

## Physical Education WHOLE SCHOOL OVERVIEW



*Love, Care, Share...  
Love learning as friends;  
Care for our community as  
neighbours;  
Share our faith in Jesus as disciples.*



St. Ethelbert's RCP

Whole School Overview for Physical Education

## PHYSICAL EDUCATION STATEMENT OF INTENT

At St Ethelbert's Catholic Primary School, we recognise the importance of PE and the role it must play in promoting long term, healthy lifestyles. The intent of our PE curriculum is to provide all children with high quality PE and sport provision. It is our vision for every pupil to succeed and achieve their potential as well as to lead physically active lifestyles and to appreciate their benefit. We strive to inspire our pupils through fun and engaging PE lessons that are challenging, enjoyable and accessible to all. Through our teaching of PE, we will provide opportunities for pupils to develop values and transferable life skills such as fairness and respect, as well as providing them with opportunities to take part in competitive sport.

Within our PE lessons:

- Children are given the opportunity to compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- Opportunity is given to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.
- Sessions allow time for children to develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

## PREVIOUSLY COVERED IN EYFS

### Early Learning Goal: Gross motor skills

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing

### Early Learning Goal: Fine motor skills

- Use a range of small tools, including scissors, paint brushes and cutlery

### Early Learning Goal: Self-regulation

- Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate

### Early Learning Goal: Managing self

- Explain the reasons for rules, know right from wrong and try to behave accordingly

### Early Learning Goal: Building relationships

- Work and play cooperatively and take turns with others

## KS1 National Curriculum:

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, 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.

## Year 1

Autumn Term	Spring Term	Summer Term
<b>UNIT: Fundamental movements</b>	<b>UNIT: Gymnastics</b>	<b>UNIT: Dance</b>
<b>KEY KNOWLEDGE &amp; SKILLS:</b>	<b>KEY KNOWLEDGE &amp; SKILLS:</b>	<b>KEY KNOWLEDGE &amp; SKILLS:</b>
In this unit, children will be given the opportunity to succeed when using a variety of different equipment. They will engage in individual and group activities and feel increasingly confident when performing basic actions and movements. They will be able to complete basic movements in isolation and in combination with each other, whilst showing resilience and determination.	In this unit, children will begin to develop movement patterns and show control and rhythm when given a piece of music. Clapping in time to music, using expressions and emotions, and develop small patterns/routines will all be a part of them working with partners and within larger groups, showing respect and sharing ideas.	In this unit, children will begin to develop movement patterns and show control and rhythm when given a piece of music. Clapping in time to music, using expressions and emotions, and develop small patterns/routines will all be a part of them working with partners and within larger groups, showing respect and sharing ideas.
<b>KEY LEARNING</b>	<b>KEY LEARNING</b>	<b>KEY LEARNING</b>
<ul style="list-style-type: none"> <li>• Develop fundamental movement skills, including running and jumping.</li> <li>• Navigate through moving children safely at a variety of speeds.</li> <li>• Apply agility, balance and coordination skills, individually and with others.</li> </ul>	<ul style="list-style-type: none"> <li>• Follow simple dance patterns</li> <li>• Perform basic dance actions</li> <li>• Apply control and fluency to actions</li> <li>• Use expression when dancing</li> <li>• Combine actions to make simple dance patterns</li> </ul>	<ul style="list-style-type: none"> <li>• Follow simple dance patterns</li> <li>• Perform basic dance actions</li> <li>• Apply control and fluency to actions</li> <li>• Use expression when dancing</li> <li>• Combine actions to make simple dance patterns</li> </ul>
<b>UNIT: Attack and Defend</b>	<b>UNIT: Sending and Receiving</b>	<b>UNIT: Athletics</b>
<b>KEY KNOWLEDGE &amp; SKILLS:</b>	<b>KEY KNOWLEDGE &amp; SKILLS:</b>	<b>KEY KNOWLEDGE &amp; SKILLS:</b>
In this unit, children will play in a variety of sporting activities and modified sports, competing against others, whilst developing their knowledge of attacking and defending, as well as their resilience and determination. In defending, children will have to create and apply ideas of how to guard space and equipment. In attack, children will develop awareness of space and also their fundamental	In this unit, children will become increasingly confident when sending and receiving a variety of equipment, such as beanbags. When sending, children will be able to aim and show good technique. When receiving, children will be able to explain how to receive a pass from a partner. They will show resilience and determination when aiming at targets and competing against others.	In this unit, children will begin to develop basic movements such as running, jumping and throwing in isolation or in combination with each other. They will begin to understand how to develop their own technique. Children will be introduced to new equipment and feel increasingly confident in using them, such as javelin, hurdles, shotput. They will engage in competitive games and situations

