

LTP Reception
Subject Area – P.E.



PE SCHEME – GetSet4PE

No units of work decided yet for Spring or Summer due to Covid-19 and possible restrictions.

KEY

GREEN – All Teachers

RED – Mr Rose

LILAC – Objectives covered

within both units

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport Focus	An introduction to PE: UNIT 2	Dance: Unit 1 Ball Skills: Unit 2	Gymnastics: Unit 2 Gymnastics: Unit 1		Fundamentals: Unit 2	Games: Unit 2
Early Learning Goals	Communication and Language	Develop physical, social emotional skills and thinking whole child objectives.	Develop physical, social emotional skills and thinking whole child objectives.		Develop physical, social emotional skills and thinking whole child objectives.	Develop physical, social emotional skills and thinking whole child objectives.
	<p>An introduction to PE: UNIT 2 Pupils develop physical, social, emotional and thinking whole child objectives.</p> <p>Children will be introduced to Physical Education and structured movement through the topic of 'everyday life'. They will spend time learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with</p>	<p>Dance: Unit 1 Children will develop their expressive movement through the topic of 'everyday life'. Children explore space and how to use space safely. They explore travelling movements, shapes and balances. Children choose their own actions in response to a stimulus. They are given the opportunity to copy, repeat and remember actions. They are introduced to counting to help them keep in time with the music. They perform to others and begin to provide</p> <p>Ball Skills: Unit 2</p>	<p>Gymnastics: Unit 1 Children will develop their basic gymnastic skills through the topic of 'animals and their habitats'. Children explore basic movements, creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when traveling and balancing.</p> <p>Gymnastics: Unit 2 Children will develop their basic gymnastic skills through the topic of 'traditional tales', to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. Children explore basic movements, creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin</p>		<p>Fundamentals: Unit 2 Children will develop their fundamental movement skills through the topic of 'places and spaces'. Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space. They work independently and with a partner to complete tasks.</p>	<p>Games: Unit 2 Children will practise and further develop their fundamental movement skills through the topic of 'around the world'. Children will learn and develop these skills by playing a variety of games. They will also start to understand how to work as a team, take turns, keep the score, play against an opponent and play by the rules.</p>

a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules.

EARLY LEARNING GOALS FOR ALL UNITS

- Confident to try new activities.
- Ask for help if needed.
- Handle equipment effectively.
- Move confidently in a range of ways.
- Safely negotiate the space.
- Show good control and coordination in small and large movements.
- Talk about ways to keep healthy and safe.
- Know the importance for good health and physical exercise.
- Sensitive to others' feelings.
- Play cooperatively, taking turns.
- Talk about own ideas and use them in

Children will develop their ball skills through the topic of 'weather'. Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children will be able to develop their fine and gross motor skills through a range of game play with balls. Children will work independently and with a partner and will develop decision making and using simple tact.

to understand using levels and directions when travelling and balancing.

response to a task.

- Understand and follow rules.

KEY

GREEN – All Teachers

RED – Mr Rose

LILAC – Objectives covered
within both units

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport Focus	<p>Athletics: YEAR 1</p> <p>Ball Skills</p>	<p>Dance: YEAR 1</p> <p>Target Games</p>	<p>Yoga</p> <p>Sending and Receiving</p>	<p>Team Building</p> <p>Invasion</p>	<p>Fitness</p> <p>Striking and Fielding</p>	
Developing Skills	<p>Athletics Pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently.</p> <p>Ball Skills Pupils will develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball.</p>	<p>Dance: YEAR 1 Explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases. Pupils will work individually and with a partner to create ideas in relation to the theme. Pupils will be given the opportunity to perform and also to provide feedback, beginning to use dance terminology to do so.</p> <p>Target Games Pupils will develop their aim using both underarm and overarm actions. Pupils will be given opportunities to select and apply the appropriate action for the</p>	<p>Yoga Pupils learn about mindfulness and body awareness. They begin to learn yoga poses and techniques that will help them to connect their mind and body. The unit builds strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils will work independently and with others, sharing ideas and creating their own poses in response to a theme.</p> <p>Sending and Receiving Pupils will develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will also use equipment to send and receive a ball. Pupils will be given opportunities to</p>	<p>Team Building Pupils develop their communication and problem solving skills. They work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other. They are given the opportunity to discuss and plan their ideas.</p> <p>Invasion Pupils develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They develop their understanding of attacking and defending and what being 'in possession' means. They have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and how to play to the</p>	<p>Fitness Pupils will take part in a range of fitness activities to develop components of fitness. Pupils will begin to explore and develop agility, balance, co-ordination, speed and stamina. Pupils will be given the opportunity to work independently and with others. Pupils will develop perseverance and show determination to work for longer periods of time.</p> <p>Striking and Fielding Pupils develop their basic understanding of striking and fielding games such as Rounders and Cricket. They learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They are given opportunities to play one against one, one against two, and one against three. They learn how to score points and how to use simple tactics. They learn the rules of the games and use these to play fairly. They show respect towards others when playing competitively and develop communication skills.</p>	

