

## Year 1 Curriculum Feb 2022

Term	Area	Need to Know			Vocabulary	Prior Skills	
Autumn 1	Social, communication skills & Playground games	Locomotor (Movement) skills: Walking Running Jumping Hopping Skipping	Body control (Stability) skills: Balancing on one foot Walking on a line Twisting Landing Bending	Turning Stopping Stretching	Object control (Manipulative) skills: Striking with an implement Catching Underhand throw Foot dribbling Kicking Chest passing Two handed striking Hand dribbling (repeatedly bouncing a ball-one hand)	Sharing conflict working together hopping skipping catching throwing balancing turning rules	
	Playground games	<ul style="list-style-type: none"> <li>-Communicate clearly &amp; effectively with my peers during physical activity</li> <li>-Collaborate and work well with others in pairs and groups</li> <li>-Begin to effectively resolve conflict during games and physical activity</li> <li>-Begin to successfully catch diverse objects with two hands</li> <li>-Begin to successfully throw diverse objects with one hand</li> <li>-Successfully jump with two feet and hop on one foot</li> <li>-Begin to follow rules and tactics for games</li> </ul>					
Autumn 2	Manipulation skills- Throwing and catching	<ul style="list-style-type: none"> <li>-Throw underarm and overarm.</li> <li>-Throw a ball towards a target with increasing accuracy.</li> <li>-Catch and bounce a ball.</li> <li>-Use rolling skills in a game.</li> <li>-Practise accurate throwing and consistent catching.</li> </ul>				Underarm Overarm catch caught throw accuracy	
	Stability skills- Balancing and coordination- leading to gymnastics	Straight jump Tuck jump Jumping jack Half turn jump Cat spring.	Log roll (controlled)  Tiptoe, step, jump and hop Hopscotch Skipping Galloping	Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes		Forwards Backwards Sideways Roll Slow Body parts Shape	

	Gymnastics	<ul style="list-style-type: none"> <li>-Create and perform a movement sequence.</li> <li>-Copy actions and movement sequences with a beginning, middle and end.</li> <li>-Link two actions to make a sequence.</li> <li>-Recognise and copy contrasting actions (small/tall, narrow/wide).</li> <li>-Travel in different ways, changing direction and speed.</li> <li>-Hold still shapes and simple balances.</li> <li>-Carry out simple stretches.</li> <li>-Carry out a range of simple jumps, landing safely.</li> <li>-Move around, under, over, and through different objects and equipment.</li> <li>-Begin to move with control and care.</li> </ul>	<p>Jump Travel Stretch Wide Narrow</p>	
	Stability skills- Balancing and coordination- leading to dance	<p>Actions (What)- Travel, stretch, twist, turn, jump</p> <p>Space (Where)- forwards, backwards sideways, high, low, safely showing an awareness of others.</p> <p>Relationships (Who)- individual, partner- teaching eachother 2 movements to make 4.</p> <p>Dynamics (How)- slowly, quickly, with appropriate expression.</p>	<p>Travel Stillness Direction Space Body parts Levels Speed Beginning Middle End Feelings Directions Rhythm</p>	
Spring 1	Dance	<p>COMPOSE</p> <ul style="list-style-type: none"> <li>- Copy and repeat basic movements and body patterns</li> <li>-Use simple choreographic devices such as unison, canon and mirroring.</li> </ul> <p>PERFORM</p> <ul style="list-style-type: none"> <li>-Move spontaneously showing some control and co-ordination</li> <li>-Move with confidence when walking, hopping, jumping, landing</li> <li>-Move with rhythm in the above actions</li> <li>-Demonstrate good balance</li> <li>-Move in time with music</li> <li>-Co-ordinate arm and leg actions (e.g. march and clap)</li> <li>-Interact with a partner (e.g. holding hands, swapping places, meeting and parting)</li> </ul> <p>EVALUATE</p> <ul style="list-style-type: none"> <li>-Respond to own work and that of others when exploring ideas, feelings and preferences</li> <li>-Recognise the changes in the body when dancing and how this can contribute to keeping healthy.</li> </ul>		