movements, when changing direction and speed.		against others whilst maintaining respect for their opponents.
<b>KEY LEARNING</b>	<b>KEY LEARNING</b>	<b>KEY LEARNING</b>
<ul style="list-style-type: none"> <li>• Quick changes of direction</li> <li>• Changes of speeds</li> <li>• Awareness of others and space</li> <li>• Effective uses of changes of direction and speed</li> <li>• Maintain control and balance whilst competing against others</li> </ul>	<ul style="list-style-type: none"> <li>• Throw to a target</li> <li>• Throw a wide range of equipment at different targets</li> <li>• Use a variety of equipment to send and receive to a partner</li> <li>• Begin to demonstrate and understand receiving techniques</li> <li>• Know and understand how to use equipment safely and with control</li> </ul>	<ul style="list-style-type: none"> <li>• Develop awareness of speed and distance</li> <li>• Awareness of distance when throwing objects</li> <li>• Travel with coordination and control</li> <li>• Throw with an appropriate force</li> <li>• Throw a range of equipment at different targets</li> <li>• Master basic movements, including running, jumping, throwing and catching</li> </ul>

## Throughout the year

### UNIT: Gymnastics

#### KEY KNOWLEDGE & SKILLS:

In this unit, children will learn a variety of gymnastic skills including: shapes, rolls and a number of different movements. Children will increase their strength and flexibility through using a variety of skills. They will begin to understand how to extend their own and others' performances. Children will also begin to show enjoyment in tasks given and work together in pairs or small groups whilst creating simple routines.

#### KEY LEARNING

- Move confidently and safely around others and apparatus/equipment.
- Apply balance, agility and coordination whilst performing gymnastic skills
- Perform a variety of gymnastic skills: pencil roll, star shape, tuck, straddle, pike, front and back support, jumps
- Perform simple movement patterns

## Year 2

Autumn Term	Spring Term	Summer Term
<b>UNIT: Fundamental movements</b>	<b>UNIT: Gymnastics</b>	<b>UNIT: Dance</b>
<b>KEY KNOWLEDGE &amp; SKILLS:</b>	<b>KEY KNOWLEDGE &amp; SKILLS:</b>	<b>KEY KNOWLEDGE &amp; SKILLS:</b>
In this unit, children will be given the opportunity to succeed and excel when using a variety of different equipment. They will engage in competitive activities both as an individual and as part of a small group and feel increasingly confident when	In this unit, children will begin to develop movement patterns and show control and rhythm when given a piece of music. Clapping in time to music, using expressions and emotions, and develop small patterns/routines will	In this unit, children will begin to develop movement patterns and show control and rhythm when given a piece of music. Clapping in time to music, using expressions and emotions, and develop small patterns/routines will all be a part of them working

