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 – Balance  Fun 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. | Basketball  Skateboarding/ Kinball  Dance | 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 shapes  Ball Skills at the Zoo – Invasion  Dance The UK Weather  Dance Fictional Characters – Julia Donaldson | Football Tournament  Key Steps Gymnastics  Cricket All Stars | Continuation of skills from EYFS. | Science - seasonal changes  English – Traditional Tales  Science – 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 Circus  Fun with Quoits & Cones  Dance Animals - Minibeasts | Key Steps Gymnastics  Cross Country  Sports Day  Tennis  Bradshaw Race  Bales Race  Football  Road 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 Agility  Throwing 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. | Basketball  Cross Country  Football Tournaments  Change 4 Life  Skateboarding/ Kinball  Dance | 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 – Celebrations  Partner Games (Strike and Field)  Dance Fictional Characters – Traditional Tales | Football Tournament  Key Steps Gymnastics  Cricket All Stars | Continuation of skills from EYFS.  Builds on The UK Dance unit from EYFS.  Builds on Fictional Characters Dance from EYFS. | English – Traditional Tales  RE – Celebrations | Coordination, balance, stillness, tuck, straddle, star, jump, straight, levels, big, small, move, travel, action, floor, low, medium, high |
| SUMMER | Athletics – FUNdamentals  Gym – Position and Direction  Dance Animals – Jungle  Running and Jumping (Athletics) | Key Steps Gymnastics  Cross Country  Sports Day  Tennis  Bradshaw Race  Bales Race  Football  Road to ... | Continuation of skills from EYFS.  Builds on from Minibeasts Dance work from EYFS.  Sports Day | Maths – position and direction work  Science – 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 Dances  Rule 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. | Basketball  Cross Country  Football Tournaments  Change 4 Life  Skateboarding/ Kinball  Dance | Continuation of skills from Y1 and EYFS  Builds 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 accuracy  Dance Fictional Characters – Pirates  Gym 2-D and 3-D shapes  Sending and receiving (Invasion) | Football Tournament  Football Tournament  Key Steps Gymnastics  Cricket All Stars | Continuation of skills from Y1 and EYFS  Builds 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 Field  Gym – Famous People  Movement – Athletics  Dance - Animals | Key Steps Gymnastics  Cross Country  Sports Day  Tennis  Bradshaw Race  Bales Race  Football  Road to ... | Continuation of skills from Y1 and EYFS  Sports 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 | Handball  Gym – Symmetrical shapes  Dribbling to Invade  Thinking 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 defending  Develop 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. | Basketball  Cross Country  Football Tournaments  Change 4 Life  Ability Day  Rugby  Skateboarding/ Kinball  Dance | Continuation of skills from KS1.  Dribbling skills developed from Year 2. | Maths – revisiting symmetry work from Year 2  SMSC – communication, teamwork, collaboration. |  |
| SPRING | Over the net  Gym – Travelling Romans  Gym – Jumping Splashing Rivers  Striking and exploring | Football  Netball  Basketball  Hockey  Change 4 Life  Ability Day  Key Steps Gymnastics | Continuation of skills from KS1. | Geography – rivers unit |  |
| SUMMER | Dance – Ancient Egypt  Passing for possession  Dance – Magnets  Being an Athlete | Cricket  Rugby  Football  Bales Race  Bradshaw Race  Rounders  Road to …  Ability Day  Key Steps Gymnastics  Netball  Football  Tennis  Basketball | 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 Cycle  Passing and Moving  Returning (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 defending  Develop 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. | Basketball  Cross Country  Football Tournaments  Change 4 Life  Ability Day  Rugby  Skateboarding/ Kinball  Dance | Continuation of skills from Y3.  Dribbling skills developed from Year 2 and 3. | Geography – Water Cycle | Balance  Coordination  Apparatus  Static  Sequences  Chest pass  Bounce pass  Pivot  Shoot  Defence  Attach |
| SPRING | Dance – Electricity  Fielding  Dance - Charleston  Gym – Symmetrical Stone Age | Football  Netball  Basketball  Hockey  Change 4 Life  Key Steps Gymnastics  Ability Day | Continuation of skills from Y3.  Revisiting Stone Age from Year 3 History. | Science – Electricity | Balance  Agility  Support  Practice  Canon  Synchronisation  Levels  Rhythm  Sequence  Rehearse |
| SUMMER | Dance – The Romans  Decisions (OAA)  Gym – What’s my direction?  Record Breaking (Athletics) | Key Steps Gymnastics  Cricket  Rugby  Football  Bales Race  Bradshaw Race  Rounders  Road to …  Netball  Football  Ability Day  Basketball | Continuation of skills from Y3.  Sports Day | SMSC – communication, teamwork, collaboration.  Maths – Position and direction | Reaction  Fitness  Warm-up  Cool-down  Heart rate  Racket  Serve  Volley  Backhand  Forehand |

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 & Rallies  Invasion in a team  Rules and concepts  Exploring, 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 defending  Develop 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. | Basketball  Cross Country  Football Tournaments  Change 4 Life  Ability Day  Rugby  Boccia  Skateboarding/ Kinball  Bike 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, apparatus  Keeping possession  Passing  Dribbling  Shooting  Support  Marking  attackers/defenders  Team play  batting |
| SPRING | Swimming  Gym - Viking Balance  Dance – Space  Leadership (OAA) | Football  Dance  Netball  Basketball  Hockey  Athletics  Ability Day  Key Steps Gymnastics | Continuation of skills from KS1 and LKS2.  Revisiting space unit from Year 2. | SMSC – communication, teamwork, collaboration.  History – Vikings  Science - Astronomy | Dance style  Technique  Pattern  Rhythm  Variation  Action  reaction |
| SUMMER | Stiking and Fielding – Cricket  Dance – Rock n Roll  Olympic Training (Athletics)  Gym – Abstract Angles | Athletics  Netball  Key Steps Gymnastics  Rounders  Cricket  Rugby  Change 4 Life  Basketball  Cross Country  Ability Day  Football  Road to … | Continuation of skills from KS1 and LKS2.  Sports Day | Maths – Angles and shape | Batting average  Boundary  Bowl bowler  Basket, 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 – Competitive  Gym – Travelling in WW2  Dance – WW2  Invasion 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 defending  Develop 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. | Basketball  Cross Country  Football Tournaments  Change 4 Life  Ability Day  Rugby  Boccia  Skateboarding/ Kinball  Dance  Bike Right  Phys Kids Training | Continuation of skills from KS1, LKS2 and Year 5.  Building on invasion team unit from Year 5. | History – WW2  Geography – WW2 |  |
| SPRING | Striking and Fielding Teamwork  Finding Success (OAA)  Gym – Complex sequences  Invasion Games – Beating a defender | Football  Netball  Basketball  Hockey  Athletics  Ability Day  Key Steps Gymnastics | Continuation of skills from KS1, LKS2 and Year 5. | SMSC – communication, teamwork, collaboration. |  |
| SUMMER | Rounders  Dance – Street Dance  Going for Gold  Gym – Perfecting in which quadrant | Netball  Football  Athletics  Rounders  Cricket  Rugby  Change 4 Life  Cross Country  Ability Day  Road to …  Basketball | Continuation of skills from KS1, LKS2 and Year 5.  Sports Day | SMSC - Transition to high school. Leading/becoming independent/leaders  Maths – cordinates and quadrants. |  |