	Pupils will have the opportunity to work independently, in pairs and small groups. Pupils will be able to explore their own ideas in response to tasks.	target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe.	work with a range of different sized balls. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe.	rules. They work independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards their teammates and opponents.	
Making and Applying	<p>To learn to move at different speeds for varying distances.</p> <p>To explore hopping, jumping and leaping for distance.</p> <p>To be able to roll a ball to hit a target.</p> <p>To develop coordination and be able to stop a rolling ball.</p> <p>To show coordination and control in a variety of ball skills.</p>	<p>To explore travelling actions.</p> <p>Begin to use counts.</p> <p>Show some sense of dynamic and expressive qualities in a dance.</p> <p>To explore overarm and underarm throwing towards a target.</p> <p>To select the correct technique for the situation.</p>	<p>Remember and repeat actions, linking poses together.</p> <p>Work with others to create poses.</p> <p>Beginning to send and receive a ball using a piece of equipment.</p> <p>Beginning to send and receive a ball with feet.</p> <p>Catch a ball after one bounce.</p> <p>Roll a ball towards a target.</p> <p>Throw a ball to a partner.</p> <p>Track a ball that is coming towards me.</p>	<p>Communicate simple instructions.</p> <p>Follow a simple diagram/map.</p> <p>Follow instructions.</p> <p>Suggest ideas to solve tasks.</p> <p>Beginning to dribble ball with hands and feet.</p> <p>Change direction to move away from a defender.</p> <p>Recognise space when playing games.</p> <p>Send and receive a ball with hands and feet.</p> <p>Move feet to stay with another player when defending.</p>	<p>Change direction when running.</p> <p>Run at different speeds.</p> <p>Show hopping and jumping movements.</p> <p>Show co-ordination when trying hula hoop skills.</p> <p>Use co-ordination to turn a skipping rope.</p> <p>Catch a beanbag and a medium-sized ball.</p> <p>Roll a ball towards a target.</p> <p>Strike a ball using my hand.</p> <p>Track a ball that is coming towards me.</p>
Physical and mental	<p>Describe what it feels like when breathing faster during exercise.</p> <p>Explain why running and playing games is good for them.</p>	<p>Move confidently and safely.</p> <p>Use different parts of the body in isolation and together.</p> <p>Recognise changes in my body when does exercise.</p>	<p>Recognise changes in body when they exercise.</p>	<p>Use simple rules to play fairly.</p> <p>Recognise changes in my body when exercising.</p>	<p>Recognise changes in my body when exercising.</p>

Evaluate and improve	<p>Watch others' movements carefully.</p> <p>Describe what they have done or seen others do. Copy what they see and say why it is good.</p>	<p>Work with others to share ideas and select actions.</p> <p>Choose appropriate movements for different dance ideas.</p> <p>Say what they like about someone else's performance.</p>	<p>Say what they like about someone else's flow.</p> <p>Work co-operatively with a partner.</p>	<p>Listen to others' ideas.</p> <p>Work with a partner and small group.</p> <p>Know when they are successful.</p>	<p>Try their hardest to keep working over longer periods of time.</p> <p>Work with others to turn a rope.</p> <p>Play fairly against an opponent.</p> <p>Know when they are successful.</p>
Progression Points	<p>Develop balance whilst jumping and landing.</p> <p>Develop balance and rhythm when travelling over obstacles.</p> <p>Develop throwing for distance and accuracy.</p> <p>Develop technique and control when dribbling a ball with your feet.</p> <p>Develop control and co-ordination when dribbling a ball with your hands. Begin to catch with two hands.</p>	<p>To develop throwing for accuracy and distance and when under pressure.</p>		<p>Understand the rules of the game.</p> <p>Understand when they are a defender and when they are an attacker.</p>	<p>Know how to score points.</p> <p>Understand the rules and begin to use them fairly.</p>

LTP Year 2
Subject Area – P.E.

KEY

GREEN – All Teachers

RED – Mr Rose

LILAC – Objectives covered within both units



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport Focus	<p>Athletics: YEAR 2</p> <p>Ball skills</p>	<p>DANCE: YEAR 2</p> <p>Target Games</p>	<p>Yoga</p> <p>Sending and Receiving</p>	<p>Team Building</p> <p>Invasion</p>	<p>Fitness</p> <p>Striking and Fielding</p>	

<p>Developing Skills</p>	<p>Athletics Pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently.</p> <p>Ball Skills Pupils will develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. Pupils will have the opportunity to work independently, in pairs and small groups. Pupils will be able to explore their own ideas in response to tasks.</p>	<p>DANCE: YEAR 2 Pupils will explore space and how their body can move to express and idea, mood, character or feeling. They will expand their knowledge of travelling actions and use them in relation to a stimulus. They will build on their understanding of dynamics and expression. They will use counts of 8 consistently to keep in time with the music and a partner. Pupils will also explore pathways, levels, shapes, directions, speeds and timing. They will be given the opportunity to work independently and with others to perform and provide feedback beginning to use key terminology.</p> <p>Target Games Pupils will develop their aim using both underarm and overarm actions. Pupils will be given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe.</p>	<p>Yoga Pupils learn about mindfulness and body awareness. They begin to learn yoga poses and techniques that will help them to connect their mind and body. The unit builds strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils will work independently and with others, sharing ideas and creating their own poses in response to a theme.</p> <p>Sending and Receiving Pupils will develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will also use equipment to send and receive a ball. Pupils will be given opportunities to work with a range of different sized balls. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe.</p>	<p>Team Building Pupils develop their communication and problem solving skills. They work individually, in pairs and in small groups. Throughout, there is an emphasis on teamwork. They learn to discuss, plan and reflect on ideas and strategies. They lead a partner whilst considering safety. Pupils have the opportunity to show honesty and fair play.</p> <p>Invasion Pupils develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They develop their understanding of attacking and defending and what being 'in possession' means. They have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and how to play to the rules. They work independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards their teammates and opponents.</p>	<p>Fitness Pupils will take part in a range of fitness activities to develop components of fitness. Pupils will begin to explore and develop agility, balance, co-ordination, speed and stamina. Pupils will be given the opportunity to work independently and with others. Pupils will develop perseverance and show determination to work for longer periods of time.</p> <p>Striking and Fielding Pupils develop their basic understanding of striking and fielding games such as Rounders and Cricket. They learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They are given opportunities to play one against one, one against two, and one against three. They learn how to score points and how to use simple tactics. They learn the rules of the games and use these to play fairly. They show respect towards others when playing competitively and develop communication skills.</p>