<p>performing basic actions and movements. They will be able to complete movements in isolation and in combination with each other, whilst showing resilience and a determination.</p>	<p>all be a part of them working with partners and within larger groups, showing respect and sharing ideas. Children will be encouraged to create their own ideas, actions and routines.</p>	<p>with partners and within larger groups, showing respect and sharing ideas. Children will be encouraged to create their own ideas, actions and routines.</p>
<p><b>KEY LEARNING</b></p>	<p><b>KEY LEARNING</b></p>	<p><b>KEY LEARNING</b></p>
<ul style="list-style-type: none"> <li>• Attack with speed and maintain body control</li> <li>• Recognise space to attack</li> <li>• Defend an area 1 V 1</li> <li>• Apply simple attacking and defending techniques</li> <li>• Demonstrate an awareness of others and space to attack</li> </ul>	<ul style="list-style-type: none"> <li>• Follow simple dance patterns</li> <li>• Perform basic dance actions</li> <li>• Apply control and fluency to actions</li> <li>• Use expression when dancing</li> <li>• Combine actions to make simple dance patterns</li> <li>• Master simple fundamental movements</li> <li>• Create short sequences with a partner</li> <li>• Develop competence to excel in a broad range of physical activities</li> <li>• Know, apply and understand key skills of a good performance</li> </ul>	<ul style="list-style-type: none"> <li>• Master simple fundamental movements</li> <li>• Create short sequences with a partner</li> <li>• Develop competence to excel in a broad range of physical activities</li> <li>• Know, apply and understand key aspects of a good performance</li> </ul>
<p><b>UNIT: Attack and Defend</b></p>	<p><b>UNIT: Sending and Receiving</b></p>	<p><b>UNIT: Athletics</b></p>
<p><b>KEY KNOWLEDGE &amp; SKILLS:</b></p>	<p><b>KEY KNOWLEDGE &amp; SKILLS:</b></p>	<p><b>KEY KNOWLEDGE &amp; SKILLS:</b></p>
<p>In this unit, children will compete in individual activities and team games to develop an understanding of attacking and defending principles, as well as improving their resilience and determination. Children will be able to communicate with others when sharing ideas; through this they will build character and good sportsmanship. Children will be working on their own and with others while guarding spaces.</p>	<p>In this unit, children will become increasingly confident when sending and receiving a variety of equipment to a target, partner or team-mate. When sending, children will be able to select the correct technique, the correct height and correct weight. When receiving, children will be able to explain and demonstrate how to receive a pass from a partner. They will show resilience and determination when aiming at targets and competing against others.</p>	<p>In this unit, children will begin to show an understanding of running at different speeds, depending on the distance. Children will also start to throw a variety of equipment, demonstrating good use of force, accuracy and control. They will engage in competitive games and situations against others, whilst maintaining respect for each other.</p>
<p><b>KEY LEARNING</b></p>	<p><b>KEY LEARNING</b></p>	<p><b>KEY LEARNING</b></p>
<ul style="list-style-type: none"> <li>• Defend an area</li> <li>• Apply attacking and defending techniques</li> <li>• Develop competence to excel in a broad range of physical activities</li> <li>• Know, apply and understand key aspects of a good performance</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate and understand receiving techniques</li> <li>• Demonstrate and understand sending techniques</li> <li>• Know and understand how to use equipment safely and with control</li> </ul>	<ul style="list-style-type: none"> <li>• Understand running speeds depending on distance and equipment</li> <li>• Throw with coordination force, distance, control and accuracy</li> <li>• Select appropriate speed when travelling at a variety of distances</li> </ul>

- Master throwing and catching techniques

- Apply effective use of balance, agility and coordination when competing against others

## Throughout the year

### UNIT: Gymnastics

#### KEY KNOWLEDGE & SKILLS:

In this unit, children will start to develop a knowledge of a variety of gymnastic skills and begin to identify a good performance. Children will be encouraged to use different equipment and apparatus, as well as creating small sequences within a floor routine. Children will be encouraged to feel increasingly competent and confident in their physical literacy in gymnastics.

#### KEY LEARNING

- Move confidently and safely around others and apparatus/equipment.
- Apply balance, agility and coordination whilst performing gymnastic skills
- Perform simple movement patterns
- Demonstrate a variety of rolls: pencil roll, tuck roll, teddy bear roll, rock and roll and forward roll
- Perform simple sequences as an individual and with a partner

## KS2 National Curriculum:

#### Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Year 3

### Autumn Term

### Spring Term

### Summer Term

#### UNIT: Speed Agility Quickness (SAQ)

#### UNIT: Dance

#### UNIT: Striking and fielding

#### KEY KNOWLEDGE & SKILLS:

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In this unit, children will master basic movements including running and jumping. Children will be encouraged to transfer their technical skills in to

In this unit, pupils will be able to perform appropriate actions and movements to a song/rhythm or beat, whilst showing strength,

In this unit, children will begin to take up appropriate fielding positions in relation to the batter and other children and gain a basic understanding of striking