Spring 2	Stability skills- Balancing and coordination- leading to gymnastics	Standing balances Kneeling balances Pike, tuck, star, straight, straddle shapes Tiptoe, step, jump and hop Hopscotch Skipping Gallop Bunny hop Front support wheelbarrow	ROLLS  Curled side roll (egg roll) (controlled) Teddy bear roll (controlled)	Vault: Straight jump off springboard.  Bunny hop Front support wheelbarrow with partner	Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow	
	Gymnastics	<ul style="list-style-type: none"> <li>-Create and perform a movement sequence.</li> <li>-Copy actions and movement sequences with a beginning, middle and end.</li> <li>-Link two actions to make a sequence.</li> <li>-Recognise and copy contrasting actions (small/tall, narrow/wide).</li> <li>-Travel in different ways, changing direction and speed.</li> <li>-Hold still shapes and simple balances.</li> <li>-Carry out simple stretches.</li> <li>-Carry out a range of simple jumps, landing safely.</li> <li>-Move around, under, over, and through different objects and equipment.</li> <li>-Begin to move with control and care.</li> </ul>				
	Multi-skills- Throwing and catching	<ul style="list-style-type: none"> <li>-Throw different types of equipment in different ways, for accuracy and distance.</li> <li>-Throw, catch and bounce a ball with a partner.</li> <li>-Use throwing and catching skills in a game.</li> <li>-Throw a ball for distance.</li> <li>-Use hand-eye coordination to control a ball.</li> <li>-Vary types of throw used</li> <li>-Change the speed of the ball they are rolling</li> <li>-Sometimes hit the target with a rolling ball</li> <li>-Aim for a stationary target using an underarm throw with some accuracy and success</li> </ul>			atch caughtthrow accu	

	<p>Target games- Rules, strategies &amp; tactics</p> <ul style="list-style-type: none"> <li>-Take part in games that involve rolling, including team games;</li> <li>-Work with others to design a game that involves throwing underarm;</li> <li>-Know how to play a game that involves aiming at moving targets and can take part, with some success at hitting a target.</li> <li>-Know what a tactic is and, with support, can use them in a game</li> <li>-Begin to display elements of teamwork in a game</li> <li>-Evaluate their performance, with support.</li> </ul>		
	<p>Multi-skills- Throwing, catching &amp; running</p> <p><b>THROWING &amp; CATCHING</b></p> <ul style="list-style-type: none"> <li>-Throw underarm and overarm.</li> <li>-Throw a ball towards a target with increasing accuracy.</li> <li>-Catch and bounce a ball.</li> <li>-Use rolling skills in a game.</li> <li>-Practise accurate throwing and consistent catching.</li> </ul> <p><b>RUNNING</b></p> <ul style="list-style-type: none"> <li>-Vary their pace and speed when running.</li> <li>-Run with a basic technique over different distances.</li> <li>-Show good posture and balance.</li> <li>-Jog in a straight line.</li> <li>-Change direction when jogging.</li> <li>-Sprint in a straight line.</li> <li>-Change direction when sprinting.</li> <li>-Maintain control as they change direction when jogging or sprinting.</li> </ul>	<p>Underarm Overarm catch caught throw accuracy</p> <p>teamwork pass tag/ tagger zones tag line Dodge/ dodger</p>	

Summer 1

Tag Rugby  
(simplified) -  
Rules,  
strategies &  
tactics

-Begin handling the rugby ball with confidence. -  
Twist, turn and dodge other players. - Use basic  
game principles and play within simpler rules

RULES:

- One end zone (goal line) to another.
- Must be on your feet to score.
- Cannot score if there's a tag missing.
- Can score if tagged within one step of the try line –  
be generous.
- Players cannot dive on the ball on the ground.
- Cannot hand the ball to another player.
- Cannot grab the ball from another player.
- A free pass must be made to a stationary player.
- The defence have to be 3m back from a free pass.