<p>Making and Applying</p>	<p>Land and jump with control.</p> <p>Link running and jumping movements with some control and balance.</p> <p>Use an overarm throw to help me to throw for distance.</p> <p>To track a ball and receive it.</p> <p>Dribble a ball with their hands and feet with some control.</p> <p>Roll and throw a ball to hit a target.</p>	<p>Select the correct technique for the situation.</p> <p>To explore overarm throwing towards a target.</p> <p>Copy, remember, repeat and create dance phrases.</p> <p>Show a character and idea through actions and dynamics chosen.</p> <p>Use counts to stay in time with the music.</p>	<p>Copy, remember and repeat yoga flows.</p> <p>Use clear shapes when performing poses.</p> <p>Accurately kick and throw a ball to a partner.</p> <p>Catch a ball passed to them, with and without a bounce.</p> <p>Roll a ball to hit a target.</p> <p>Track a ball and stop it using hands and feet.</p>	<p>Understand how to use, follow and create a simple diagram/map.</p> <p>Dribble a ball with their hands and feet with increasing control.</p> <p>Find space away from others when playing games.</p> <p>Move with a ball towards a goal.</p> <p>Send and receive a ball with increasing consistency with hands and feet.</p> <p>Stay close to another player to try to stop them from getting the ball.</p>	<p>Link different hoop skills to create a routine.</p> <p>Show hopping and jumping movements with some balance and control.</p> <p>Develop underarm and overarm throwing skills.</p> <p>Roll a ball to hit a target.</p> <p>Sometimes hit a ball using a racket.</p> <p>Track a ball and collect it.</p> <p>Use simple tactics.</p>
<p>Physical and mental</p>	<p>Describe how my body feels during exercise.</p> <p>Identify good technique.</p> <p>Work with others, taking turns and sharing ideas.</p>	<p>Describe how their body feels during exercise.</p> <p>Work with a partner using mirroring and unison in actions.</p>	<p>Describe how their body feels during exercise.</p> <p>Move from one pose to another thinking about my breath.</p> <p>Work with others to create simple flows showing some control.</p> <p>Work co-operatively with a partner and small group.</p> <p>Work safely to send a ball towards a partner using a piece of equipment.</p>	<p>Work co-operatively with a partner and small group.</p> <p>Show honesty and play fairly.</p> <p>Describe how their body feels during exercise.</p>	<p>Describe how their body feels during exercise.</p> <p>Show determination to continue working over a longer period of time.</p> <p>Understand that running at a slower speed will allow me to run for a longer period of time.</p>
<p>Evaluate and improve</p>	<p>To try their best.</p>	<p>To develop throwing for accuracy and underarm throwing towards a target.</p> <p>Begin to provide feedback using key words.</p>	<p>Begin to provide feedback using key words.</p>	<p>Follow instructions carefully.</p> <p>They can say when they were successful at solving challenges.</p> <p>Share ideas and help to solve tasks</p>	<p>Persevere with new challenges.</p> <p>Work with others to turn a rope and encourage others to jump at the right time.</p> <p>Begin to provide feedback using key words.</p>

Progression Points	<p>Beginning to provide feedback using key words.</p> <p>Beginning to understand and use simple tactics.</p>	<p>To develop throwing for accuracy and distance under pressure.</p> <p>Begin to trap and cushion a ball that is coming towards me.</p> <p>Show confidence to perform.</p>	<p>Beginning to trap and cushion a ball that is coming towards me.</p>	<p>Beginning to provide feedback using key words.</p> <p>Understand the rules and use them to keep a game going.</p> <p>Understand what to do when they are an attacker/defender.</p>	<p>Know how to score points and remember the score.</p> <p>Understand the rules of the game and use these to play fairly in a small group.</p>

LTP Year 3
Subject Area – P.E.

KEY

GREEN – All Teachers

RED – Mr Rose

LILAC – Objectives covered within both units



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport Focus	<p>Athletics: Year 3</p> <p>Football</p>	<p>Dance: YEAR 3</p> <p>Hockey</p>	<p>Yoga</p> <p>Basketball</p>	<p>OAA</p> <p>Netball</p>	<p>Swimming – AT THE MOUNT with swimming teacher</p> <p>Fitness</p> <p>Rounders/Cricket</p>	
Developing Skills	<p>Athletics</p> <p>Pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their</p>	<p>Dance: YEAR 3</p> <p>Pupils create dances in relation to an idea including our school Christmas play. Pupils work individually, with a partner and in small groups, sharing their ideas. Pupils develop their use of counting and rhythm. Pupils learn to use canon, unison, formation and levels in their dances. They will be given the</p>	<p>Yoga</p> <p>Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils</p>	<p>OAA</p> <p>Pupils develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies. They learn to be inclusive of others and work collaboratively to overcome challenges. Pupils learn to orientate a map,</p>	<p>Swimming</p> <p>This unit is aimed at developing swimmers. In this unit, pupils will be introduced to specific swimming strokes on their front and on their back. They will learn how to travel, float and submerge with increasing confidence. They will learn and use different kicking and arm actions. Pupils will be given opportunities to observe others and provide feedback. They will also be introduced to some personal survival skills and how to stay safe around water.</p> <p>Fitness</p>	