competitive sports and activities and begin to feel confident when creating their own foot patterns and actions when using equipment.	flexibility and technique. Children will feel increasingly competent and confident when linking actions and characters to a particular song.	and fielding. Children will be able to communicate and collaborate with each other to affect each other's performance in a positive manner.
<b>KEY LEARNING</b>	<b>KEY LEARNING</b>	<b>KEY LEARNING</b>
<ul style="list-style-type: none"> <li>• Change speed and direction showing body control and balance</li> <li>• Travel with awareness of others</li> <li>• Recognise when to speed up and when to slow down when using equipment</li> <li>• Show coordination and balance within small and big movements</li> <li>• Show coordination control and balance when travelling through equipment</li> </ul>	<ul style="list-style-type: none"> <li>• Create appropriate actions/movements relating to a chosen song</li> <li>• Create appropriate actions to represent characters within a dance</li> <li>• Perform basic dance actions in timing to a song/rhythm/beat</li> <li>• Perform small sequences with fluency</li> <li>• Complete dance actions using counts of 4 and 8</li> </ul>	<ul style="list-style-type: none"> <li>• Take up appropriate fielding position in relation to other children and the batter</li> <li>• Affect others with good communication and organisation skills when taking up fielding positions in relation to the batter</li> <li>• Strike a moving ball with control and accuracy</li> <li>• Describe batting techniques</li> <li>• Apply basic principles for striking and fielding</li> </ul>
<b>UNIT: Attack and Defend</b>	<b>UNIT: Sending and Receiving</b>	<b>UNIT: Athletics</b>
<b>KEY KNOWLEDGE &amp; SKILLS:</b>	<b>KEY KNOWLEDGE &amp; SKILLS:</b>	<b>KEY KNOWLEDGE &amp; SKILLS:</b>
In this unit, pupils will compete team games, whilst developing their knowledge of attacking and defending, as well as strengthening their resilience and determination. Children will learn basic strategies suitable for attacking and defending, show control when travelling at speed with equipment. Children will show awareness of others finding space when attacking.	In this unit, children will become increasingly confident when sending and receiving a variety of equipment to a target, partner or team-mate. Children will be able to explain and demonstrate how to receive a pass from a partner from different heights speeds, distances and angles. Children will learn how to strike and field a ball with control and accuracy.	In this unit, children will begin to apply running and throwing techniques to improve performance. Children will also, be able to take off, jump and land demonstrating control and balance. They will engage in competitive events and games, whilst maintaining respect and sporting values.
<b>KEY LEARNING</b>	<b>KEY LEARNING</b>	<b>KEY LEARNING</b>
<ul style="list-style-type: none"> <li>• Pass and move maintaining control of the ball</li> <li>• Start to show control of equipment when travelling at speed or competing against others</li> <li>• Apply basic strategies suitable for attacking and defending</li> <li>• Defend an area 1 V 1 or 2 v 2</li> <li>• Attack an area 1 V 1 or 2 v 2</li> <li>• Demonstrate an awareness of others and space to attack</li> </ul>	<ul style="list-style-type: none"> <li>• Master throwing and catching techniques</li> <li>• Receive from a variety of heights, speeds, distances and angles</li> <li>• Maintain control when travelling with equipment</li> <li>• Identify space when sending and receiving</li> <li>• Select appropriate speed, weight and distance when passing</li> </ul>	<ul style="list-style-type: none"> <li>• Select appropriate speed when travelling at a variety of distances</li> <li>• Throw with coordination force, distance, control and accuracy</li> <li>• Take off, jump and land demonstrating control and balance</li> <li>• Compete against others in a variety of events/games</li> <li>• Compare own performances with previous ones</li> </ul>

**Throughout the year**

**UNIT: Gymnastics****KEY KNOWLEDGE & SKILLS:**

In this unit, children will be physically confident in using of a variety of gymnastic skills, including a roll from a high position and linking gymnastic actions together in a flowing movement, either as an individual or whilst working collaboratively within a small group. Children will be encouraged to use different equipment and apparatus, as well as creating small sequences within a floor routine and whilst on apparatus.

**KEY LEARNING**

- Move confidently and safely around others and apparatus/equipment
- Apply balance agility and coordination whilst performing gymnastic skills
- Link actions to create sequences of movements
- Develop an understanding of how to improve and evaluate own performance/s
- Link gymnastic skills together
- Perform a forward roll from a high start position

**UNIT: Outdoor adventurous activity****KEY KNOWLEDGE & SKILLS:**

In this unit, children will begin to understand the concept of a basic map and can follow a simple route, whilst identifying locations and symbols. Children will work co-operatively with others to identify locations using lining up techniques and communicate effectively to solve simple problems.

