 3)	To know what fluency means + To develop fluency running over	To know what trust means + To follow and give

<p>practise receiving a ball. (Lesson 3)</p> <p>To know what is mean by reverse stick + To practise dribbling a ball using reverse stick. (Lesson 4)</p> <p>To know the role of a defender + To beat a defender by dribbling the ball. (Lesson 5)</p> <p>To know what is meant by an open stick tackle + To use an open stick tackle. (Lesson 7)</p>	<p>a bounce pass and a chest pass + To practise the bounce pass and chest pass. (Lesson 3)</p> <p>To know how to jump stop and pivot + To perform a jump stop and pivot. (Lesson 4)</p> <p>To know the key elements for a good defender + To lose a defender. (Lesson 5)</p> <p>To know what a set shot is + To develop a technique for the set shot. (Lesson 7)</p> <p>To know the rules of Basketball + To apply skills to Basketball. (Lesson 8)</p>	<p>teammate. (Lesson 3)</p> <p>To know why it important to move + To pass and move. (Lesson 4)</p> <p>To know that different body parts can be used to control the ball + To practise controlling the ball with different body parts. (Lesson 5)</p> <p>To know what an inside and outside hook is + To use and inside and outside hook to change direction. (Lesson 6)</p>	<p>To know what chipping is + To chip a ball down the course. (Lesson 4)</p> <p>To know how to play a short game + To use putting and chipping skills to score points. (Lesson 5)</p> <p>To know what a long game is + To hit a ball for distance. (Lesson 6)</p>	<p>obstacles. (Lesson 3)</p> <p>To know how to take off effectively + To develop jumping from different take off positions. (Lesson 4)</p> <p>To know how to land safely + To develop jumping for height. (Lesson 5)</p> <p>To know the key elements for high quality throwing + To develop throwing for distance and accuracy. (Lesson 6)</p> <p>To know what a pull throw is + To throw for distance in a pull throw. (Lesson 7)</p>	<p>instructions. (Lesson 3)</p> <p>To know the key elements of teamwork + To develop planning and problem solving skills. (Lesson 4)</p> <p>To know what makes good teamwork + To involve all team members. (Lesson 5)</p> <p>To know how support can be given + To accept support if needed. (Lesson 6)</p> <p>To know what a map is + To follow a simple map. (Lesson 7)</p>
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<h1><u>Indoor</u></h1>					
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 1)	To know the rules of dodgeball + To play a mini game. (Lesson 1)	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 balancing and travelling using apparatus. (Lesson 2)	To know what contact and interact means + To create movements that make contact/interact with a partner (Lesson 2)	To know how to 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.	To know what makes a good jump + To link jumps and balances using apparatus. (Lesson 3)	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 runs need to be outside of the base + To make decisions when to start and stop. (Lesson 4)
		To know what makes a good roll + To link rolls and		To know how to jump, dodge and duck + To use jumps, dodges and ducks. (Lesson 4)	To know the role of the fielder + To field a ball using two hand pick up (Lesson 5)
				To know how to catch + To develop catching from	

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

Outdoor

Netball (outdoor)	Tag rugby (outdoor)	football (outdoor)	Cross country (outdoor – Not Get set for PE)	Athletics (outdoor)	OAA (outdoor)
To know the key elements for good throwing and catching + To throw and catch a ball. (Lesson 1)	To know how to handle a rugby ball + To develop ball handling skills. (Lesson 1)	To know what being under pressure means + To dribble a ball with control under pressure. (Lesson 2)	To know what a beep test is + To record performance. https://www.youtube.com/watch?v=e0U_yQITBks	To know why pace is important + To develop pace in relation to distance. (Lesson 1)	To know what communication means + To communicate effectively with a partner. (Lesson 2)
To know the footwork rule + To apply the footwork rule. (Lesson 2)	To know how to throw, catch and run with a ball + To throw, catch and run with a ball. (Lesson 2)	To know why it important to move + To pass and move. (Lesson 4)	To know what distance means + To run over longer distances. <i>Running For Distance Activities – Activity 1 (Twinkl)</i>	To know why power is important + To develop power when sprinting. (Lesson 2)	To know what trust means + To follow and give instructions. (Lesson 3)
To know the importance of moving towards a goal + To pass and move towards a goal. (Lesson 3)	To know the tagging rules + To use the tagging rules. (Lesson 3)	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 running can be done at different speeds + To vary the speed run over longer distances. <i>Running For Distance Activities – Activity 2 (Twinkl)</i>	To know the key elements for a relay + To develop technique in relays. (Lesson 3)	To know the key elements of teamwork + To develop planning and problem solving skills. (Lesson 4)
To know how to lose a defender + To lose a defender by	To know what a forward pass is and the off side rule + To use the forward pass and off side rule. (Lesson 4)	To know what an inside and outside hook is + To use and inside and outside hook to	To know what pace means + To develop pace. <i>Running For Distance Activities – Train Times (Twinkl)</i>	To know what makes a good jump + To develop jumping	To know what makes good teamwork + To involve all team
			To know key elements for running over longer distances + To run at least 600m.		