	<p>greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. Pupils are also given opportunities to measure, time and record scores.</p> <p>Football Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They learn to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will be given opportunities to select and apply tactics to outwit the opposition.</p> <p>Developing jumping for distance and height.</p>	<p>opportunity to perform to others and provide feedback using key terminology.</p> <p>Hockey Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They will begin to think about defending and winning the ball. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. Pupils will understand the importance of playing fairly and keeping to the rules. They will be encouraged to be a supportive teammate and identify why this behaviour is important.</p>	<p>will work independently and with others to create their own yoga flows.</p> <p>Basketball Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling. Pupils will learn to use attacking skills to maintain possession of the ball. They will start by playing uneven and then move onto even sided games. Pupils will understand the importance of playing fairly and keeping to the rules. They will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition as well as learn how to evaluate their own and others' performances, and how to identify a focus for improvement.</p>	<p>identify key symbols and follow routes.</p> <p>Netball Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and shooting. They will learn to use a range of different passes in different situations to keep possession and attack towards goal. Pupils will learn about defending and attacking play as they begin to play even-sided versions of 5-a-side Netball. They will learn key rules of the game such as footwork, held ball, contact and obstruction</p>	<p>Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn to understand different components of fitness; speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control when performing new tasks.</p> <p>Rounders/Cricket Pupils learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding roles. They focus on developing their throwing, catching and batting skills. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.</p>
<p>Making and Applying</p>	<p>Throw a variety of objects, changing action for accuracy and distance.</p> <p>Use different take off and landings when jumping.</p> <p>Dribble, pass, receive and shoot the ball with some control.</p> <p>Find space away from others and near to my goal.</p>	<p>Repeat, remember and perform a dance phrase.</p> <p>Use counts to keep in time with a partner and group.</p> <p>Use dynamic and expressive qualities in relation to an idea.</p> <p>Create short dance phrases that communicate the idea.</p> <p>Move with the ball towards a goal with increasing control.</p>	<p>Copy and link poses together to create a short flow.</p> <p>Move from one pose to another in time with my breath.</p> <p>Dribble, pass, receive and shoot the ball with some control.</p> <p>Find space away from others and near to the goal.</p>	<p>Follow and give instructions.</p> <p>Communicate with a team and move into space to support them.</p> <p>Defend an opponent and try to win the ball.</p> <p>Move with the ball towards goal with increasing control.</p>	<p>Collect and record personal fitness data and recognise strengths.</p> <p>Complete exercises with control.</p> <p>Work safely with others.</p> <p>Show balance when changing direction.</p> <p>Bowl a ball towards a target.</p> <p>Use overarm and underarm throwing and catching skills.</p> <p>Understand aim of the game.</p>

	<p>Move with a ball towards a goal with increasing control.</p> <p>Understand the role of attacker and defender in relation to football.</p> <p>Track an opponent to slow them down.</p>	<p>Understand the role as an attacker and defender in relation hockey.</p> <p>Dribble, pass, receive and shoot the ball with some control.</p> <p>Track an opponent to slow them down.</p>	<p>Move with a ball towards goal with increasing control.</p> <p>Track an opponent to slow them down.</p>		
Physical and mental	<p>Take part in a relay activity, remembering when to run and what to do.</p> <p>Work with a partner and small group to share ideas.</p> <p>Show determination to achieve personal best.</p> <p>Understand the benefits of exercise and importance of warming up.</p> <p>Work cooperatively with a group to self-manage games.</p>	<p>Work with a partner and in a small group, sharing ideas.</p> <p>Understand the benefits of exercise.</p> <p>Work cooperatively with a group to self-manage games.</p>	<p>Describe how yoga makes me feel.</p> <p>Work with others to create a flow including a number of poses.</p> <p>Work cooperatively with a group to self-manage games.</p> <p>Understand the benefits of exercise.</p>	<p>Listen to and accept others' ideas.</p> <p>Work collaboratively with a partner and small group.</p> <p>Work cooperatively with a group to self-manage games.</p> <p>Understand the benefits of exercise.</p>	<p>Persevere when they find a challenge hard.</p> <p>Understand the benefits of exercise.</p> <p>Work cooperatively with a group to self-manage games.</p>
Evaluate and improve	<p>To identify when they are successful.</p> <p>Learn the rules of the game and begin to use them to play honestly and fairly.</p> <p>Provide feedback using key words.</p>	<p>Respectful to others when watching them perform.</p> <p>Learn the rules of the game and begin to use them to play honestly and fairly.</p> <p>Provide feedback using key words.</p>	<p>Provide feedback using key words.</p> <p>Learn the rules of the game and begin to use them to play honestly.</p> <p>Understand my role as attacker/defender.</p>	<p>Reflect on when and why they were successful at solving challenges and understand why.</p> <p>Learn the rules of the game and begin to use them to play honestly and fairly.</p> <p>Understand my role as attacker/defender.</p> <p>Provide feedback using key words.</p>	<p>Use key points to help them improve their sprinting technique.</p> <p>Learn the rules of the game and beginning to use them.</p> <p>Provide feedback using key words.</p>
Progression Points	<p>Use key points to help improve sprinting technique.</p> <p>Begin to use simple tactics.</p>	<p>Begin to use simple tactics.</p>	<p>Show some stability when holding my yoga poses.</p> <p>Begin to use simple tactics.</p>	<p>Developing map reading skills.</p> <p>Begin to use simple tactics.</p>	<p>Beginning to strike a bowled ball.</p> <p>Develop an understanding of tactics and begin to use them in game situations.</p>

LTP Year 4
Subject Area – P.E.



