Reception

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| **TERM** | **TOPIC** | **Early Learning Goals** | **SKILLS** | **COMPETITIONS / VISITORS** | **LINKS TO PREVIOUS YEARS** | **Links to Other curriculum links** | **Key Vocabulary** |
|  AUTUMN  | Gym – BalanceFun Games with Friends (OAA)Turn Taking on Holidays (Strike & Field)Beanbag skills (Invasion) | I can show good control and coordination in large and small movements.I can move confidently in a range of ways, safely negotiating space.I can handle equipment and tools effectively, including pencils for writing.I know the importance for good health of physical exercise, a healthy diet and talk about the ways to keep healthy and safe. | See skills list document for this year group. | BasketballSkateboarding/ KinballDance | n/a | SMSC – communication, teamwork, collaboration.RSHE - Respectful relationships | Equipment, pairs, balance, still, levels, big, small, move, action, floor, low, high, teams, tuck, star, straight |
|  SPRING | Gym – Stretching shapesBall Skills at the Zoo – InvasionDance The UK WeatherDance Fictional Characters – Julia Donaldson | Football TournamentKey Steps GymnasticsCricket All Stars | Continuation of skills from EYFS. | Science - seasonal changes English – Traditional TalesScience – Animals  | balance, stillness, tuck, star, jump, straight, levels, big, small, move, travel, action, floor, low, high. |
|  SUMMER | Gym – Jumping and Balancing Bats and Balls at the CircusFun with Quoits & ConesDance Animals - Minibeasts | Key Steps GymnasticsCross CountrySports DayTennisBradshaw RaceBales RaceFootballRoad to ... | Continuation of skills from EYFS.Sports Day | Science - Minibeasts | Running, throwing, catching, balance equipment, pairs, javelin, sprint, hurdles, sequence |

Year 1

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| **TERM** | **TOPIC** | **NC Aims** | **SKILLS** | **COMPETITIONS / VISITORS** | **LINKS TO PREVIOUS YEARS** | **Links to Other curriculum links** | **Key Vocabulary** |
|  AUTUMN  | Gym – Balance and AgilityThrowing and catching (Invasion)Creative Play (OAA)Balance and control – Striking (Net Games) | Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities.Participate in team games developing simple tactics for attacking and defending.Perform dances using simple movement patterns. | See skills list document for this year group. | BasketballCross CountryFootball TournamentsChange 4 LifeSkateboarding/ KinballDance | Continuation of skills from EYFS. |  | Equipment, pairs, balance, coordination, stillness, levels, big, small, move, travel, action, gesture, floor, low, medium, high, unison, teams, kick, strike, pass, defend, attack |
|  SPRING |  Ball Control (Invasion)Dance The UK – CelebrationsPartner Games (Strike and Field)Dance Fictional Characters – Traditional Tales | Football TournamentKey Steps GymnasticsCricket All Stars | Continuation of skills from EYFS.Builds on The UK Dance unit from EYFS.Builds on Fictional Characters Dance from EYFS. | English – Traditional TalesRE – Celebrations | Coordination, balance, stillness, tuck, straddle, star, jump, straight, levels, big, small, move, travel, action, floor, low, medium, high |
|  SUMMER | Athletics – FUNdamentalsGym – Position and DirectionDance Animals – JungleRunning and Jumping (Athletics) | Key Steps GymnasticsCross CountrySports DayTennisBradshaw RaceBales RaceFootballRoad to ... | Continuation of skills from EYFS.Builds on from Minibeasts Dance work from EYFS.Sports Day | Maths – position and direction workScience – Animals including humans | Running, throwing, catching, balance equipment, pairs, Coordination, balance, stillness, levels, large, small, move, travel, low, medium, high, jump, javelin, obstacle, sprint, hurdles, sequence, coordination, stillness, levels, big, small, move, travel, action, gesture, floor, low, medium, high, unison, |