-After making a tag, the tagger must hand back the  
tag.

-If tagged, the ball carrier must pass within three  
seconds, though they can take three strides.

The tagger must return the tag to the tagged

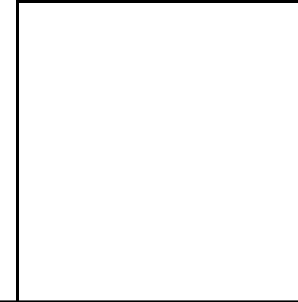
<https://www.rugbycoachweekly.net/mini-tag/guide-coaching-u7s-tag-rugby/>

<https://d2cx26qpfwuhvu.cloudfront.net/premier/wp-content/uploads/2016/09/23114412/STCO-Practical.pdf>

<b>Summer 2</b>	Multi-skills- Throwing, catching, running, jumping	<p>-Adopt an effective hold and body position during the egg and spoon race</p> <p><b>THROWING &amp; CATCHING</b></p> <ul style="list-style-type: none"> <li>-Throw underarm and overarm.</li> <li>-Throw a ball towards a target with increasing accuracy.</li> <li>-Catch and bounce a ball.</li> <li>-Use rolling skills in a game.</li> <li>-Practise accurate throwing and consistent catching.</li> </ul> <p><b>RUNNING</b></p> <ul style="list-style-type: none"> <li>-Vary their pace and speed when running.</li> <li>-Run with a basic technique over different distances.</li> <li>-Show good posture and balance.</li> <li>-Jog in a straight line.</li> <li>-Change direction when jogging.</li> <li>-Sprint in a straight line.</li> <li>-Change direction when sprinting.</li> <li>-Maintain control as they change direction when jogging or sprinting.</li> </ul> <p><b>JUMPING</b></p> <ul style="list-style-type: none"> <li>-Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</li> <li>-Perform a short jumping sequence.</li> <li>-Jump as high as possible.</li> <li>-Jump as far as possible.</li> <li>- Land safely and with control.</li> <li>-Work with a partner to develop the control of their jumps</li> <li>-Jump a set distance, e.g. from hoop to hoop</li> <li>throw in the general direction of a given target</li> <li>-Jump across an agility ladder from two feet to two feet</li> </ul>	acy jogsprintbalanceho	
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Sports day  
challenges

- To use appropriate skills and technique to sprint in a race.
- To be able to balance an egg on a spoon while racing against others.
- To jump in a sack while racing against others.
- To throw overarm and underarm to reach a target.
- To travel in different directions while pushing a football with the feet.
- To travel using a range of movements across obstacles in a race.



## Year 2 Curriculum Feb 2022

Term	Area	Need to Know			Vocabulary		
Autumn 1	Social, communication skills & Playground games	Locomotor (Movement) skills: Walking Running Jumping	Body control (Stability) skills: Balancing on one foot Walking on a line Twisting Landing Bending	Object control (Manipulative) skills: Striking with an implement Catching throw Foot dribbling Chest passing	Underhand Kicking Two handed	Sharing conflict working together hopping skipping catching throwing balancing turning rules Dribbling chest pass	Prior Skills
	Playground games	-Communicate clearly & effectively with my peers during physical activity -Collaborate and work well with others in pairs and groups -Effectively resolve conflict during games and physical activity -Successfully catch diverse objects with two hands - Successfully throw diverse objects with one hand -Successfully jump with two feet and hop on one foot -Follow rules and tactics for games					
	Manipulation skills- Throwing and catching	-Throw different types of equipment in different ways, for accuracy and distance. -Throw, catch and bounce a ball with a partner. -Use throwing and catching skills in a game. -Throw a ball for distance. -Use hand-eye coordination to control a ball. -Vary types of throw used			Underarm Overarm catch caught throw accuracy Hand-eye coordination	"-Throw underarm and overarm. -Throw a ball towards a target with increasing accuracy. -Catch and bounce a ball. -Use rolling skills in a game. -Practise accurate throwing and consistent catching "	