KEY

GREEN – All Teachers

RED – Mr Rose

LILAC – Objectives covered within both units

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport Focus	<p>Athletics: Year 4</p> <p>Football</p>	<p>Dance: YEAR 4</p> <p>Hockey</p>	<p>Yoga</p> <p>Basketball</p>	<p>OAA</p> <p>Netball</p>	<p>Swimming – AT THE MOUNT with swimming teacher</p> <p>Fitness</p> <p>Rounders/Cricket</p>	
Developing Skills	<p>Athletics: Year 4</p> <p>Pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best.</p> <p>In this unit pupils are able to experience running for distance, sprinting, relay,</p>	<p>Dance: YEAR 4</p> <p>Pupils focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of stimuli, working individually, in pairs and small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Pupils will develop confidence in performing and will be given the opportunity to provide feedback and utilise feedback to improve their own work.</p> <p>Hockey</p>	<p>Yoga</p> <p>Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils will work independently and with others to create their own yoga flows.</p> <p>Basketball</p> <p>Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching</p>	<p>OAA</p> <p>Pupils develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies. They learn to be inclusive of others and work collaboratively to overcome challenges. Pupils learn to orientate a map, identify key symbols and follow routes.</p> <p>Netball</p> <p>Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and shooting. They will learn to</p>	<p>Swimming</p> <p>This unit is aimed at developing swimmers. In this unit, pupils will be introduced to specific swimming strokes on their front and on their back. They will learn how to travel, float and submerge with increasing confidence. They will learn and use different kicking and arm actions. Pupils will be given opportunities to observe others and provide feedback. They will also be introduced to some personal survival skills and how to stay safe around water.</p> <p>Fitness</p> <p>Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn to understand different components of fitness; speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control when performing new tasks.</p>	

	<p>long jump, vertical jump and javelin.</p> <p>Football Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They learn to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will be given opportunities to select and apply tactics to outwit the opposition.</p>	<p>Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They will begin to think about defending and winning the ball. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. Pupils will understand the importance of playing fairly and keeping to the rules. They will be encouraged to be a supportive teammate and identify why this behaviour is important.</p>	<p>and dribbling. Pupils will learn to use attacking skills to maintain possession of the ball. They will start by playing uneven and then move onto even sided games. Pupils will understand the importance of playing fairly and keeping to the rules. They will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition as well as learn how to evaluate their own and others' performances, and how to identify a focus for improvement.</p>	<p>use a range of different passes in different situations to keep possession and attack towards goal. Pupils will learn about defending and attacking play as they begin to play even-sided versions of 5-a-side Netball. They will learn key rules of the game such as footwork, held ball, contact and obstruction.</p>	<p>Rounders/Cricket Pupils learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding roles. They focus on developing their throwing, catching and batting skills. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.</p>
<p>Making and Applying</p>	<p>Demonstrate the difference in sprinting and jogging techniques.</p> <p>Jump for distance and height with balance and control.</p> <p>Throw with some accuracy and power to a target area.</p> <p>Delay an opponent and help prevent the other team from scoring.</p> <p>Dribble, pass, receive and shoot the ball with increasing control.</p> <p>Use simple tactics to help the team score or gain possession.</p>	<p>Choose actions and dynamics to convey a character or idea.</p> <p>Copy and remember a set choreography.</p> <p>Respond imaginatively to a range of stimuli relating to character and narrative.</p> <p>Use changes in timing and spacing to develop a dance.</p> <p>Use counts to keep in time with others and the music.</p> <p>Use simple movement patterns to structure dance phrases on their own, with a partner and in small groups.</p>	<p>Link poses together to create a yoga flow.</p> <p>Transition from pose to pose in time with my breath.</p> <p>Demonstrate yoga poses which show clear shapes.</p> <p>Show increasing control and balance when moving from one pose to another.</p> <p>Delay an opponent and help to prevent the other team from scoring.</p> <p>Dribble, pass, receive and shoot the ball with increasing control.</p>	<p>Accurately follow and give instructions.</p> <p>Identify key symbols on a map and use a key to help navigate around a grid.</p> <p>Plan and apply strategies to solve problems.</p> <p>Defend one on one and know when to win the ball.</p> <p>Move to space to help my team to keep possession and score goals.</p> <p>Pass, receive and shoot the ball with increasing control.</p>	<p>Collect and record personal fitness data and identify areas they need to improve.</p> <p>Show balance when changing direction at speed.</p> <p>Show control when completing activities to improve balance.</p> <p>Bowl a ball with some accuracy and consistency.</p> <p>Strike a bowled ball with adapted equipment (e.g. a tennis racket).</p> <p>Use overarm and underarm throwing and catching skills with increasing accuracy.</p>

	<p>Move to space to help my team to keep possession and score goals.</p>	<p>Move to space to help my team to keep possession and score goals.</p> <p>Dribble, pass, receive and shoot the ball with increasing control in relation to hockey.</p> <p>Delay an opponent and help to prevent the other team from scoring.</p>	<p>Move to space to help my team to keep possession and score goals.</p> <p>Use simple tactics to help my team score or gain possession.</p>	<p>Use simple tactics to help my team score or gain possession.</p>	
Physical and mental	<p>Explain what happens in my body when I warm up.</p> <p>Support and encourage others to work to their best.</p> <p>Explain what happened to my body when I exercise and how this helps to make me healthy.</p>	<p>Explain what happened to my body when I exercise and how this helps to make me healthy.</p>	<p>Describe how yoga makes me feel and talk about the benefits of yoga.</p> <p>Work collaboratively and effectively with others.</p> <p>Explain what happened to my body when I exercise and how this helps to make me healthy.</p>	<p>Confidently communicate ideas and listen to others.</p> <p>Work collaboratively and effectively with a partner and small group.</p> <p>Explain what happened to my body when I exercise and how this helps to make me healthy.</p>	<p>Explain what happened to my body when I exercise and how this helps to make me healthy.</p> <p>Share ideas and work with others to manage activities.</p> <p>Show determination to continue working out over a period of time.</p> <p>Understand that there are different areas of fitness and that each area challenges their body differently.</p> <p>Share ideas and work with others to manage our game.</p>
Evaluate and improve	<p>Identify when they are successful and what they need to do to improve.</p> <p>Learning the rules of the game and beginning to use them to play honestly and fairly.</p> <p>Provide feedback using key terminology and understand what I need to do to improve.</p>	<p>Learning the rules of the game and beginning to use them to play honestly and fairly in relation to Hockey.</p> <p>Provide feedback using key terminology and understand what I need to do to improve.</p> <p>Show respect for others when working as a group and watching others perform.</p>	<p>Provide feedback using key terminology and understand what I need to do to improve.</p> <p>Share ideas and work with others to manage our game.</p> <p>Understand the rules of the game and use them often and honestly.</p>	<p>Reflect on when and why they were successful at solving challenges.</p> <p>Provide feedback using key terminology and understand what I need to do to improve.</p> <p>Share ideas and work with others to manage our game.</p>	<p>Communicate with teammates to apply simple tactics.</p> <p>Provide feedback using key terminology and understand what I need to do to improve.</p>
Progression Points	<p>Show determination to improve my personal best.</p>	<p>Share ideas and work with others to manage our game.</p>		<p>Beginning to learn and use the rules of the game to play honestly and fairly.</p>	<p>Beginning to learn and use the rules of the game to play honestly and fairly.</p>

Share ideas and work with others to manage our game.

