



# Brockholes Wood Community Primary School

'Shaping little lives into Bright Futures'



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## Subject Intent Statement

### **PE**

Our intent for the teaching of PE at Brockholes Wood School is to develop healthy individuals who understand their own bodies and how to maintain a well-balanced physical and mental lifestyle. We aim to inspire all pupils to participate in competitive and physically demanding activities. Our PE curriculum enables our learners to succeed, excel and more importantly become physically confident. The opportunities we provide supports health and fitness, encourages character building and embeds values such as fairness and respect.

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## PE Subject Intent Content and Coverage

### EYFS Pre-School 3-4 year olds

Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing. Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.

### EYFS Reception Early Learning Goals

Develop the foundations of a handwriting style that is fast, accurate and efficient.  
 Develop small motor skills so they can use a range of tools safely and confidently.  
 Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming.  
 Develop overall body strength, balance, coordination and agility.  
 Use large and small apparatus indoors and outdoors.  
 Combine different movements with ease and fluency.  
 Progress towards a more fluent style of moving, with developing control and grace.  
 Revise and refine the 5 FMS – running, hopping, jumping, catching and throwing.

### KS1

Pupils should be taught to:

- Master basic fundamental movement skills **Gymnastics**
- Participate in team games, developing simple tactics for attacking and defending. **Games**
- Perform dances using simple movement patterns. **Dance**

Games	
Year 1	Year 2
<p>Apply a simple tactic in a 1V1 or 2V2 game. <b>Games</b></p> <p>Perform fundamental movement skills at a developing level in:</p> <ul style="list-style-type: none"> <li>• Travelling skills</li> <li>• Sending skills</li> <li>• Receiving skills</li> </ul> <p>Developing physical skills:</p> <ul style="list-style-type: none"> <li>• Side gallop</li> <li>• Underarm throw</li> <li>• Running</li> <li>• Rolling a ball</li> <li>• Bounce a ball</li> <li>• Catch a ball</li> </ul> <p><b>The Grand Outdoors Su1</b> <b>Inspector Gadget Su2</b></p>	<p>Apply a simple tactic in a 3V1 game. <b>Games</b></p> <p>Perform fundamental movement skills at a developing level and start to master some basic movements in:</p> <ul style="list-style-type: none"> <li>• Travelling skills</li> <li>• Sending skills</li> <li>• Receiving skills</li> </ul> <p>Developing physical skills:</p> <ul style="list-style-type: none"> <li>• Underarm throw</li> <li>• Running</li> <li>• Catching</li> <li>• Dodging</li> <li>• Throwing</li> <li>• Catching</li> <li>• Strike a ball</li> <li>• Side gallop</li> <li>• Strike a ball off a tee</li> <li>• Strike</li> </ul> <p><b>Woodland Friends Su1</b> <b>Seaside Splendour Su2</b></p>

Gymnastics	
Year 1	Year 2
<p>Perform fundamental movement skills at a developing level <b>Gymnastics</b></p> <p>Perform FMS at a developing level in travelling skills.</p> <p>Perform body actions with some control and coordination.</p>	<p>Perform fundamental movement skills at a developing level and start to master some basic movements <b>Gymnastics</b></p>

Dance	
Year 1	Year 2
<p>Create and link simple combinations of 2 or 3 actions. Choose movements and repeat in a short dance. <b>Dance</b></p> <p>Perform FMS at a developing level. Perform basic body actions with control and show some sense of dynamic, expressive and rhythmic qualities in their own dance.</p> <p>Body actions:</p> <ul style="list-style-type: none"> <li>• Travel</li> <li>• Turn</li> <li>• Jump</li> <li>• Gesture</li> <li>• Stillness</li> <li>• Copy simple movement patterns</li> <li>• Use body actions to explore moods, ideas and feelings</li> <li>• Vary speed, strength, energy and tension of their movements</li> </ul> <p><b>Hidden Habitats A1</b> <b>Blaze of Glory A2</b></p>	<p>Create and link simple combinations of 3 or 4 actions. Link actions and repeat in a dance. <b>Dance</b></p> <p>Perform FMS at a developing level and start to master some basic movements. Perform basic body actions with control and coordination and perform short dances, showing an understanding of expressive qualities.</p> <p>Body actions:</p> <ul style="list-style-type: none"> <li>• Travel</li> <li>• Turn</li> <li>• Jump</li> <li>• Gesture</li> <li>• Stillness</li> <li>• Copy simple movement patterns</li> <li>• Use body actions to explore moods, ideas and feelings</li> <li>• Vary speed, strength, energy and tension of their movements</li> </ul> <p><b>Proud Preston A1</b> <b>Healthy Heroes A2</b></p>

## KS2

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns.
- Take part in outdoor adventurous activity (OAA) challenges both individually and within a team.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### OAA – Year 3

Plan routes around obstacles.

