

Class 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport:	Football (Invasion)	Dodgeball (Target games)	Circuits/ Swimming	Rugby/ Swimming	Cricket/ Swimming	Athletics (Track & field)
Skills:	-Moving a ball with feet/ dribbling -Send and receive the ball	-explore throwing overarm/ underarm -explore catching	-change direction -exercise using body weight -move for extended times	-send and receive -recognise good space -change direction in tagging games	-striking a ball -rolling, throwing and catching the ball -co-ordination	-running and stopping safely -jumping -throwing to a target
Knowledge:	-watch the ball -keep the ball close	-know which type of throw to use -know the rules and tactics	-move arms and legs at the same time -hold arms out for balance	-look at the target -running into space -know tactics and rules	-point my hand at the target -watch the ball -know the rules to help stay safe	-swing your arms to move faster -step with opposite foot to throw
	Hockey (Invasion)	Netball/ Swimming	Gymnastics	Yoga	Tennis (Net & wall)	Rounders (Striking & fielding)
Skills:	-change direction -dribbling/ send and receive the ball	-drop and catch the ball -tracking and moving with partner	-explore shapes -rocking and rolling -jump safely -perform balances -explore rolls	-explore shapes -perform balances -explore strength	- hitting a ball from hands/ floor -throw a ball over the net -change direction	-strike a ball -throw and catch -tracking/ receiving
Knowledge:	-look up before passing -run into space	-know the roles in a game -move away from players	-hold balances for 5 secs -bending knees to land softly	-focus helps balance -yoga improves flexibility	-use the centre of the racquet -look at the target and watch the ball	-scoop a ball with two hands -harder strike= travels further
Swimming:	Swim over 10m with aids/ float on front and back/ water safety/ begin to use arms and legs together					

Class 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport:	Football (Invasion)	Dodgeball (Target games)	Circuits/ Swimming	Rugby/ Swimming	Cricket/ Swimming	Athletics (Track & field)
Skills:	-explore dribbling -develop using space -tracking opponents	-throw at a moving target -catch whilst on the move	-build strength in different muscle groups -explore using my breath to increase ability to work for longer periods	-develop movement skills to lose the defender -develop tracking opponents	-strike a bowled ball after the bounce -overarm and underarm throwing in games -catch consistently	-develop sprinting techniques -when jumping, use a range of take off positions
Knowledge:	-spread out as a team -know the rules to the game -mark a player	-throw slightly ahead of a moving target -spread out so you are harder to aim for	-balance helps with everyday tasks -stamina help us in other life activities -strength activities should be slow and controlled	-know my role as an attacker or defender -dribbling as an attacking skill	-strike into space -move my feet to the ball -overarm for longer distances and underarm for shorter distances	-know that momentum can help you jump further -speed of a movement creates power
	Hockey (Invasion)	Netball/ Swimming	Gymnastics	Yoga	Tennis (Net & wall)	Rounders (Striking/ fielding)
Skills:	-dribble under pressure -use space as a team	-explore shooting actions -move to lose a defender -track opponents to limit their scoring	-explore matching and contrasting shapes -develop the straight barrel and forward roll	-increased control in pose -explore arm balances -stay still and keep focus	-return a ball using forehand and backhand -explore a rally	-bowl to a target -use a two-handed pick up
Knowledge:	-mark players to gain possession -releasing the stick toward the target accurately	-spread out to move the defenders away from each other -mark a player	-use body tension to make shapes look better -change the take off/ shape of jumps	-different muscles are used for different purposes -use my breath to focus	-move to the middle of the court -turn body for accuracy	-strike into space -communicate with throwing a ball
Swimming:	Explore technique for head above water in breaststroke, backstroke and front crawl/lifting hips will help to stay afloat whilst swimming					

Class 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sport:	Football (Invasion)	Dodgeball/ Swimming (Target games)	Circuits/ Swimming	Rugby (Invasion Games)	Cricket/ Swimming	Athletics (Track & field)
Skills:	-change direction to lose an opponent -dribble under pressure -variety of defending skills	-variety of striking techniques with accuracy -catch with increasing control	-adapt running to meet the needs of the distance -do body weight exercises with increased repetition	-move to correct space -create and run into space	-use a wider range of fielding skills -use good technique when throwing and catching	-develop power when throwing -understand pace and when to use it
Knowledge:	-transition between attack and defence to gain possession -know when to pass	-Know who to throw at -know which skill to select for the situation	-know that agility requires speed and strength -know which exercises develop stamina	-transitioning quickly between attack and defence -apply and understand the rules	-know which fielding action to apply -use momentum and power to strike a ball	-prepare your body for running -understand that a run up develops power and speed
	Hockey (Invasion)	Netball/ Swimming	Gymnastics	Yoga	Tennis (Net & wall)	Rounders (Striking & fielding)
Skills:	-intercept the ball in Hockey -move to correct space	-lose an opponent -track an opposition player	-combine and perform shapes more fluently -explore counter balance and counter tension	-link poses for balance and control -use poses to challenge strength	-serve accurately -demonstrate a variety of footwork -apply shots for a continuous rally	-use fielding skills under pressure -use good technique when throwing and catching
Knowledge:	-make quick decisions about who to pass to	-move into space -apply the rules of netball (High 5)	-spreading my weight across a base of support will help me balance	Know which muscles require more practice for flexibility	-apply tactics when serving (short or long)	-Know which fielding action to use

	-create a tactic for a specific situation			-know where and when to apply force to maintain control and balance	-feet placement allowing for reaction and different shots	-apply tactics as bowler, batter and fielder
Swimming:	Select and apply my fastest stroke over a distance of 25m/ perform a variety of survival techniques/ streamlined body will help to glide through the water					
OAA: 2025 2026	St John in The Vale-Orientate a map/ explore a variety of communication methods with increasing success Rock UK-communicate with others/ pool ideas in a group/ plan and apply strategies to overcome challenges					

Dance:	Skills:	Knowledge:
Class 1	Explore how my body moves Explore varying speeds to represent an idea Begin to explore actions with a partner	Know that using space makes my dance look interesting Be aware of your partner when dancing together Know that standing still at the beginning and end helps the audience
Class 2	Remember and repeat actions to express an idea Develop transition between formations Perform short choreographed routines	Show sensitivity to the music Know that practising my dance will help the performance Use space to help the flow of dance
Class 3	Show controlled movements which express emotion Use dynamics to express different dance styles Use performance skills with accuracy and fluency	Understand what makes my performance effective Understand how a leader can ensure the group performs together Keep in character throughout when performing