LTP Year 5
Subject Area – P.E.



KEY

GREEN – All Teachers

RED – Mr Rose

LILAC – Objectives covered within both units

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport Focus	<p>Athletics: Year 5</p> <p>Football</p>	<p>Dance: YEAR 5</p> <p>Hockey</p>	<p>Yoga</p> <p>Basketball</p>	<p>OAA</p> <p>Netball</p>	<p>Rugby – York Knights</p> <p>Fitness</p> <p>Rounders/Cricket</p>	
Developing Skills	<p>Athletics: Year 5</p> <p>In this unit, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others.</p>	<p>Dance: YEAR 5</p> <p>In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Pupils will be provided with the opportunity to create and perform their work. They will be asked to provide feedback using the correct dance terminology and will be able to use this feedback to improve their work. Pupils will work safely with each other and show respect towards others.</p> <p>Hockey</p> <p>In this unit pupils will improve their defending and attacking</p>	<p>Yoga</p> <p>Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils will be given the opportunity to work collaboratively with others and be given the opportunity to create their own flows and lead others.</p> <p>Basketball</p> <p>In this unit pupils will develop key skills and principles such as defending, attacking, throwing,</p>	<p>OAA</p> <p>Pupils develop teamwork skills through completion of a number of challenges. Pupils work individually, collaboratively in pairs and groups to solve problems. They are encouraged to be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge. Pupils are also given the opportunity to lead a small group. Pupils learn to orientate and navigate using a map.</p> <p>Netball</p> <p>In this unit pupils will develop defending and attacking play during even-</p>	<p>Fitness</p> <p>Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn different components of fitness including speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas in which they make the most improvement using the data they have collected.</p> <p>Rounders/Cricket</p> <p>Pupils develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. They learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils work with a partner and group to organise and self-manage their own</p>	

	<p>In this unit pupils learn the following athletic activities: running over longer distances, sprinting, relay, long jump, triple jump, shot put and javelin.</p> <p>Football In this unit pupils will improve their defending and attacking skills playing even-sided games. They will start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Pupils will be encouraged to think about how to use tactics and collaborate with others to outwit their opposition. Pupils will comment on their own and other's performances and suggest ways to improve. They will also recognise the importance of fair play and honesty while self-managing games.</p>	<p>skills playing even-sided games. They will start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Pupils will be encouraged to think about how to use tactics and collaborate with others to outwit their opposition. Pupils will comment on their own and other's performances and suggest ways to improve. They will also recognise the importance of fair play and honesty while self-managing games.</p>	<p>catching, dribbling and shooting. Pupils will learn to use attacking skills to maintain possession as well as defending skills to gain possession. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their own and others' performances.</p>	<p>sided 5-a-side netball. Pupils will learn to use a range of different passes to keep possession and attack towards a goal. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They will start to show control and fluency when passing, receiving and shooting the ball. They will learn key rules of the game such as footwork, held ball, contact and obstruction. Pupils also develop their understanding of the importance of fair play and honesty while self-managing games.</p>	<p>games. Pupils play with honesty and fair play when playing competitively.</p>
<p>Making and Applying</p>	<p>Perform a range of jumps showing some technique.</p> <p>Show control at take-off and landing in jumping activities.</p> <p>Show accuracy and power when throwing for distance.</p> <p>Dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>Use tackling, tracking and intercepting when playing in defence.</p>	<p>Accurately copy and repeat set choreography.</p> <p>Choreograph phrases individually and with others considering actions and dynamics.</p> <p>Confidently perform dance, clearly and fluently, showing a good sense of timing.</p> <p>Lead a group through short warm up routines.</p> <p>Refine the way I use actions, dynamics, relationships and</p>	<p>Confident to lead others through poses and flows.</p> <p>Create a yoga flow working safely with a partner.</p> <p>Move with control from one pose to another demonstrating good balance.</p> <p>Show strength and flexibility whilst holding yoga poses.</p> <p>Communicate with the team and move into space to keep possession and score.</p>	<p>Navigate around a course using a map.</p> <p>Orientate a map confidently.</p> <p>Pass, receive and shoot the ball with some control under pressure.</p> <p>Stay with an opponent and confident to attempt to intercept.</p> <p>Know what position playing in and how to contribute when attacking and</p>	<p>Choose the best pace for a running event and maintain speed.</p>