Orientate a map consistently and accurately.

Follow an orienteering course on school grounds recording controls.

### OAA – Year 5

Follow a simple course using eight points of the compass and mark on a map the position of a ground.

Follow a simple route on an OS map, identify different features.

Complete a timed orienteering course.

Work cooperatively with a partner and small group.

Accept responsibility when working in a team.

## Swimming and water safety

Pupils should be taught to:

- Swim competently, confidently and proficiently over a distance of at least 24 metres.
- Use a range of strokes effectively.
- Perform safe self-rescue in different water-based situations.

### Swimming – KS2

Games	
Year 3	Year 4
<p>Develop simple attacking skills in a 3V1 game. <b>Games</b></p> <p>Master most FMS from KS1 and start to develop sport specific skills and perform them with some accuracy.</p> <p>Developing physical skills:</p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Dodging</li> <li>• Chest pass</li> <li>• Bounce pass</li> <li>• Catching</li> <li>• Swing pass</li> <li>• One-handed pass</li> </ul> <p><b>Ruthless Romans Su1</b> <b>How does your garden grow? Su2</b></p>	<p>Develop simple attacking skills in a 4V2 game. <b>Games</b></p> <p>Master FMS and start to develop sport specific skills performing them with consistency and accuracy.</p> <p>Developing physical skills:</p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Dodging</li> <li>• Chest pass</li> <li>• Bounce pass</li> <li>• Dribbling the ball</li> <li>• Swing pass</li> <li>• Catching</li> <li>• One-handed pass</li> <li>• One-handed bounce pass</li> <li>• Shooting a ball</li> </ul> <p><b>Water, Water Everywhere Su1</b> <b>Hunted Su2</b></p>

Gymnastics	
Year 3	Year 4
<p>Master most fundamental skills and start to develop sport specific skills using different sports and activities. <b>Gymnastics</b></p> <p>Master most FMS from Key Stage 1 and start to develop sport specific skills and perform them with some accuracy and extension.</p> <p>Develop skills:</p> <ul style="list-style-type: none"> <li>• Travel – feet and hands</li> <li>• Balance – small body parts</li> <li>• Jump – two foot and land</li> <li>• Rolling – basic rolls</li> <li>• Apparatus</li> </ul> <p>Create sequences with 6 actions on the floor, mats and apparatus.</p> <p><b>Rock &amp; Roll Sp1</b> <b>Iron Man Sp2</b></p>	<p>Master most fundamental skills and start to develop sport specific skills. Develop a broader range of skills using different sports and activities. <b>Gymnastics</b></p> <p>Master FMS and start to develop sport specific performing them with consistency, accuracy and some control.</p> <p>Develop skills:</p> <ul style="list-style-type: none"> <li>• Travel – feet and hands and feet</li> <li>• Balance – large body parts, dish and arch, one-foot balance</li> <li>• Jump – different shapes when jumping. Jump a quarter and half turn</li> <li>• Rolling – basic rolls</li> <li>• apparatus</li> </ul> <p>Create a sequence with 6 skills that include one roll, one jump and one balance.</p> <p><b>Food Sculpture Sp1</b> <b>Exploring Europe Sp2</b></p>

Dance	
Year 3	Year 4
<p>Create and perform sequences of actions (4-6) smoothly. Create dance phrases with a partner and a small group. Repeat, remember and perform. <b>Dance</b></p> <p>Perform freely, translating ideas from a stimulus into movement, using dynamic, rhythmic and expressive qualities clearly and with control.</p> <p><b>The Power of Preston A1</b> <b>Live Strong A2</b></p>	<p>Create and perform sequences of actions (6) with control and precision. Use simple movement patterns to structure dance on their own and with a partner. <b>Dance</b></p> <p>Perform dances clearly and fluently and show sensitivity to the dance idea and the accompaniment.</p> <p><b>Crazy Currents A1</b> <b>The Great Plague A2</b></p>