Autumn 2	Stability skills- Balancing and coordination- leading to gymnastics	Standing balances Kneeling balances Large body part balances Balances on apparatus Balances with a partner	Tiptoe, step, jump and hop Hopscotch Skipping Galloping Straight jump half-turn  ROLLS  Log roll (controlled)	Straight jump Tuck jump Jumping jack Half turn jump Cat spring Cat spring to straddle	Forwards Backwards Sideways Roll Slow Body parts Shape Jump Travel Stretch Wide Narrow	-Create and perform a movement sequence. -Copy actions and movement sequences with a beginning, middle and end. -Link two actions to make a sequence. -Recognise and copy contrasting actions (small/tall, narrow/wide). -Travel in different ways, changing direction and speed. -Hold still shapes and simple balances. -Carry out simple
	Gymnastics	-Copy, explore and remember actions and movements to create their own sequence. -Link actions to make a sequence. -Travel in a variety of ways, including rolling. -Hold a still shape whilst balancing on different points of the body. -Jump in a variety of ways and land with increasing control and balance.				
	Stability skills- Balancing and coordination- leading to dance	<p>Actions (What)- Travel, stretch, twist, turn, jump</p> <p>Space (Where)- forwards, backwards sideways, high, low, safely showing an awareness of others.</p> <p>Relationships (Who)- individual, partner- teaching each other 2 movements to make 4.</p> <p>Dynamics (How)- slowly, quickly, with appropriate expression.</p>			iddleEndFeelingsD	<p>COMPOSE</p> <p>- Copy and repeat basic movements and body patterns</p> <p>-Use simple choreographic devices such as unison, canon and mirroring.</p> <p>PERFORM</p> <p>-Move spontaneously showing some control and co-ordination</p> <p>-Move with confidence when walking, hopping, jumping, landing</p> <p>-Move with rhythm in the above actions</p> <p>-Demonstrate good balance</p> <p>-Move in time with</p>

Spring 1	Dance	<p>COMPOSE</p> <ul style="list-style-type: none"> <li>- Copy and repeat basic movements and body patterns</li> <li>-Create a short motif inspired by a stimulus.</li> <li>-Change the speed and level of their actions.</li> <li>-Use simple choreographic devices such as unison, canon and mirroring.</li> <li>-Use different transitions within a dance motif.</li> <li>-Move in time to music.</li> <li>-Improve the timing of their actions</li> </ul>			<p>MOVE IN TIME WITH music</p> <ul style="list-style-type: none"> <li>-Co-ordinate arm and leg actions (e.g. march and clap)</li> <li>-Interact with a partner (e.g. holding hands, swapping places, meeting and parting)</li> </ul>	
	Stability skills- Balancing and coordination- leading to gymnastics	<p>ROLLS</p> <p>Curled side roll (egg roll) (controlled)</p> <p>Teddy bear roll (controlled)</p> <p>Rocking for forward roll</p> <p>Crouched forward roll</p>	<p>Vault:</p> <p>Hurdle step onto springboard</p> <p>Straight jump off springboard</p> <p>Tuck jump off springboard.</p>	<p>Bunny hop Front support wheelbarrow with partner T-lever Scissor kick</p>	<p>Forwards</p> <p>Backwards</p> <p>Sideways</p> <p>Roll</p> <p>Slow</p> <p>Body parts</p> <p>Shape</p> <p>Jump</p> <p>Travel</p> <p>Stretch</p> <p>Wide</p> <p>Narrow</p>	<p>EVALUATE</p> <ul style="list-style-type: none"> <li>-Create and perform a movement sequence.</li> <li>-Copy actions and movement sequences with a beginning, middle and end.</li> <li>-Link two actions to make a sequence.</li> <li>-Recognise and copy contrasting actions (small/tall, narrow/wide).</li> <li>-Travel in different ways, changing direction and speed.</li> <li>-Hold still shapes and simple balances.</li> <li>-Carry out simple stretches.</li> </ul>
	Gymnastics	<ul style="list-style-type: none"> <li>-Copy, explore and remember actions and movements to create their own sequence.</li> <li>-Link actions to make a sequence.</li> <li>-Travel in a variety of ways, including rolling.</li> <li>-Hold a still shape whilst balancing on different points of the body.</li> <li>-Jump in a variety of ways and land with increasing control and balance.</li> <li>-Climb onto and jump off the equipment safely.</li> </ul>			<ul style="list-style-type: none"> <li>-Carry out a range of simple jumps, landing safely.</li> <li>-Move around, under, over, and through different objects and equipment.</li> <li>-Begin to move with</li> </ul>	

