

**YEAR 3**

In addition to previous learning, pupils should learn to...

<b>Gymnastics</b>	<b>Tag Rugby</b>	<b>Netball</b>	<b>Basketball</b>
<ul style="list-style-type: none"> <li>• Balance and Rolling in different shapes (inc symmetry/asym) levels</li> <li>• Into and out of balances and rolling ( linking)</li> <li>• Partner work/sequences</li> <li>• Small and large apparatus(under over through around)</li> </ul> <p>Pathways and direction of skills</p>	<ul style="list-style-type: none"> <li>• Develop throwing and catching with control</li> <li>• To develop dodging skills to lose a defender</li> <li>• To develop attacking principles</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to perform basic netball skills such as passing and catching using recognised throws</li> <li>• To use space effectively to build attacking play</li> <li>• Implement the basic rules of netball</li> </ul>	<ul style="list-style-type: none"> <li>• To send and receive a basketball effectively</li> <li>• To control the bounce of a basket ball</li> <li>• To shoot a basketball through a hoop</li> <li>• Use dribbling to travel with a basket ball</li> <li>• To change direction and speed avoiding collision</li> <li>• To apply sending and receiving skills in a game situation</li> </ul>
<b>Hockey</b>	<b>Dance</b>	<b>Rounders</b>	<b>Athletics</b>
<ul style="list-style-type: none"> <li>• To know how to use different sides of the hockey stick correctly</li> <li>• To dribble the ball using the correct side of the stick</li> <li>• To be able to find space when attacking and defending</li> <li>• Begin to score a goal from a designated spot</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to improvise with a partner to create a simple dance.</li> <li>• Begin to compare and adapt movements and motifs to create a larger sequence.</li> </ul>	<ul style="list-style-type: none"> <li>• To throw (under arm) and catch a ball</li> <li>• Develop consistency of throwing skills</li> <li>• To develop batting skills</li> </ul>	<ul style="list-style-type: none"> <li>• To run in different directions and at different speeds, using a good technique.</li> <li>• To improve throwing technique.</li> </ul>

<ul style="list-style-type: none"> <li>• Build on understanding of hockey rules</li> <li>• To use the correct techniques in a mini game</li> </ul>	<ul style="list-style-type: none"> <li>• Use simple dance vocabulary to compare and improve work.</li> </ul>	<ul style="list-style-type: none"> <li>• Throw (underarm and overarm) and catch a rounders ball</li> <li>• Develop a range of fielding techniques</li> <li>• Develop an understanding of the rules of rounders and apply them effectively</li> </ul>	<ul style="list-style-type: none"> <li>• To reinforce jumping techniques.</li> <li>• To understand the relay and passing the baton.</li> <li>• To compete in a minicompetition, recording scores.</li> </ul>
<b>Football</b>	<b>Tennis</b>		
<ul style="list-style-type: none"> <li>• Control a ball using our feet</li> <li>• Start to accurately pass a ball using our feet</li> <li>• Learn to dribble and turn with a ball using our feet</li> <li>• Learn to defend/ attack the ball safely and lawfully</li> <li>• Accurately kick a ball to score a goal</li> <li>• Work as a small team to compete in a game</li> </ul>	<ul style="list-style-type: none"> <li>• Learn to move when catching a ball</li> <li>• Control a ball with a racket whilst moving</li> <li>• Learn to hit the ball using backhand</li> <li>• Start to hit the ball accurately to a desired area</li> <li>• Attempt to keep a rally between two people</li> </ul>		
<b><u>YEAR 4</u></b>			
In addition to previous learning, pupils should learn to...			
<b>Gymnastics</b>	<b>Tag Rugby</b>	<b>Netball</b>	<b>Basketball</b>

<ul style="list-style-type: none"> <li>Advanced balances and inversions</li> <li>Refining rolling</li> <li>Small and large apparatus work(over under through around)</li> <li>Changing direction/levels/speed/shape symmetry/ asymm</li> <li>Partner work/sequences Jumping</li> </ul>	<ul style="list-style-type: none"> <li>To pass and catch a rugby ball confidently</li> <li>Implement rules and develop tactics within a game</li> <li>To increase speed and build endurance during gameplay</li> </ul>	<ul style="list-style-type: none"> <li>Introduce high 5 netball positions</li> <li>Acquire and apply basic shooting techniques</li> <li>Implement basic rules of high 5 netball</li> <li>Develop skills such as marking and footwork</li> </ul>	<ul style="list-style-type: none"> <li>To send a basketball varying speed, height and direction</li> <li>To be able to show control when travelling with the ball</li> <li>Recognise the correct time to intercept or tackle</li> <li>Develop an awareness of opponents positioning within the area of play</li> </ul>
Hockey	Circuit Training	Rounders	Athletics
<ul style="list-style-type: none"> <li>Send, receive and dribble with a ball whilst keeping control and possession whilst turning</li> <li>To send and receive a hockey ball with accuracy</li> <li>Perform a controlled dribble technique whilst being able to create space to send and receive a ball</li> <li>Show an understanding of moving to screen the opposition from receiving the ball</li> <li>To be able to dribble under control whilst maintaining possession of a hockey ball opposed</li> </ul>	<ul style="list-style-type: none"> <li>To increase stamina and strength</li> </ul>	<ul style="list-style-type: none"> <li>Develop skill to track and collect</li> <li>Throw and catch ball with increased accuracy/ aim</li> <li>To develop skills for rapid retrieval</li> </ul>	<ul style="list-style-type: none"> <li>To select and maintain a running pace for different distances.</li> <li>To practise throwing with power and accuracy.</li> <li>To throw safely and with understanding.</li> <li>To demonstrate good running technique in a competitive situation.</li> <li>To explore different footwork patterns.</li> <li>To understand which technique is most</li> </ul>