Games	
Year 5	Year 6
<p>Collaborate and develop defending skills through 5V3 or 5V4 games. <b>Games</b></p> <p>Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control.</p> <p>Developing physical skills:</p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Dodging</li> <li>• Chest pass</li> <li>• Bounce pass</li> <li>• Shoulder pass</li> <li>• Catching</li> <li>• Shooting</li> <li>• Swing pass</li> <li>• Kick a ball</li> <li>• Push pass</li> <li>• Dribbling</li> <li>• Receiving a pass</li> </ul> <p><b>A River Journey Su1</b> <b>The Extraordinary Olympians Su2</b></p>	<p>Collaborate and apply attacking and defending skills through 4V4 or 5V5 games. <b>Games</b></p> <p>Continue to develop sport specific skills and perform with consistency, accuracy, confidence, control and speed.</p> <p>Developing physical skills:</p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Dodging</li> <li>• Chest pass</li> <li>• Bounce pass</li> <li>• Shoulder pass</li> <li>• Catching</li> <li>• Shooting</li> <li>• Swing pass</li> <li>• Kick a ball</li> <li>• Push pass</li> <li>• Dribbling</li> <li>• Receiving a pass</li> </ul> <p><b>I've got the Power! Su1</b> <b>Lights, Camera, Action! Su2</b></p>

Gymnastics	
Year 5	Year 6
<p>Continue to develop sports specific skills applying them with coordination and control. <b>Gymnastics</b></p> <p>Continue to develop sports specific skills and perform with consistency, accuracy and some control.</p> <p>Develop skills:</p> <ul style="list-style-type: none"> <li>• Travel – feet and hands and feet</li> <li>• Balance – partner balance, counter balance</li> <li>• Jump – different ways of jumping and landing with shape</li> <li>• Rolling – basic rolls</li> <li>• Apparatus</li> </ul> <p>Perform a pair sequence on the floor, mats and apparatus that includes 3 basic acrobatic balances, a part weight bearing balance, counter tension and counter balance, and up to 6 other actions.</p> <p><b>The Cogs of Creation Sp2</b></p>	<p>Continue to develop sports specific skills, applying them with control and precision. <b>Gymnastics</b></p> <p>Continue to develop sports specific skills and perform with consistency, accuracy, control and speed.</p> <p>Develop skills:</p> <ul style="list-style-type: none"> <li>• Travel – feet and hands and feet</li> <li>• Balance – partner and group balances, counter balance</li> <li>• Jump – different ways of jumping and landing with shape</li> <li>• Rolling – basic rolls</li> <li>• apparatus</li> </ul> <p>Perform in groups of 4 to 6 to create and perform a sequence that shows their knowledge of gymnastics actions and compositional principles. They develop on the floor and mats before adapting it to incorporate apparatus.</p> <p><b>Superheroes Sp1</b> <b>It's a Mystery! Sp2</b></p>

Dance	
Year 5	Year 6
<p>Create and perform longer sequences of actions (6-8). Plan dances creatively and collaboratively in groups. <b>Dance</b></p> <p>Perform different styles of dance clearly and fluently, adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of dance.</p> <p><b>Out of this World A1</b> <b>Food, Glorious Food! A2</b></p>	<p>Create and perform longer sequences of actions (8-10) showing an awareness of their audience. Work creatively and imaginatively on their own, with a partner and in a group to compose and structure simple dances. <b>Dance</b></p> <p>Perform dances fluently and with control and can perform to an accompaniment expressively and sensitively.</p> <p><b>Amazing Adaptations A1</b> <b>Britten's Composition A2</b></p>