	<p>Know what position playing in and how to contribute when attacking and defending.</p>	<p>space in my dance in response to a stimulus.</p> <p>Use counts when choreographing to stay in time with others and the music.</p> <p>Know what position playing in and how to contribute when attacking and defending in relation to hockey.</p> <p>Dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>Use tracking, tackling and intercepting when playing in defence.</p>	<p>Dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>Use tracking and intercepting when playing in defence.</p> <p>Know what position they are playing in and how to contribute when attacking and defending.</p>	<p>defending in relation to netball.</p>	
Physical and mental	<p>Understand how stamina and power help people to perform well in different athletic activities.</p> <p>Identify how different activities benefit my physical health.</p> <p>Understand the rules of the game and use them most of the time to play fairly and honestly.</p>	<p>Identify how different activities benefit my physical health.</p> <p>Understand the rules of the game and apply them honestly most of the time.</p>	<p>Identify how different activities benefit my physical health.</p> <p>Use my breath to move from pose to pose.</p>	<p>Inclusive of others, can share job roles.</p> <p>Reflect on when I was successful at solving challenges and alter my methods in order to improve.</p> <p>Use critical thinking to approach a task.</p> <p>Identify how different activities benefit my physical health.</p> <p>Understand the rules of the game and apply them honestly most of the time.</p>	<p>Encourage and motivate others to work to their personal best.</p> <p>Identify how different activities can benefit my physical health.</p> <p>Understand different components of fitness and how to test them.</p> <p>Identify how different activities benefit my physical health.</p> <p>Understand there are different skills for different situations and begin to use this.</p>
Evaluate and improve	<p>Identify good athletic performance and explain why it is good.</p> <p>Use feedback to improve my sprinting technique.</p>	<p>Identify when I was successful and what I need to do to improve in relation to hockey.</p> <p>Use feedback to improve my work.</p>	<p>Use feedback to improve my work.</p> <p>Identify when I was successful and what I need to do to improve in relation to basketball.</p>	<p>Identify when I was successful and what I need to do to improve in relation to netball.</p> <p>Use feedback to improve my work.</p>	<p>Analyse fitness data to identify areas of improvement.</p> <p>Understand what maximum effort looks and feels like and be determined to achieve it.</p> <p>Identify when I was successful and what I need to do to improve in relation to rounders.</p>

	<p>Identify when I was successful and what I need to do to improve in relation to football.</p> <p>Use feedback to improve my work.</p>	<p>Suggests way to improve my own and other peoples work using key terminology.</p>	<p>Understand the rules of the game and apply them honestly most of the time.</p>		<p>Use feedback to improve my work.</p>
<p>Progression Points</p>	<p>Choose the best pace for a running event.</p> <p>Take on the role of coach, official and timer when working in a group.</p> <p>Persevere to achieve my personal best.</p> <p>Communicate with my team and move into space to keep possession and score in relation to football.</p> <p>Often make the correct decision of who to pass to and when.</p> <p>Understand the need for tactics and can identify when to use them in different situations.</p> <p>Understand there are different skills for different situations and I am beginning to apply this.</p>	<p>Communicate with my team and move into space to keep possession and score in relation to hockey.</p> <p>Often make the correct decision of who to pass to and when during hockey.</p> <p>Understand the need for tactics and can identify when to use them in different situations.</p> <p>Understand there are different skills for different situations and begin to apply this.</p>	<p>Understand there are different skills for different situations and begin to apply this.</p> <p>Understand the need for tactics and can identify when to use them in different situations.</p>	<p>Work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.</p> <p>Communicate with my team and move into space to keep possession and score in relation to netball.</p> <p>Often make the correct decision of who to pass to and when during netball.</p> <p>Understand the need for tactics and can identify when to use them in different situations.</p> <p>Understand there are different skills for different situations and begin to apply this.</p>	<p>Beginning to strike a ball with a rounders bat.</p> <p>Developing a wider range of fielding skills and beginning to use these under some pressure.</p> <p>Work co-operatively with others to manage our game.</p> <p>Understand the need for tactics and identify when to use them in different situations.</p> <p>Understand the rules of the game and apply them honestly most of the time.</p>

KEY

GREEN – All Teachers

RED – Mr Rose

LILAC – Objectives covered
within both units

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport Focus	<p>Athletics: Year 6</p> <p>Football</p>	<p>Dance: YEAR 6</p> <p>Hockey</p>	<p>Yoga</p> <p>Basketball</p>	<p>OAA</p> <p>Netball</p>	<p>Rugby – York Knights</p> <p>Fitness</p> <p>Rounders/Cricket</p>	
Developing Skills	<p>Athletics: Year 6</p> <p>Pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others.</p> <p>In this unit pupils learn the following athletic activities: long distance running, sprinting, hurdles, high</p>	<p>Dance: YEAR 6</p> <p>Pupils will focus on developing an idea or theme into dance choreography. They will work in pairs and groups using different choreographing tools to create dances e.g. formations, timing, dynamics. Pupils will have opportunities to choreograph, perform and provide feedback on dance. Pupils think about how to use movement to convey ideas, emotions, feelings and characters. Pupils will show an awareness of keeping others safe and will have the opportunity to lead others through short warm ups.</p> <p>Hockey</p> <p>In this unit pupils will improve their defending and attacking skills playing even-sided games. They will start to show control and fluency in</p>	<p>Yoga</p> <p>Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils will be given the opportunity to work collaboratively with others and be given the opportunity to create their own flows and lead others.</p> <p>Basketball</p> <p>In this unit pupils will develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting. Pupils will learn to use attacking skills to maintain possession as well as defending skills to gain possession. Pupils</p>	<p>OAA</p> <p>Pupils develop teamwork skills through completion of a number of challenges. Pupils work individually, collaboratively in pairs and groups to solve problems. They are encouraged to be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge. Pupils are also given the opportunity to lead a small group. Pupils learn to orientate and navigate using a map.</p> <p>Netball</p> <p>In this unit pupils will develop defending and attacking play during even-sided 5-a-side netball. Pupils will learn to use a range of different passes to keep possession and attack towards a goal. Pupils will be encouraged to</p>	<p>Fitness</p> <p>Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn different components of fitness including speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas in which they make the most improvement using the data they have collected.</p> <p>Rounders/Cricket</p> <p>Pupils develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. They learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils work with a partner and group to organise and self-manage their own games. Pupils play with honesty and fair play when playing competitively.</p>	