**KEY LEARNING**

- Children understand the concept of a basic map and can follow simple route
- Identify locations using a map
- Consider health and safety as well as travelling time when locating possible routes to locations
- Pinpoint locations using lining up techniques
- Work co-operatively with others in a team.
- Apply effective communication to solve simple problems

**Year 4****Autumn Term****Spring Term****Summer Term****UNIT: Speed Agility Quickness (SAQ)****UNIT: Dance****UNIT: Striking and fielding****KEY KNOWLEDGE & SKILLS:****KEY KNOWLEDGE & SKILLS:****KEY KNOWLEDGE & SKILLS:**

In this unit, children will master more complex movements including: side steps and feints and begin to apply them in a game or when 1 on 1 against a guard or defender. Children will feel

In this unit, children will be able to identify, apply and understand the skills needed for a good performance such as timing, expression and rhythm. Children will begin to complete actions and

In this unit, children will be able to adapt ideas for striking and fielding based on the given scenario within a game. Children will begin to master striking a moving ball with control and accuracy whilst being

confident when explaining technique, whilst using a greater range of physical education vocabulary.	routines in counts of 4 and 8, in time to the music, whilst expressing themselves and showing joy.	able to describe the correct technique needed. In team games, children will be able to communicate to each other and encourage others to help them take up the correct fielding positions.
<b>KEY LEARNING</b>	<b>KEY LEARNING</b>	<b>KEY LEARNING</b>
<ul style="list-style-type: none"> <li>Apply agility, balance and coordination, individually and with others</li> <li>Travel with control when travelling through equipment</li> <li>Know, apply and understand key aspects of a good performance</li> <li>Show effective changes of speed and direction to travel past the defender</li> </ul>	<ul style="list-style-type: none"> <li>Use expression when dancing</li> <li>Create short sequences with a partner or a small group</li> <li>Know, apply and understand Key Learning of a good performance and make recommendations of how to make improvements</li> <li>Show flexibility, strength, technique, control and balance</li> </ul>	<ul style="list-style-type: none"> <li>Identify effective fielding positions</li> <li>Recognise appropriate positions in relation to the batter and other children</li> <li>Apply batting principles to strike a moving ball</li> <li>Identify and explain appropriate batting techniques</li> <li>Adapt ideas for striking and fielding strategies</li> </ul>
<b>UNIT: Attack and Defend</b>	<b>UNIT: Sending and Receiving</b>	<b>UNIT: Athletics</b>
<b>KEY KNOWLEDGE &amp; SKILLS:</b>	<b>KEY KNOWLEDGE &amp; SKILLS:</b>	<b>KEY KNOWLEDGE &amp; SKILLS:</b>
In this unit, children will play in a variety of sporting activities and modified sports competing against others, whilst developing their knowledge of attacking and defending, as well as their resilience and determination. In defending, children will have to create and apply ideas of how to guard space and equipment. When attacking, children will develop awareness of space and also develop their fundamental movements when changing direction and speed.	In this unit, children will begin to master and excel when using different sending and receiving equipment and maintaining control when travelling with equipment. Children will begin to make good decisions to maintain possession when in small sided games, such as netball. Children will begin to use effective communication to maintain possession.	In this unit, children will begin to develop an awareness of time and distance when running and be able to select an appropriate speed for each given distance or time. Children will be able to throw with force, co-ordination and accuracy. They will be able to use a variety of ways to compare previous and performances and suggest improvements.
<b>KEY LEARNING</b>	<b>KEY LEARNING</b>	<b>KEY LEARNING</b>
<ul style="list-style-type: none"> <li>Make quick decisions whilst competing against others</li> <li>Defend and defend an area 1 V 1 or 2 v 2</li> <li>Demonstrate an awareness of others and space to attack</li> <li>Compare own performances with previous ones and identify areas for improvement</li> <li>Demonstrate resilience when participating in activities</li> </ul>	<ul style="list-style-type: none"> <li>Use a variety of equipment to send and receive to a partner</li> <li>Know, apply and understand key aspects of a good performance</li> <li>Begin to make good decisions to maintain possession</li> <li>Explain and apply receiving techniques</li> <li>Effective communication/signals to help maintain possession</li> <li>Begin to recognise when to travel or when to</li> </ul>	<ul style="list-style-type: none"> <li>Develop an awareness of time, speed and distance</li> <li>Apply running techniques to improve performance</li> <li>Apply throwing techniques to improve performance</li> <li>Develop an understanding of how to improve and evaluate own performance</li> <li>Demonstrate resilience when participating in activities</li> </ul>



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## Throughout the year

### UNIT: Gymnastics

#### KEY KNOWLEDGE & SKILLS:

In this unit, children will be physically confident in using of a variety of rolls and transitions and linking gymnastic actions together in a flowing movement, either as an individual or whilst working collaboratively within a small group. Children will succeed and excel at creating sequences within a floor routine and whilst on apparatus. Children will learn know how to compare performances with previous ones and demonstrate how to improve.