## Key Concepts: Dance, Gymnastics and Games

Dance	Gymnastics	Games
<p>In the EYFS children will start to combine different movements with more control. In Year 1, children will explore basic body actions and use different body parts to make movements. They create and repeat short dances inspired by different stimulus and themes.</p> <p>In Year 2, children will focus on creating and performing short dances that communicate different moods, feelings and ideas. Children will use different body parts to imitate and lead movements. They will create short dances individually and with a partner.</p> <p>In Year 3, children perform dances, focusing on creating, adapting and linking a range of dance actions. They work with a partner and small groups, developing their ability to create, perform and appreciate dance.</p> <p>In Year 4, children focus on creating character and narrative through movement and gesture. They work in pairs and small groups. Children concentrate on combing and linking phrases of movement fluently and with control.</p>	<p>In the EYFS, the children develop body strength, balance and coordination.</p> <p>In Year 1, children investigate movement, stillness, and how to find and use space safely. They explore basic gymnastic actions on the floor and using apparatus. They copy or create, remember and repeat short movement phrases. Children use skills and abilities individually, in combination and in sequence showing some control and precision.</p> <p>In Year 2, children will increase their range of gymnastic skill. They will create simple sequences on the floor. They will transfer what they learn on the floor to the apparatus. Children use skills and abilities individually, in combination and in Sequence showing some control and precision.</p> <p>In Year 3, the children will improve the quality of their movement and produce extension. They will learn how to plan and perform actions and sequences, and develop flow by linking actions smoothly.</p>	<p>In the EYFS, the children develop the 5 FMS and apply them with more control.</p> <p>In Year 1, Children develop basic game playing skills, in particular the FMS of throwing and catching. They play net games, striking and fielding.</p> <p>In Year 2, children will improve and apply their basic FMS in games. They play games that demand simple choices and decisions on how to use space and avoid opponents, keep the ball and score points. They will develop an early understanding of simple concepts of attack.</p> <p>In Year 3, children will learn to apply their understanding and skills from KS1. Children will improve their accuracy in throwing and catching. They will learn new invasion game sport specific techniques.</p> <p>In Year 4, children continue to learn simple attacking tactics using a range of equipment. They play small uneven sided games and think about skills, strategies and techniques to outwit</p>

In Year 5, children learn different styles of dance and focus on dancing with other people, in pairs or groups. They will become more adventurous when improvising and exploring ideas, developing their knowledge of how props, costume, design and music enrich dance.

In Year 6, children will focus on using different visual images as a starting point for composing, performing and watching dance. They will extend the range of movements they use and develop new skills in working with a partner including taking weight, supporting, leaning, balancing and lifting.

In Year 4, the children will develop their skills, control, and precision and combine these skills to create a sequence for a competition. They will extend their range actions, balances, body shapes and agilities. Working on combinations that are more difficult. They will work in pairs using matching and mirroring to plan and perform sequences.

In Year 5, the children will develop a wider range of actions and use their skills and abilities individually, and in a sequence with a partner, showing more control and precision. They will create longer sequences using their knowledge of compositional principles with a partner to perform paired balances for an audience.

In Year 6, the children use their knowledge of compositional principles to develop sequences that show an awareness of their audience. Children will plan and perform with a partner. They will choose their own apparatus and design a simple layout.

the opposition in invasion games.

In Year 5, children learn how to work well as a team when attacking and explore ways to defend. They play uneven sided games. Children learn a wider range of sport specific techniques for dribbling, passing and shooting. They will learn to apply basic principles for attacking and defending.

In Year 6, children will improve their attacking and defending play. They start to play even sided invasion games. In all game’s children will think about how to use skills, strategies and tactics to outwit the opposition. They will enter their opponent’s territory and get into good positions.

## Key Concepts: Dance, Gymnastics and Games

	AUTUMN	SPRING	SUMMER
EYFS	<b>Dance</b>	<b>Gymnastics</b>	<b>Games</b>
	<p>Travel safely and creatively in a space.</p> <p>Work with a partner</p> <p>Remember and perform a basic sequence of movement when led by a teacher.</p> <p>Show different levels when I travel.</p> <p>Look at pictures and create shapes, movements and actions.</p> <p>Identify what good looks like.</p>	<p>Travel close to the ground.</p> <p>Balance on points – Hands, feet arabesque, knees.</p> <p>Balance on patches – back, front, and bottom.</p> <p>Spin on points and patches.</p> <p>Jump off an object and land appropriately.</p>	<p><b><u>Net and Wall Game Skills</u></b></p> <p>Send a ball with some degree of accuracy.</p> <p>Receive a ball by moving swiftly into the right position.</p> <p>Strike a ball, with one hand, whilst it is airborne.</p> <p>I can play passive and then active rallies by striking over a net with my hand.</p> <p>Strike and volley a ball with some degree of accuracy.</p> <p>Keep a rally going with a partner.</p> <p>Strike a ball using an open palm and move into position to receive it back.</p> <p>Throw with some accuracy and power.</p> <p>Keep eye contact with the ball.</p> <p>Dig a ball by getting underneath it.</p> <p><b><u>Invasion Games</u></b></p> <p>Run forwards and backwards whilst being aware of others and the environment.</p> <p>Slide in both directions and begin to dodge off one foot.</p> <p>Send and receive a ball.</p> <p>Throw underarm and overarm and can sometimes catch a ball.</p>