	<p>jump, triple jump, discus and shot put.</p> <p>Football Pupils will improve their defending and attacking play, developing further knowledge of the principles and tactics of each. Pupils will begin to develop consistency and control in dribbling, passing and receiving a ball. They will also learn the basics of goalkeeping. Pupils will evaluate their own and other's performances, suggesting improvements. They will learn the importance of playing games fairly, abiding by the rules of the game and being respectful of their teammates, opponents and referees.</p>	<p>dribbling, sending and receiving a ball in a small game situation and under some pressure. Pupils will be encouraged to think about how to use tactics and collaborate with others to outwit their opposition. Pupils will comment on their own and other's performances and suggest ways to improve. They will also recognise the importance of fair play and honesty while self-managing games.</p>	<p>will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self managing games, as well as developing their ability to evaluate their own and others' performances.</p>	<p>work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They will start to show control and fluency when passing, receiving and shooting the ball. They will learn key rules of the game such as footwork, held ball, contact and obstruction. Pupils also develop their understanding of the importance of fair play and honesty while self-managing games.</p>	
<p>Making and Applying</p>	<p>Perform jumps for height and distance using good technique.</p> <p>Select and apply the best pace for a running event.</p> <p>Show accuracy and good technique when throwing for distance.</p> <p>Create and use space to help my team.</p>	<p>Choreograph a dance and work safely using a prop.</p> <p>Lead a small group through a short warm up routine.</p> <p>Perform dances confidently and fluently with accuracy and good timing.</p> <p>Refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters.</p> <p>Create and use space to help my team.</p> <p>Dribble, pass, receive and shoot the ball with increasing control under pressure.</p>	<p>Confident to lead others, demonstrating poses and teaching them flow.</p> <p>Use yoga poses to transition from one pose to another with control.</p> <p>Choses poses which link easily from one to the other to help their sequence flow.</p> <p>Create and use space to help my team.</p> <p>Dribble, pass, receive and shoot the ball with increasing control under pressure.</p>	<p>Orientate a map efficiently to navigate around a course.</p> <p>Create and use space to help my team.</p> <p>Pass, receive and shoot the ball with increasing control under pressure.</p>	<p>Change my running technique to adapt to different distances.</p> <p>Strike a bowled ball with increasing consistency.</p> <p>Use a wider range of skills with increasing control under pressure.</p>

			<p>Select the appropriate action for the situation and make this decision quickly.</p> <p>Use the rules of the game honestly and consistently.</p>		
Physical and mental	<p>Compete within the rules showing fair play and honesty.</p> <p>Understand that there are different areas of fitness and how this helps in different activities.</p>	<p>Understand that there are different areas of fitness and how this helps in different activities.</p>	<p>Understand that there are different areas of fitness and how this helps in different activities.</p> <p>Use my breath to transition from one pose to another with control.</p>	<p>Inclusive of others, share job roles and lead where necessary.</p> <p>Pool ideas with a group, selecting and applying the best method to solve a problem.</p> <p>Use critical thinking skills to form ideas and strategies to solve challenges.</p> <p>Understand that there are different areas of fitness and how this helps in different activities.</p>	<p>Understand the different components of fitness and ways to test and develop them.</p> <p>Work to maximum consistently when presented with challenges.</p> <p>Encourage and motivate others to work to their best.</p> <p>Understand that there are different areas of fitness and how this helps in different activities.</p>
Evaluate and improve	<p>Help others improve their technique using key teaching points.</p> <p>Identify my own and others' strengths and areas for development and can suggest ways to improve.</p> <p>Select the appropriate action for the situation and make this decision quickly.</p> <p>Use feedback provided to improve the quality of my work.</p> <p>Use marking, tackling and/or interception to improve my defence.</p> <p>Use the rules of the game consistently to play honestly and fairly.</p> <p>Use the rules of the game consistently to play honestly and fairly.</p>	<p>Use appropriate language to evaluate and refine my own and others' work.</p> <p>Select the appropriate action for the situation and make this decision quickly.</p> <p>Use feedback provided to improve the quality of my work.</p> <p>Use marking, tackling and/or interception to improve my defence.</p> <p>Use the rules of the game consistently to play honestly and fairly.</p> <p>Recognise my own and others strengths and areas for development and can suggest ways to improve.</p>	<p>Use yoga poses to improve flexibility, strength and balance.</p> <p>Recognise my own and others strengths and areas for development and can suggest ways to improve.</p> <p>Use feedback provided to improve the quality of my work.</p>	<p>With increasing accuracy, reflect on when and how successful at solving challenges and alter my methods to improve.</p> <p>Select the appropriate action for the situation and make this decision quickly.</p> <p>Use feedback provided to improve the quality of my work.</p> <p>Use marking, tackling and/or interception to improve my defence.</p> <p>Use the rules of the game consistently to play honestly and fairly.</p> <p>Recognise my own and others strengths and areas for</p>	<p>Collect, record and analyse data to identify areas where most improvement has been made.</p> <p>Recognise own and others strengths and areas for development and can suggest ways to improve.</p>

	Recognise my own and others strengths and areas for development and can suggest ways to improve.			development and can suggest ways to improve.	
Progression Points	<p>Use different strategies to persevere to achieve my personal best.</p> <p>Work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p>	<p>Work in collaboration with others so that games run smoothly.</p> <p>Work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.</p>	<p>Understand when to use different styles of defence in game situations.</p> <p>Work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>Work in collaboration with others so that games run smoothly.</p>	<p>Work effectively with a partner and group to solve a challenge.</p> <p>Work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p>	<p>Work with others to organise, manage and record information at a station.</p> <p>Work in collaboration with others so game runs smoothly.</p> <p>Work collaboratively with others to get batters out.</p> <p>Understand and apply tactics in the game as batter, bowler, and fielder.</p> <p>Use the rules of the game consistently to play fairly.</p>