<p>moving. (Lesson 4)</p> <p>To know the key elements for defending + To defend an opponent to win the ball. (Lesson 5)</p> <p>To know how to shoot a ball + To practise shooting action. (Lesson 6)</p> <p>To know the rules of Netball + To apply skills to Netball. (Lesson 7)</p>	<p>To know how to support a teammate when attacking + To support a teammate when attacking. (Lesson 5)</p> <p>To know how to dodge + To dodge a defender and move into space. (Lesson 7)</p>	<p>change direction. (Lesson 6)</p> <p>To know how jockeying/tracking works + To jockey/track an opponent. (Lesson 7)</p> <p>To know the rules of football + To apply skills to Football. (Lesson 8)</p>	<p>To know how to compare performance + To compare performance.</p> <p>https://www.youtube.com/watch?v=e0U_yQITBks</p>	<p>for distance. (Lesson 4)</p> <p>To know how to do a vertical jump + To practise vertical jumps. (Lesson 5)</p> <p>To know what power does + To develop power when throwing for distance. (Lesson 6)</p> <p>To know the key elements of a pull throw + To develop throwing for distance in a pull throw. (Lesson 7)</p>	<p>members. (Lesson 5)</p> <p>To know how support can be given + To accept support if needed. (Lesson 6)</p> <p>To know what a map is + To follow a simple map. (Lesson 7)</p> <p>To know what orientate means + To orientate and navigate around a grid. (Lesson 8)</p>
<h2 style="text-align: center;"><u>Indoor</u></h2>					

Fitness (indoor) To know what your body can do + To develop basic fitness. (Lesson 1) To know ways different ways of building strength + To build strength using own body weight. (Lesson 3) To know what coordination means + To develop coordination by completing actions. (Lesson 4) To know what agility means + To develop agility by completing	Gymnastics (indoor) To know how to be safe when working with a partner + To create partner balances. (Lesson 1) To know what rotation means + To practise rotation jumps. (Lesson 2) To know how to roll safely + To create a sequence using a roll, balance and jump. (Lesson 3) To know what an inverted movement is + To practise some inverted movements. (Lesson 5)	Swimming (indoor) To swim competently, confidently and proficiently over a distance of at least 25m. To use a range of strokes. To perform safe self-rescue in different water based situations	Swimming (indoor) To swim competently, confidently and proficiently over a distance of at least 25m. To use a range of strokes. To perform safe self-rescue in different water based situations	Dodgeball (indoor) 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 catching from different heights. (Lesson 5) To know how to catch in different ways + To use whole body to catch. (Lesson 6)	Cricket (indoor) To know what makes a good underarm bowl + To develop underarm bowling technique. (Lesson 1) To know what makes a good bowler + To develop bowling action. (Lesson 2) To know how to hold a cricket bat correctly + To develop batting technique. (Lesson 3) To know what makes a good fielder + To field a ball using a two hand pick up. (Lesson 5) To know what makes a good
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<p>actions. (Lesson 5)</p> <p>To know what balance means + To develop balance by completing actions. (Lesson 6)</p> <p>To know what stamina means + To develop stamina by completing actions. (Lesson 7)</p> <p>To know what personal best means + To re-test fitness scores. (Lesson 8)</p>	<p>To know what a pathway is + To explore pathways. (Lesson 6)</p> <p>To know how to build a sequence + To create a sequence to include apparatus and inverted movements. (Lesson 7)</p> <p>To know what perform mean + To perform a sequence to include apparatus. (Lesson 8)</p>			<p>To know how to block + To block using the ball. (Lesson 7)</p> <p>To know the rules of Dodgeball + To follow the rules when playing Dodgeball. (Lesson 8)</p>	<p>overarm bowl + To develop overarm bowling technique. (Lesson 6)</p> <p>To know what makes a good batter, bowler and fielder + To play small sided games including each role. (Lesson 7)</p> <p>To know the rules of Cricket + To apply skills for Cricket. (Lesson 8)</p>
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Year 5

Outdoor

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)