			<p><b><u>Strike and fielding</u></b></p> <p>Strike a ball of a tee.</p> <p>Stop a ball with hands.</p> <p>Chase after a ball and retrieve it.</p> <p>Throw underarm.</p> <p><b><u>Athletics</u></b></p> <p>Share space and run with head up.</p> <p>React quickly.</p> <p>Coordinate a run with a jump.</p> <p>Jump, 1 foot to 2 feet and 2 feet to 2 feet.</p> <p>Throw accurately.</p> <p>Run efficiently and within a lane.</p> <p>Sustain form during a race.</p> <p>Jump for height and time the take off to clear an obstacle.</p> <p>Throw for distance and with a good technique.</p>
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Y1	Dance	Gymnastics	Games
	<p>To move safely and creatively in space.</p> <p>To focus on timing and performing the completed motif.</p> <p>To show different travelling movements.</p> <p>To show different pathways in our travelling movements.</p> <p>To work well in pairs and give feedback.</p> <p>Show use of direction when performing in pairs.</p> <p>Communicate effectively with a partner.</p> <p>To understand what makes a good performance.</p>	<p>Travel on hands and feet in bunny jumps and scrambling.</p> <p>Take weight on hands and feet in arches and bridges.</p> <p>Forward, shoulder and backwards rolls.</p> <p>Slide, scramble, push and spin.</p> <p>Teddy bear, pencil and egg roll.</p> <p>Pencil, star jump and jump with quarter turn.</p> <p>Start sequences on the floor and apparatus, showing starting and finishing positions.</p> <p>Show some support during inversion.</p> <p>Jumps – tuck, half turn</p>	<p><b><u>Net and Wall Game Skills</u></b></p> <p>Send a receive a ball with some degree of accuracy.</p> <p>Move into positions to catch.</p> <p>Strike a ball with some degree of accuracy.</p> <p>Volley and send a ball.</p> <p>Keep a rally going with a partner.</p> <p>Develop a good grip and stance.</p> <p>Begin to strike with more consistency and accuracy on the forehand.</p> <p>Return a ball.</p> <p>Play a game with an opponent.</p> <p>Move fluently.</p> <p><b><u>Invasion Games</u></b></p> <p>Dodge, evading others.</p> <p>Start to make decisions about when to attack and when to defend with support.</p> <p>Some awareness of other children and space.</p> <p>Pass over short distances and then move into space.</p> <p>Receive a ball whilst on the move.</p> <p><b><u>Strike and fielding</u></b></p> <p>Catch a ball.</p> <p>Bowl a ball overarm from a standing position.</p> <p>Throw overarm at a target.</p>