<b>Spring 2</b>	Multi-skills- Throwing and catching	<ul style="list-style-type: none"> <li>-Throw different types of equipment in different ways, for accuracy and distance.</li> <li>-Throw, catch and bounce a ball with a partner.</li> <li>-Use throwing and catching skills in a game.</li> <li>-Throw a ball for distance.</li> <li>-Use hand-eye coordination to control a ball.</li> <li>-Vary types of throw used</li> <li>-Change the speed of the ball they are rolling;</li> <li>-Sometimes hit the target with a rolling ball;</li> <li>-Aim for a stationary target using an underarm throw with some accuracy and success;</li> </ul>	Underarm Overarm catch caught throw accuracy Hand-eye coordination	-Throw underarm and overarm. -Throw a ball towards a target with increasing accuracy. -Catch and bounce a ball. -Use rolling skills in a game. -Practise accurate throwing and consistent catching.
	Target games- Rules, strategies & tactics	<ul style="list-style-type: none"> <li>-Take part in games that involve rolling, including team games;</li> <li>-Work with others to design a game that involves throwing underarm;</li> <li>-Know how to play a game that involves aiming at moving targets and can take part, with some success at hitting a target.</li> <li>-Know how to play a game that involves kicking at targets and can take part with some success</li> <li>-Know what a tactic is and, with support, can use them in a game</li> <li>-Begin to display elements of teamwork in a game</li> <li>-Evaluate their performance, with support.</li> </ul>		
	Multi-skills- Throwing, catching & running	<b>THROWING &amp; CATCHING</b> <ul style="list-style-type: none"> <li>-Throw different types of equipment in different ways, for accuracy and distance.</li> <li>-Throw, catch and bounce a ball with a partner.</li> <li>-Use throwing and catching skills in a game.</li> <li>-Throw a ball for distance.</li> <li>-Use hand-eye coordination to control a ball.</li> <li>-Vary types of throw used</li> </ul>	Underarm Overarm catch caught throw accuracy Hand-eye coordination	<b>"THROWING &amp; CATCHING</b> <ul style="list-style-type: none"> <li>-Throw underarm and overarm.</li> <li>-Throw a ball towards a target with increasing accuracy.</li> </ul>