#### KEY LEARNING

- Compare performances with previous ones and demonstrate improvements to achieve personal best
- Know, apply and understand key aspects of a good performance
- Explore apparatus, demonstrate control, balance and coordination
- Perform a forward roll from a high start position
- Combine movements, actions and balances individually or collaboratively to create a routine

### UNIT: Outdoor adventurous activity

#### KEY KNOWLEDGE & SKILLS:

In this unit, children will complete a simple orienteering course whilst communicating effectively with each other in pairs or small groups. Children will be able to recognise which skill is needed when orienteering a map and following a route. Children will be able to self assess and peer assess routes followed on a map.

#### KEY LEARNING

- Complete a simple orienteering course
- Identify how to improve a performance
- Recognise skills that are important to the game/activity and select the appropriate time to use them
- Children to self and peer assess routes followed on a map

## Year 5

### Autumn Term

### Spring Term

### Summer Term

#### UNIT: Speed Agility Quickness (SAQ)

#### UNIT: Dance

#### UNIT: Striking and fielding

#### KEY KNOWLEDGE & SKILLS:

#### KEY KNOWLEDGE & SKILLS:

#### KEY KNOWLEDGE & SKILLS:

In this unit, children will master more complex movements through using equipment and applying

In this unit, children will be able to move in time, creating movements that express the meaning and

In this unit, children will be able to recognise danger areas when fielding and react to situations based

<p>them in game situations and when moving past a defender. Children will feel confident when explaining technique, whilst using a greater range of physical education vocabulary.</p>	<p>mood of the piece of music they are listening to and create short routines. They will also be able to explain why they have chosen their actions in relation to the music.</p>	<p>on what the batter is doing. Children will be able to strike a moving rounders / cricket ball with control and accuracy. Children can communicate ideas within a group or team, sharing solutions for problems that may arise during a match.</p>
<p><b>KEY LEARNING</b></p>	<p><b>KEY LEARNING</b></p>	<p><b>KEY LEARNING</b></p>
<ul style="list-style-type: none"> <li>Recognise when to speed up and when to slow down when using equipment</li> <li>Show coordination and balance within small and large movements</li> <li>Show coordination, control and balance when travelling through equipment</li> <li>Apply agility, balance and coordination, individually and with others</li> <li>Show effective changes of speed and direction to travel past the defender</li> <li>Create new ways to travel through equipment whilst applying SAQ skills from previous lessons</li> </ul>	<p>Create a dance routine with a partner or a small group that has the following:</p> <ul style="list-style-type: none"> <li>Appropriate actions/movements relating to a chosen song</li> <li>Appropriate actions to represent characters within a dance</li> <li>Combine dance actions in timing of a song/rhythm/beat</li> <li>Include a variety of expressions to match movements, actions and the song selected</li> <li>Show flexibility, strength, technique, control and balance</li> </ul>	<ul style="list-style-type: none"> <li>Strike a moving ball with control and accuracy</li> <li>Set up appropriate fielding positions as a team and as an individual</li> <li>Recognise danger areas when fielding and react to situations presented by batters</li> <li>Throw at a target with speed and accuracy when competing</li> <li>Perform an over arm bowl with good weight and speed</li> </ul>
<p><b>UNIT: Attack and Defend</b></p>	<p><b>UNIT: Sending and Receiving</b></p>	<p><b>UNIT: Athletics</b></p>
<p><b>KEY KNOWLEDGE &amp; SKILLS:</b></p>	<p><b>KEY KNOWLEDGE &amp; SKILLS:</b></p>	<p><b>KEY KNOWLEDGE &amp; SKILLS:</b></p>
<p>In this unit, children will take part in a variety of activities that will encourage children to defend and attack in small groups/teams. Children will be encouraged to create tactics and identify what worked well and what areas they feel could still be improved. Children will be asked to constantly revisit attacking and defending qualities and make amendments to improve.</p>	<p>In this unit, children will begin to master different techniques for passing and shooting whilst moving with equipment in a variety of modified games. Children will develop and understanding of how to improve their own performances. Children will show consistency when throwing and catching from a variety of heights angles and distances.</p>	<p>In this unit, children will show an awareness of time and distance when competing against others. Children will start to look at the physiology of running techniques and be able to explain the importance of breathing techniques and the effects it can have on the body.</p>
<p><b>KEY LEARNING</b></p>	<p><b>KEY LEARNING</b></p>	<p><b>KEY LEARNING</b></p>
<ul style="list-style-type: none"> <li>Travel with control of equipment when travelling at speed or competing against others</li> <li>Create and apply strategies suitable for attacking and defending</li> <li>Defend and attack an area 2 v 2, 3 v 3</li> <li>Attack with speed and control</li> </ul>	<ul style="list-style-type: none"> <li>Master throwing and catching techniques when travelling</li> <li>Receive from a variety of heights, speeds, distances and angles</li> <li>Maintain control when travelling with equipment</li> <li>Select appropriate speed, weight and distance</li> </ul>	<ul style="list-style-type: none"> <li>Apply an awareness of time, speed and distance</li> <li>Select appropriate speed when travelling at a variety of distances</li> <li>Throw with coordination, force, distance, control and accuracy</li> </ul>