 Year 2

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| **TERM** | **TOPIC** | **NC Aims** | **SKILLS** | **TRIPS / VISITORS** | **LINKS TO PREVIOUS YEARS** | **Links to other Curriculum areas** | **Key Vocabulary** |
|  AUTUMN  | Dance The UK – Traditional DancesRule Making (OAA)Kicking and dribbling (Invasion Hockey & Football)Gym – balance & Co-ordination | Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities.Participate in team games developing simple tactics for attacking and defending.Perform dances using simple movement patterns. | See skills list document for this year group. | BasketballCross CountryFootball TournamentsChange 4 LifeSkateboarding/ KinballDance | Continuation of skills from Y1 and EYFSBuilds on The UK Dance unit from EYFS and Year 1.Builds on the OAA unit from Year 1 (Creative Play) | SMSC – Rules, rights and responsibilities. | Coordination, balance, stillness, pike, tuck, straddle, star, jump, straight, levels, large, small, move, travel, pathways, action, gesture, floor, low, medium, high, sequence |
|  SPRING | Striking for accuracyDance Fictional Characters – PiratesGym 2-D and 3-D shapesSending and receiving (Invasion) | Football TournamentFootball TournamentKey Steps GymnasticsCricket All Stars | Continuation of skills from Y1 and EYFSBuilds on The Fictional Characters units from EYFS and Year 1. | Maths – shape | Equipment, pairs, counter balance, dynamics, Coordination, balance, stillness, levels, large, small, move, travel, pathways, action, gesture, floor, low, medium, high, pass, play, catch, throw, try, canon, unison, defend, attack, teams, receiving, sending. |
|  SUMMER | Group Games – trike and FieldGym – Famous PeopleMovement – AthleticsDance - Animals | Key Steps GymnasticsCross CountrySports DayTennisBradshaw RaceBales RaceFootballRoad to ... | Continuation of skills from Y1 and EYFSSports Day | SMSC – communication, teamwork, collaboration.History – Significant Individuals | Running, throwing, catching, balance equipment, pairs, Coordination, balance, stillness, levels, large, small, move, travel, low, medium, high, pike, tuck, straddle, star, jump, straight, javelin, obstacle, sprint, hurdles, sequence |

 Year 3

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| **TERM** | **TOPIC** | **NC Aims** | **SKILLS** | **TRIPS / VISITORS** | **LINKS TO PREVIOUS YEARS** | **Links to other Curriculum areas** | **Key Vocabulary** |
| AUTUMN  | HandballGym – Symmetrical shapesDribbling to InvadeThinking Aloud | Use running, jumping, throwing and catching in isolation and in combination.Play competitive games modified where appropriate and apply basic principles of attacking and defendingDevelop flexibility, strength, technique, control and balance.Perform dances using basic movement patterns.Take part in outdoor and adventurous activity challenges both individually and as a team.Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | See skills list document for this year group. | BasketballCross CountryFootball TournamentsChange 4 LifeAbility DayRugbySkateboarding/ KinballDance | Continuation of skills from KS1.Dribbling skills developed from Year 2. | Maths – revisiting symmetry work from Year 2SMSC – communication, teamwork, collaboration. |  |
| SPRING | Over the netGym – Travelling RomansGym – Jumping Splashing RiversStriking and exploring  | FootballNetballBasketballHockeyChange 4 LifeAbility DayKey Steps Gymnastics | Continuation of skills from KS1. | Geography – rivers unit |  |
| SUMMER | Dance – Ancient EgyptPassing for possessionDance – MagnetsBeing an Athlete | CricketRugbyFootballBales RaceBradshaw RaceRoundersRoad to …Ability DayKey Steps GymnasticsNetballFootballTennisBasketball | Continuation of skills from KS1.Sports Day | History – Ancient Egypt.Science – Magnets and forces |  |

Year 4

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| **TERM** | **TOPIC** | **NC PoS** | **SKILLS** | **TRIPS / VISITORS** | **LINKS TO PREVIOUS YEARS** | **Links to other curriculum areas** | **Key Vocabulary** |
| AUTUMN  | Gym – Perfecting Sequencing The Water CyclePassing and MovingReturning (Net Games)Dribbling, movement & teamwork | Use running, jumping, throwing and catching in isolation and in combination.Play competitive games modified where appropriate and apply basic principles of attacking and defendingDevelop flexibility, strength, technique, control and balance.Perform dances using basic movement patterns.Take part in outdoor and adventurous activity challenges both individually and as a team.Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | See skills list document for this year group. | BasketballCross CountryFootball TournamentsChange 4 LifeAbility DayRugbySkateboarding/ KinballDance | Continuation of skills from Y3.Dribbling skills developed from Year 2 and 3. | Geography – Water Cycle | BalanceCoordinationApparatusStaticSequencesChest passBounce passPivotShootDefenceAttach |
| SPRING | Dance – ElectricityFieldingDance - CharlestonGym – Symmetrical Stone Age | FootballNetballBasketballHockeyChange 4 LifeKey Steps GymnasticsAbility Day | Continuation of skills from Y3.Revisiting Stone Age from Year 3 History. | Science – Electricity | BalanceAgilitySupportPracticeCanonSynchronisationLevelsRhythmSequenceRehearse  |
| SUMMER | Dance – The RomansDecisions (OAA)Gym – What’s my direction?Record Breaking (Athletics) | Key Steps GymnasticsCricketRugbyFootballBales RaceBradshaw RaceRoundersRoad to …NetballFootballAbility DayBasketball | Continuation of skills from Y3.Sports Day | SMSC – communication, teamwork, collaboration.Maths – Position and direction | ReactionFitnessWarm-upCool-downHeart rateRacket ServeVolleyBackhandForehand |