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Summer 1</p>	<p>Tag Rugby (simplified) - Rules, strategies &amp; tactics</p>	<ul style="list-style-type: none"> <li>-Begin handling the rugby ball with confidence.</li> <li>-Twist, turn and dodge other players.</li> <li>- Use basic game principles and play within <b>simpler rules</b></li> </ul> <p>Rules:</p> <ul style="list-style-type: none"> <li>-One end zone (try line) to another.</li> <li>-Must be on your feet to score.</li> <li>-Cannot score if there's a tag missing.</li> <li>-Can score if tagged within one step of the try line – be generous.</li> <li>-Play on from a knock-on or if the ball goes on the ground.</li> <li>-Players cannot dive on the ball on the ground.</li> <li>-Cannot hand the ball to another player.</li> <li>-Cannot grab the ball from another player.</li> <li>-Any offence leads to a free pass.</li> </ul>	<p><a href="https://www.rugbycoachweekly.net/mini-tag/guide-coaching-u7s-tag-rugby/">https://www.rugbycoachweekly.net/mini-tag/guide-coaching-u7s-tag-rugby/</a></p> <p><a href="https://d2cx26qpfwuhvu.cloudfront.net/premier/wp-content/uploads/2016/09/23114412/STCO-Practical.pdf">https://d2cx26qpfwuhvu.cloudfront.net/premier/wp-content/uploads/2016/09/23114412/STCO-Practical.pdf</a></p>	<p>coordination</p> <p>teamwork</p> <p>pass</p> <p>tag</p> <p>zones</p> <p>tag line</p> <p>Dodge</p> <p>evading</p> <p>tagger</p> <p>defend</p>	<ul style="list-style-type: none"> <li>-Catch and bounce a ball.</li> <li>-Use rolling skills in a game.</li> <li>-Practise accurate throwing and consistent catching.</li> </ul> <p><b>RUNNING</b></p> <ul style="list-style-type: none"> <li>-Vary their pace and speed when running.</li> <li>-Run with a basic technique over different distances.</li> <li>-Show good posture and balance.</li> </ul>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Summer 2</p>	<p>Multi-skills- Throwing, catching, running, jumping</p>	<p><b>THROWING &amp; CATCHING</b></p> <ul style="list-style-type: none"> <li>-Throw different types of equipment in different ways, for accuracy and distance.</li> <li>-Throw, catch and bounce a ball with a partner.</li> <li>-Use throwing and catching skills in a game.</li> <li>-Throw a ball for distance.</li> <li>-Use hand-eye coordination to control a ball.</li> <li>-Vary types of throw used</li> <li>-Perform the underarm, overarm and push throws with some control, accuracy and success;</li> </ul> <p><b>RUNNING</b></p> <ul style="list-style-type: none"> <li>-Run at different paces, describing the different paces.</li> <li>-Use a variety of different stride lengths.</li> <li>-Travel at different speeds.</li> <li>-Begin to select the most suitable pace and speed for distance.</li> <li>-Complete an obstacle course.</li> <li>-Vary the speed and direction in which they are travelling.</li> <li>-Run with basic techniques following a curved line.</li> <li>-Be able to maintain and control a run over different distances</li> <li>- Begin to identify and demonstrate how different running techniques can affect their performance.</li> </ul>	<p>Underarm</p> <p>Overarm</p> <p>catch</p> <p>caught</p> <p>throw</p> <p>accuracy</p> <p>Hand-eye</p> <p>coordination</p> <p>control</p> <p>performance</p> <p>hurdles</p> <p>running</p> <p>jumping</p>	<p>"-Adopt an effective hold and body position during the egg and spoon race</p> <p><b>THROWING &amp; CATCHING</b></p> <ul style="list-style-type: none"> <li>-Throw underarm and overarm.</li> <li>-Throw a ball towards a target with increasing accuracy.</li> <li>-Catch and bounce a ball.</li> <li>-Use rolling skills in a game.</li> <li>-Practise accurate throwing and consistent catching.</li> </ul>	

	Athletics	<ul style="list-style-type: none"><li>-Practise existing running, jumping and throwing skills.</li><li>-Sprint effectively.</li><li>-Run with fluency over hurdles.</li><li>-Jump for distance.</li><li>-Develop and refine different throwing techniques</li><li>-Learn different push throw techniques</li></ul>	<ul style="list-style-type: none"><li>-To use appropriate skills and technique to sprint in a race.</li><li>- To be able to balance an egg on a spoon while racing against others.</li><li>-To jump in a sack while racing against</li></ul>
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## Year 3 Curriculum Feb 2022