<ul style="list-style-type: none"> <li>• Exploit space when attacking</li> <li>• Recognise when to tackle or when to defend a space</li> </ul>	<ul style="list-style-type: none"> <li>• when passing</li> <li>• Select the correct pass type to maintain possession in a game/activity</li> </ul>	<ul style="list-style-type: none"> <li>• Take off, jump and land demonstrating control and balance</li> <li>• Compete in a relay race, maintaining speed throughout change over</li> <li>• Apply throwing techniques to develop power and accuracy</li> </ul>
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## Throughout the year

### UNIT: Gymnastics

#### KEY KNOWLEDGE & SKILLS:

In this unit, children will be encouraged to create more complex routines and sequences which include changes of direction, speed, height and ways of travelling. Children will be able to show good strength, stability and flexibility. Individually, they will be able to compare performances with previous ones and suggest ways they can improve.

#### KEY LEARNING

- To copy or create and link movement phrases
- Identify and improve own performance
- Work collaboratively with others to improve a performance
- Include different apparatus into a sequence
- Transition from skill to skill with good flow and balance
- Demonstrate an understanding of how to improve and evaluate own performance

### UNIT: Outdoor adventurous activity

#### KEY KNOWLEDGE & SKILLS:

In this unit, children will use previously learnt techniques such as lining up and thumbing to pinpoint locations on a map and create their own trails for others to follow. Children will be able to draw bird's eye view maps and drawings by learning scale ratios.

#### KEY LEARNING

- Create a simple trail on an orienteering map
- Pinpoint locations using lining up techniques
- Create a simple map using scale and Birdseye view

## Year 6

### Autumn Term

### Spring Term

### Summer Term

UNIT: Speed Agility Quickness (SAQ)