<ul style="list-style-type: none"> <li>Create space to receive the ball unopposed and opposed with key focus on receiving the ball under control</li> </ul>			<p>effective when jumping for distance.</p> <ul style="list-style-type: none"> <li>To utilise all the skills learned in this unit in a competitive situation.</li> </ul>
<b>Cricket</b>	<b>Dance</b>		
<ul style="list-style-type: none"> <li>To develop and investigate different ways of throwing, and to know when each is appropriate.</li> <li>To use ABC (agility, balance, co-ordination) to field a ball well.</li> <li>To use ABC (agility, balance, co-ordination) to move into good positions for catching and apply it in a game situation.</li> <li>To use hand-eye coordination to strike a moving and a stationary ball.</li> <li>To develop fielding skills and understand their importance when playing a game.</li> <li>To play in a competitive situation, and to demonstrate sporting behaviour.</li> </ul>	<ul style="list-style-type: none"> <li>Identify and repeat the movement patterns and actions of a chosen dance style.</li> <li>Compose a dance that reflects the chosen dance style.</li> <li>Confidently improvise with a partner or on their own.</li> <li>Compose longer dance sequences in a small group.</li> <li>Demonstrate precision and some control in response to stimuli.</li> <li>Begin to vary dynamics and develop actions and motifs in response to stimuli.</li> </ul>		

**YEAR 5**

In addition to previous learning, pupils should learn to...

<b>Gymnastics</b>	<b>Tag Rugby</b>	<b>Netball</b>	<b>Circuit Training</b>
<ul style="list-style-type: none"> <li>• Mirror/match</li> <li>• Inversions and wheeling</li> <li>• Weight on hands</li> <li>• Swinging</li> <li>• Moving into skills esp balances</li> <li>• Sports Acro in pairs or small groups</li> <li>• Twisted shapes</li> </ul> <p>Jumping from box top and springboard</p>	<ul style="list-style-type: none"> <li>• To control ruby ball during movement</li> <li>• To use attacking and defending techniques effectively</li> <li>• To increase power and speed of passes to cover greater distances</li> </ul>	<ul style="list-style-type: none"> <li>• Confidently use a range of netball skills such as pivoting, dodging, and bounce pass...</li> <li>• Begin to play effectively in different positions – know the difference between attacking and defence</li> <li>• Increase power and strength of passing, moving the ball over greater distances</li> </ul>	<ul style="list-style-type: none"> <li>• To increase stamina and strength</li> </ul>
<b>Rounders</b>	<b>Athletics</b>	<b>Football</b>	<b>Dance</b>
<ul style="list-style-type: none"> <li>• To throw and catch under pressure.</li> <li>• To use fielding skills to stop the ball effectively.</li> <li>• To learn batting control.</li> <li>• To learn the role of backstop.</li> <li>• To play in a tournament and work as team, using tactics in order to beat another team.</li> </ul>	<ul style="list-style-type: none"> <li>• To use correct technique to run at speed.</li> <li>• To develop the ability to run for distance.</li> <li>• To throw with accuracy and power.</li> <li>• To identify and apply techniques of relay running.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to keep control over the football when dribbling</li> <li>• To be able to send &amp; receive a football with a partner under control</li> <li>• Develop a range of skills that enable them to dribble, send and receive a football</li> </ul>	<ul style="list-style-type: none"> <li>• Identify and repeat the movement patterns and actions of a chosen dance style.</li> <li>• Compose individual, partner and group dances that reflect the chosen dance style.</li> </ul>