Term	Area	Need to Know & Skills progression (multi-skills)				
Autumn 1	Manipulation skills Balance and coordination	ROLLS  -Crouched forward roll - Forward roll from standing - Tucked backward roll	JUMPS  -Straight jump -Tuck jump -Jumping jack -Star jump -Straddle jump -Pike jump -Straight jump half-turn -Cat leap  VAULT  -Hurdle step onto springboard -Squat on vault -Star jump off -Tuck jump off -Straddle jump off -Pike jump off	BALANCES  -Large and small body part balances, including standing and kneeling balances -Balances on apparatus -Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes -Front and back support	TRAVELLING MOVEMENTS  -Tiptoe, step, jump and hop -Hopscotch -Skipping -Chassis steps -Straight jump half turn -Cat leap  HANDSTANDS, CARTWHEELS, ROUNDOFFS  -Handstand -Lunge into handstand -Cartwheel	Prior Skills
	Gymnastics -Composition Evaluating and improving	Choose ideas to compose a movement sequence independently and with others. Link combinations of actions with increasing confidence, including changes of direction, speed or level. Develop the quality of their actions, shapes and balances. Move with coordination, control and care. Use turns whilst travelling in a variety of ways. Use a range of jumps in their sequences. Begin to use equipment to vault. Create interesting body shapes while holding balances with control and confidence. Begin to show flexibility in movements.				
Autumn 2	Multi-skills- Throwing and catching	-Throw and catch with greater control and accuracy. -Practise the correct technique for catching a ball and use it in a game. -Perform a range of catching and gathering skills with control. -Catch with increasing control and accuracy. -Throw a ball in different ways (e.g. high, low, fast or slow).				
	Basketball -Rules, strategies, tactics	-Introduce dribbling; keeping control -Introduce passing and receiving -Combine dribbling and passing to create space -Develop passing, receiving and dribbling -Introduce shooting				

Spring 1	Multi-skills- Throwing and catching	<ul style="list-style-type: none"> <li>-Throw and catch with greater control and accuracy.</li> <li>-Practise the correct technique for catching a ball and use it in a game.</li> <li>-Perform a range of catching and gathering skills with control.</li> <li>-Catch with increasing control and accuracy.</li> <li>-Throw a ball in different ways (e.g. high, low, fast or slow).</li> <li>-Move with the ball in a variety of ways with some control.</li> <li>-Use two different ways of moving with a ball in a game.</li> <li>-Know how to keep and win back possession of the ball in a team game</li> <li>-Find a useful space and get into it to support teammates.</li> <li>-Use simple attacking and defending skills in a game.</li> <li>-Use fielding skills to stop a ball from travelling past them.</li> </ul>	
	Tag Rugby -Rules, strategies, tactics	<ul style="list-style-type: none"> <li>-Handle a rugby ball with confidence</li> <li>-Introduce moving with the ball, passing and receiving</li> <li>-Introduce tagging</li> <li>-Create space when attacking</li> <li>-Combine passing/moving to create attacking opportunities</li> <li>-Evade attackers using footwork and body control</li> <li>-Link skills to perform as a team in attack</li> <li>-Use basic game principles of tag rugby and play within simpler rules</li> </ul> <p>Rules:</p> <ul style="list-style-type: none"> <li>-One end zone (try line) to another.</li> <li>-Must be on your feet to score.</li> <li>-Cannot score if there's a tag missing.</li> </ul> <ul style="list-style-type: none"> <li>-Cannot hand the ball to another player.</li> <li>-Cannot grab the ball from another player.</li> <li>-Any offence leads to a free pass.</li> <li>-A free pass must be made to a stationary player.</li> <li>-The defence have to be 3m back from a free pass.</li> <li>-No fending off.</li> </ul> <ul style="list-style-type: none"> <li>-After making a tag, the tagger must hand back the tag.</li> <li>-If tagged, the ball carrier must pass within three seconds, though they can take three strides.</li> <li>-The tagger must return the tag to the tagged player. They cannot re-enter the game until this is done.</li> <li>-Once a tag is made, apart from the tagger, the other defenders have to get nearer the goal line than the tagged player before they can re-enter the game.</li> <li>-PLUS, no kicking or tackling..."</li> </ul>	
	Manipulation skills Balance and coordination	<p>Actions (WHAT) – travel, stretch, twist, turn, jump, travel, turn, gesture, jump, stillness</p> <p>Space (WHERE) – forwards, backwards, sideways, high, low, safely showing awareness of others, formation, direction and levels</p> <p>Relationships (WHO) – on own and with a partner by teaching each other 2 movements to create a dance with 4 actions, whole group/duo/solo, unison/canon</p> <p>Dynamics (HOW) – slowly, quickly, with appropriate expression, explore speed, energy</p>	<ul style="list-style-type: none"> <li>Space</li> <li>Repeat</li> <li>Dance Phrase</li> <li>Improvisation</li> <li>Character</li> <li>Gesture</li> <li>Repetition</li> <li>Action and reaction</li> <li>Myth</li> <li>Legend</li> </ul>