Year 5

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| **TERM** | **TOPIC** | **NC PoS** | **SKILLS** | **TRIPS / VISITORS** | **LINKS TO PREVIOUS YEARS** | **Links to other curriculum areas** | **Key Vocabulary****Ongoing throughout the units** |
| AUTUMN  | Accuracy & RalliesInvasion in a teamRules and conceptsExploring, striking and fielding | Use running, jumping, throwing and catching in isolation and in combination.Play competitive games modified where appropriate and apply basic principles of attacking and defendingDevelop flexibility, strength, technique, control and balance.Perform dances using basic movement patterns.Take part in outdoor and adventurous activity challenges both individually and as a team.Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | See skills list document for this year group. | BasketballCross CountryFootball TournamentsChange 4 LifeAbility DayRugbyBocciaSkateboarding/ KinballBike Right | Continuation of skills from KS1 and LKS2.Building on fielding and striking from LKS2. | SMSC – Rules, rights and responsibilities. | Shape, balance, Travel, flight, rotation, sequence, apparatusKeeping possessionPassingDribblingShootingSupportMarkingattackers/defendersTeam playbatting |
| SPRING | SwimmingGym - Viking BalanceDance – SpaceLeadership (OAA) | FootballDanceNetballBasketballHockeyAthleticsAbility DayKey Steps Gymnastics | Continuation of skills from KS1 and LKS2.Revisiting space unit from Year 2. | SMSC – communication, teamwork, collaboration.History – VikingsScience - Astronomy | Dance styleTechniquePatternRhythmVariation Actionreaction |
| SUMMER | Stiking and Fielding – CricketDance – Rock n RollOlympic Training (Athletics)Gym – Abstract Angles | AthleticsNetballKey Steps GymnasticsRoundersCricketRugbyChange 4 LifeBasketballCross CountryAbility DayFootballRoad to … | Continuation of skills from KS1 and LKS2.Sports Day | Maths – Angles and shape | Batting averageBoundaryBowl bowlerBasket, block bounce, pass |

Year 6

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| **TERM** | **TOPIC** | **NC PoS** | **SKILLS** | **TRIPS / VISITORS** | **LINKS TO PREVIOUS YEARS** | **Links to other curriculum areas** | **Key Vocabulary** |
| AUTUMN  | Invasion – CompetitiveGym – Travelling in WW2Dance – WW2Invasion to score | Use running, jumping, throwing and catching in isolation and in combination.Play competitive games modified where appropriate and apply basic principles of attacking and defendingDevelop flexibility, strength, technique, control and balance.Perform dances using basic movement patterns.Take part in outdoor and adventurous activity challenges both individually and as a team.Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | See skills list document for this year group. | BasketballCross CountryFootball TournamentsChange 4 LifeAbility DayRugbyBocciaSkateboarding/ KinballDanceBike RightPhys Kids Training | Continuation of skills from KS1, LKS2 and Year 5.Building on invasion team unit from Year 5. | History – WW2Geography – WW2 |  |
| SPRING | Striking and Fielding TeamworkFinding Success (OAA)Gym – Complex sequencesInvasion Games – Beating a defender | FootballNetballBasketballHockeyAthleticsAbility DayKey Steps Gymnastics | Continuation of skills from KS1, LKS2 and Year 5. | SMSC – communication, teamwork, collaboration. |  |
| SUMMER | RoundersDance – Street DanceGoing for GoldGym – Perfecting in which quadrant | NetballFootballAthleticsRoundersCricketRugbyChange 4 LifeCross CountryAbility DayRoad to …Basketball | Continuation of skills from KS1, LKS2 and Year 5.Sports Day | SMSC - Transition to high school. Leading/becoming independent/leadersMaths – cordinates and quadrants. |  |