<ul style="list-style-type: none"> <li>To play in a tournament and work as team, using tactics in order to</li> </ul>	<ul style="list-style-type: none"> <li>To explore different footwork patterns.</li> <li>To understand which technique is most effective when jumping for distance.</li> <li>Learn how to use skills to improve the distance of a pull throw.</li> <li>To demonstrate good techniques in a competitive situation.</li> </ul>	<ul style="list-style-type: none"> <li>Link movement of dribbling a football with sending and receiving a football within a team</li> <li>Send, receive and dribble with a football, whilst keeping control and possession when turning</li> </ul>	<ul style="list-style-type: none"> <li>Show a change of pace and timing in their movements. Develop an awareness of their use of space.</li> <li>Improvise with confidence, still demonstrating fluency across the sequence.</li> </ul>
<b>Tennis</b>	<b>Hockey</b>		
<ul style="list-style-type: none"> <li>To identify and apply techniques for hitting a tennis ball.</li> <li>To develop the techniques for ground strokes and volleys.</li> <li>To develop a backhand technique and use it in a game.</li> <li>To practise techniques for all strokes.</li> <li>To play a tennis game using an overhead serve and the correct selections of shots.</li> </ul>	<ul style="list-style-type: none"> <li>To choose and implement a range of strategies and tactics to attack and defend</li> <li>Use speed, changing of direction and dribbling to advance towards team's goal.</li> <li>To combine and perform more complex skills at great speed</li> <li>To recognise and describe good individual and team performances</li> <li>To suggest, plan and lead a warm up as a small group - To show all skills learnt in match</li> </ul>		

playmoving the ball over  
longer distances

## YEAR 6

In addition to previous learning, pupils should learn to...

### **Gymnastics**

- Individual and partner shapes
- Unison/canon
- Sports Acro – counter balance/tension and support
- Flight (from and off: feet, hands, floor and apparatus)  
Larger group compositions

### **Tag Rugby**

- Observe and analyse individual and team performance
- Combine and perform complex skills at speed
- Choose and implement a range of strategies and tactics for defending and attacking

### **Netball**

- To work as a team to improve group tactic and game play
- To play within the rules using blocking skills got shots and passes
- Develop defensive and marking skills

### **Circuit Training**

- To increase stamina and strength

### **Athletics**

### **Football**

### **Dance**

### **Cricket**

<ul style="list-style-type: none"> <li>• To investigate running styles and changes of speed.</li> <li>• To practise throwing with power and accuracy.</li> <li>• To throw safely and with understanding.</li> <li>• To demonstrate good running technique in a competitive situation.</li> <li>• To explore different footwork patterns.</li> <li>• To understand which technique is most effective when jumping for distance.</li> </ul> <p>To utilise all the skills learned in this unit in a competitive situation.</p>	<ul style="list-style-type: none"> <li>• Use a range of speeds (slow – fast) dribbling the football with control and be aware of obstacles and other children</li> <li>• Keeping control when dribbling a football towards a goal to aim and shoot with accuracy</li> <li>• Combine receiving and dribbling a football under control unopposed and opposed to shoot accurately</li> <li>• To be able to dribble under control whilst maintaining possession of a football opposed</li> <li>• Improve their understanding of creating space to receive a football</li> </ul> <p>Recognise the correct time to intercept or tackle the opposition to gain possession of the ball</p>	<ul style="list-style-type: none"> <li>• Identify and repeat the movement patterns and actions of a chosen dance style.</li> <li>• Compose individual, partner and group dances that reflect the chosen dance style.</li> <li>• Use dramatic expression in dance movements and motifs.</li> <li>• Perform with confidence, using a range of movement patterns.</li> <li>• Dance with fluency and control, linking all movements and ensuring that transitions flow.</li> <li>• Demonstrate consistent precision when performing dance sequences</li> </ul>	<ul style="list-style-type: none"> <li>• To develop skills in batting and fielding.</li> <li>• To choose fielding techniques effectively for maximum impact.</li> <li>• To run, throw and catch with increasing accuracy</li> <li>• To develop a safe and effective overarm throw.</li> <li>• To learn batting control. To use all the skills learned by playing in a mini tournament.</li> </ul>
<b>Tennis</b>	<b>Dodgeball</b>		



<ul style="list-style-type: none"><li>• To demonstrate and use the correct grip of the racket and understand how to get into the ready position.</li><li>• To use good hand/eye co-ordination to be able to contact the shuttle with the face of the racket.</li><li>• Understand how to serve the ball in order to start the game.</li><li>• Recognise the difference between the low serve and the high serve.</li><li>• To develop children's ability to perform and understand the 'overhead clear' shot and the impact that playing the overhead clear can have on winning points during game play.</li><li>• To understand that the drop shot is an attacking shot, and why.</li><li>• To know where the drop should be aimed for, for it to be most productive, and why.</li></ul>	<ul style="list-style-type: none"><li>• To learn to throw overarm and snatch</li><li>• Catching focus on a rebound catch</li><li>• To focus on game play techniques (eg faking a throw, splitting)</li></ul>		
---	--	--	--