UNIT: Dance

UNIT: Striking and fielding

<b>KEY KNOWLEDGE &amp; SKILLS:</b>	<b>KEY KNOWLEDGE &amp; SKILLS:</b>	<b>KEY KNOWLEDGE &amp; SKILLS:</b>
In this unit, children will move with fluidity and control when using equipment or faced with guards. Children will be able to apply different movements, speeds and changes of direction when in a game situation and make quick reactive decisions based on what opponents are doing. Children will be able to understand and explain how the body moves and how to improve performances.	In this unit, children will create their own routine with a partner or small group that includes, appropriate actions in relation to the music, representation of different characters and combines different actions in time with the beat. Children will be able to use the piece of music to create different expressions and emotions.	In this unit, children will be encouraged to set up their own positions when fielding, individually and as a team. Children will begin to feel confident when bowling overarm and be able to select the right weight and speed. Children will use effective communication and be able to work together when batting in pairs.
<b>KEY LEARNING</b>	<b>KEY LEARNING</b>	<b>KEY LEARNING</b>
<ul style="list-style-type: none"> <li>Identify a variety of skills that could be transferred into mainstream sports</li> <li>Apply effective use of speed when using equipment</li> <li>Show skill and control in combination</li> <li>Select the appropriate skill to beat the defender when faced with a 1v1/ 2v2 situation</li> <li>Create new skills that challenge children's balance and coordination</li> </ul>	<p>Create a dance routine with a partner or a small group that has the following:</p> <ul style="list-style-type: none"> <li>Appropriate actions/movements relating to a chosen song</li> <li>Appropriate actions to represent characters within a dance</li> <li>Complete a short sequence in role of a character</li> <li>Recognise and perform to actions linked to a piece of music</li> <li>To demonstrate movements to music using flow, timing, coordination and balance</li> </ul>	<ul style="list-style-type: none"> <li>Use effective communication when batting</li> <li>Apply batting principles to strike a moving ball</li> <li>Complete an overarm bowl to a medium/large target</li> <li>Identify and explain appropriate batting techniques</li> <li>Contribute to creating suitable strategies for striking and fielding</li> </ul>
<b>UNIT: Attack and Defend</b>	<b>UNIT: Sending and Receiving</b>	<b>UNIT: Athletics</b>
<b>KEY KNOWLEDGE &amp; SKILLS:</b>	<b>KEY KNOWLEDGE &amp; SKILLS:</b>	<b>KEY KNOWLEDGE &amp; SKILLS:</b>
In this unit, children will take part in numerous activities that will encourage attacking and defending as a small team. Children will create tactics and strategies for their own team as well as making adaptations after reflecting on the opposition's approach to the game. Discussions will be formed after analysing the opposition's skills, ability and tactics.	In this unit, children will understand and show how to retain possession, and be able to control possession when facing a team with equal amount of players. Children will have built the knowledge of when to send and when to travel with the equipment, whilst performing with accuracy and efficiency.	In this unit, children will master all the actions needed when competing in mini Olympics and team challenges. Children will use evaluation methods to suggest areas for improving their running, jumping and throwing abilities. Competition and challenges will be completed with a competitive element and a positive encouraging environment.
<b>KEY LEARNING</b>	<b>KEY LEARNING</b>	<b>KEY LEARNING</b>
<ul style="list-style-type: none"> <li>Make quick decisions whilst competing against others</li> <li>Defend and attack an area 3 v 3, 4 v 4</li> </ul>	<ul style="list-style-type: none"> <li>Know, apply and understand key aspects of a good performance and make suggestions for improvement</li> </ul>	<ul style="list-style-type: none"> <li>Apply running techniques to improve performance</li> <li>Apply throwing techniques to improve</li> </ul>

- Demonstrate an awareness of others and space to attack
- Identify areas for improvement from their own team's performance and make suggestions for development
- Demonstrate resilience when participating in activities

- Identify space when sending and receiving
- Make good decisions to maintain possession
- Explain and apply receiving techniques
- Use effective communication/signals to help maintain child in possession
- Recognise when to travel or when to pass

- performance
- Select appropriate speed for the distance travelled
- Select appropriate force when throwing at a target
- Create and develop tactics and strategies for when competing as an individual and as a team when competing in a variety of athletic events.

## Throughout the year

### UNIT: Gymnastics

#### KEY KNOWLEDGE & SKILLS:

In this unit, children will be able to combine and perform gymnastic actions using the whole body and be able to adapt them while creating a routine, in order for it to fit in to a sequence with flow and rhythm. Children will break down their routine and look for ways to improve and extend their piece of work; this could be through peer feedback or video analysis using i-pads. Whilst showing enjoyment in the activities, they will be able to portray emotions through the use of facial expressions and expressive use of space and equipment.

#### KEY LEARNING

- To create and link movement phrases
- Identify and improve others' performances
- Perform a variety of gymnastic skills, showing good flow and transition from high to low
- Perform a simple routine with good timing and flow
- Identify & describe key aspects of a good performance

### UNIT: Outdoor adventurous activity

#### KEY KNOWLEDGE & SKILLS:

In this unit, children will evaluate other children's decisions when pinpointing locations on a map, by using different techniques that have been learnt. Children can explain the importance of symbols, fractions and travelling speeds when completing an orienteering course and work effectively as a group to complete tasks set out.

#### KEY LEARNING

- Evaluate other children's decisions when pinpointing locations on a map
- Explain the importance of symbols, fractions and travelling speeds when completing an orienteering course

### UNIT: Swimming

#### KEY KNOWLEDGE & SKILLS:

In this unit, children will learn to swim competently, confidently and proficiently over a distance of at least 25 metres.

### **KEY LEARNING**

- Swim up to 100 meters using front crawl, backstroke and breaststroke
- Swim between 50 and 100m using three strokes, sustaining swimming over an extended time
- Swim over 100m using three strokes, at a sustainable pace
- Perform safe self-rescue in different water-based situations
- Show a problem-solving approach to survival
- Perform safe self-rescue in different water-based situations
- Perform a wide range of survival techniques