Spring 2	Dance -Composition Evaluating and improving	<p>COMPOSE</p> <ul style="list-style-type: none"> <li>- Structure a dance phrase, connecting different ideas, showing a clear beginning, middle and end</li> <li>-Link phrases to music</li> <li>-Begin to improvise with a partner to create a simple dance.</li> <li>-Create motifs from different stimuli.</li> <li>-Begin to compare and adapt movements and motifs to create a larger sequence.</li> <li>-Use simple dance vocabulary to compare and improve work.</li> </ul> <p>PERFORM</p> <ul style="list-style-type: none"> <li>-Perform with some awareness of rhythm and expression.</li> <li>-Perform dance to an audience showing confidence</li> <li>-Show co-ordination, control and strength (Technical Skills)</li> <li>-Show focus, projection and musicality (Expressive Skills)</li> <li>-Demonstrate different dance actions with precision and some control – travel, turn, gesture, jump and stillness</li> <li>-Demonstrate dynamic qualities – speed, energy and continuity</li> <li>-Demonstrate use of space – levels, directions, pathways and body shape</li> <li>-Demonstrate different relationships – mirroring, unison, canon, complementary and</li> </ul>			<p>Costume Prop Pattern Co-ordinate Choreograph Improvise</p>
Summer 1	Multi-skills- Throwing, catching, running, jumping	<p>RUNNING</p> <ul style="list-style-type: none"> <li>-Identify and demonstrate how different techniques can affect their performance.</li> <li>-Focus on their arm and leg action to improve their sprinting technique.</li> <li>-Begin to combine running with jumping over hurdles.</li> <li>-Focus on trail leg and lead leg action when running over hurdles.</li> <li>-Understand the importance of adjusting running pace to suit the distance being run.</li> </ul>	<p>JUMPING</p> <ul style="list-style-type: none"> <li>-Use one and two feet to take off and to land with.</li> <li>-Develop an effective takeoff for the standing long jump.</li> <li>-Develop an effective flight phase for the standing long jump.</li> <li>-Land safely and with control.</li> </ul>	<p>THROWING &amp; CATCHING</p> <ul style="list-style-type: none"> <li>-Throw with greater control and accuracy.</li> <li>-Show increasing control in their overarm throw.</li> <li>-Perform a push throw.</li> <li>-Continue to develop techniques to throw for increased distance.</li> </ul>	
	Athletics -Rules, strategies, tactics	<ul style="list-style-type: none"> <li>-Explore running for speed</li> <li>-Explore acceleration</li> <li>-Introduce /develop relay:</li> <li>-Running for speed in a team</li> <li>-Throwing: Accuracy vs distance</li> <li>-Standing long jump</li> </ul>			



Summer 2	Multi-skills- Bat and ball	<ul style="list-style-type: none"> <li>-Demonstrate successful hitting and striking skills.</li> <li>-Develop a range of skills in striking (and fielding where appropriate).</li> <li>-Practise the correct batting technique and use it in a game.</li> <li>-Strike the ball for distance.</li> </ul>	
	Tennis -Rules, strategies, tactics	<ul style="list-style-type: none"> <li>-Introduction tennis,</li> <li>-Outwitting an opponent</li> <li>-Creating space to win a point</li> <li>-Consolidate how to win a game</li> <li>-Introduce rackets</li> <li>-Introduce the forehand</li> </ul>	