<p>To know why defenders re important + To develop beating a defender by dribbling the ball. (Lesson 2)</p> <p>To know the key elements for a good push pass + To use a push pass to send a ball. (Lesson 3)</p> <p>To know the key elements when receiving a ball + To receive a ball. (Lesson 4)</p> <p>To know what a jab tackle is + To use a jab tackle. (Lesson 6)</p> <p>To know the importance of finding space + To use space effectively in game</p>	<p>To know the key elements for protective dribbling + To develop protective dribbling against an opponent. (Lesson 2)</p> <p>To know the different passes that can be made in Basketball + To use a variety of passes in a game situation. (Lesson 3)</p> <p>To know decisions have to be made + To choose when to pass and when to dribble. (Lesson 5)</p> <p>To know what defensive techniques can be used + To use defensive techniques to win the ball. (Lesson 6)</p>	<p>To know how to put opponents under pressure + To develop dribbling a ball with control under pressure. (Lesson 2)</p> <p>To know why it is important to pass accurately + To pass a ball accurately to a target. (Lesson 3)</p> <p>To know what first touch means + To practise first touch control. (Lesson 4)</p> <p>To know how to turn using a drag back + To practise turning using a drag back. (Lesson 5)</p> <p>To know what defend means + To develop defending skills. (Lesson 6)</p>	<p>chip the ball over a hazard (Lesson 2)</p> <p>To know how to play a short game + To use putting and chipping skills. (Lesson 3)</p> <p>To know how to play a long game + To use different techniques with control (Lesson 4)</p> <p>To know when to use different shots + To use a range of shots (Lesson 5)</p> <p>To know how to score + To score a game of golf (Lesson 6)</p>	<p>To know the key elements for good running + To develop fluency and coordination when running for speed. (Lesson 2)</p> <p>To know what makes an effective changeover + To develop changeover in a relay. (Lesson 3)</p> <p>To know how to perform a triple jump + To practise the triple jump. (Lesson 5)</p> <p>To know why force is important when throwing + To use force to throw longer distances. (Lesson 6)</p> <p>To know what makes a high quality throw + To throw with greater</p>	<p>To know it is good to make suggestions + To suggest ideas and listen to others. (Lesson 2)</p> <p>To know what makes effective teamwork + To develop teamwork skills. (Lesson 3)</p> <p>To know what tactics are + To develop tactical planning and problem solving (Lesson 4)</p> <p>To know it is important to share ideas + To work as a team to solve problems. (Lesson 5)</p> <p>To know why trust is important + To follow and give instructions. (Lesson 6)</p>
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<p>situations. (Lesson 7)</p> <p>To know the rules of hockey + To apply skills and tactics to hockey. (Lesson 8)</p>	<p>To know what a jump shot is + To develop a technique for the jump shot. (Lesson 7)</p>			<p>control and technique. (Lesson 7)</p> <p>To know what officiate means + To practise officiating skills. (Lesson 8)</p>	<p>To know what navigate means + To practise navigational skills. (Lesson 7)</p>
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Indoor

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

<p>using own body weight. (Lesson 3)</p> <p>To know what coordination means + To develop coordination through skipping (Lesson 4)</p> <p>To know what agility means + To perform actions that develop agility. (Lesson 5)</p> <p>To know what stamina means + To develop stamina by completing actions. (Lesson 6)</p> <p>To know what control means + To develop control whilst balancing. (Lesson 7)</p>	<p>synchronisation means + To link canon and synchronisation movements together. (Lesson 4)</p> <p>To know what progression means + To perform progressions of inverted movements. (Lesson 5)</p> <p>To know how to do a handstand safely + To perform progressions of a handstand movement. (Lesson 6)</p> <p>To know what matching and mirroring means + To perform use matching and mirroring actions. (Lesson 7)</p>	<p>To know that changing elements can improve performances + To improve performances. (Lesson 3)</p> <p>To know there are different types of dance genre + To copy and repeat movements. (Lesson 6)</p> <p>To know there are different types of dance genre + To copy and repeat movements with a partner. (Lesson 7)</p> <p>To know there are different types of dance genre + To copy and repeat movements in a group. (Lesson 8)</p>	<p>from scoring + To use defending skills (Lesson 3)</p> <p>To know how to score a goal + To apply defensive tactics (Lesson 4)</p> <p>To know how to gain possession + To know how to defend space (Lesson 5)</p> <p>To know what it means to be under pressure + To maintain possession under pressure (Lesson 6)</p>	<p>To know what an opponent is + To get an opponent out. (Lesson 4)</p> <p>To know how to block + To block using the ball. (Lesson 5)</p> <p>To know what a tactic is + To select and apply tactics. (Lesson 6)</p>	<p>To Know how to do a backhand groundstroke + To practise the backhand groundstroke. (Lesson 3)</p> <p>To know what a rally is + To keep a continuous rally. (Lesson 4)</p> <p>To know how to serve + To practise the underarm serve. (Lesson 5)</p> <p>To know to know what outwit means + To use a variety of strokes to outwit opponent. (Lesson 7)</p> <p>To know the rules of Tennis + To compete against others in Tennis. (Lesson 8)</p>
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	<p>To know what makes a high quality sequence + To create a partner sequence using apparatus. (Lesson 8)</p>				
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Year 6

Outdoor

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

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

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

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