			<p>Adopt a high back lift and stand sideways on when batting.</p> <p>Pick up a ball.</p> <p><b>Athletics</b></p> <p>React quickly.</p> <p>Demonstrate agility, balance and coordination.</p> <p>Jump in different ways. Throw with good techniques.</p> <p>Throw with a run up.</p> <p>Help a peer improve their performance.</p> <p>Demonstrate athletic techniques.</p>
Y2	<b>Dance</b>	<b>Gymnastics</b>	<b>Games</b>
	<p>To move safely and creatively in space.</p> <p>To focus on timing and performing the completed motif in unison.</p> <p>To show use of different levels in travelling movements.</p> <p>To show different pathways in our travelling movements.</p> <p>To work well in pairs showing good cooperation skills and give useful peer feedback.</p> <p>Show use of level, direction and unison when creating and performing pairs section.</p> <p>Communicate effectively with a partner.</p> <p>To understand what makes a good performance and to improve performance based on feedback.</p>	<p>Travel on hands and feet in bunny jumps and scrambling with increased control and developed movements.</p> <p>Increased accuracy and strength when taking weight on hands and feet in arches and bridges.</p> <p>Further developed forward, shoulder and backwards rolls.</p> <p>Increased control in order to slide, scramble, push and spin.</p> <p>Further developed teddy bear, pencil and egg roll.</p> <p>Pencil, star jump and jump with quarter turn with increasing control and precision.</p> <p>Complete sequences on the floor and apparatus in clearly defined starting and finishing positions.</p> <p>Support self in inversion.</p> <p>Jumps – tuck, half turn with increasing control.</p>	<p><b>Net and Wall Game Skills</b></p> <p>Send a receive a ball with some increasing accuracy.</p> <p>Move quickly into good positions to catch.</p> <p>Strike a ball with increasing accuracy.</p> <p>Volley and send a ball by getting in line and underneath it and with increasing accuracy.</p> <p>Keep a rally going with a partner. Begin to rally a few more shots with more success.</p> <p>Have a further developed grip and stance.</p> <p>Strike more consistently and accurately on the forehand.</p> <p>Return a ball, after one bounce from a partner.</p> <p>Strike a backhand from my own feed.</p> <p>Play a game with an opponent using a variety of shots.</p> <p>Move fluently around the court.</p>

			<p><b><u>Invasion Games</u></b></p> <p>Dodge off both feet, evading others.</p> <p>Start to make decisions about when to attack and when to defend.</p> <p>Increased awareness of other children and the space.</p> <p>Pass accurately over short distances and then move into space without prompting.</p> <p>Receive a ball whilst on the move with more accuracy.</p> <p><b><u>Strike and fielding</u></b></p> <p>Catch a ball that is thrown with more accuracy.</p> <p>Bowl a more developed ball overarm from a standing position.</p> <p>Throw overarm at a target from a sideways position.</p> <p>Adopt a more developed high back lift and stand sideways on when batting.</p> <p>Pick up a ball with one hand or two.</p> <p><b><u>Athletics</u></b></p> <p>React quickly and more efficiently.</p> <p>Demonstrate agility, balance and coordination with increasing control.</p> <p>Jump in a variety of ways that are more developed and competent.</p> <p>Leap, jump and hop.</p> <p>Add a short run to a jump.</p> <p>Throw with good techniques that is more developed.</p> <p>Throw with a more developed run up.</p> <p>Help a peer improve their performance with good feedback.</p> <p>Demonstrate a variety of athletic techniques competently.</p>
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Y3	Dance	Gymnastics	Games
	<p>Develop a motif demonstrating some agility and coordination.</p> <p>Change actions into travelling movements.</p> <p>Communicate effectively with a partner and in a group.</p> <p>Show different pathways when I travel.</p> <p>Show use of canon and changes in formation when creating and performing group section.</p> <p>To share what we know about the theme.</p> <p>To creatively use the words from the mind map to help us move in different ways.</p> <p>Show good timing.</p> <p>To work in pairs and use pictures as stimulus to develop a 16 count pairs section.</p> <p>Use a poem as stimulus for creative and imaginative actions.</p>	<p>Transfer weight – walkovers, cartwheel.</p> <p>Balance on points – headstand, handstand, frog stand</p> <p>Perform symmetrical/ asymmetrical balances</p> <p>Perform sequences.</p> <p>Work in canon.</p> <p>Work with counter-balance and counter tension with a partner.</p>	<p><b><u>Net and Wall Game Skills</u></b></p> <p>Take up a 'ready position' and move to strike a ball.</p> <p>Play backhand shots.</p> <p>Strike the ball on the backhand.</p> <p>Volley a ball on the forehand and backhand.</p> <p>Serve from the baseline into the opponent's side of the court.</p> <p>Move into the correct position.</p> <p>Use tactics against an opponent.</p> <p>Hit forehands returns.</p> <p>Hit shots overhead.</p> <p>Play powerful and deft shots.</p> <p>Move around the court using footwork patterns.</p> <p>Play different shots.</p> <p><b><u>Invasion Games</u></b></p> <p>Manipulate the ball to outwit an opponent in a one to one situation.</p> <p>Turn, enabling to retain possession and evade opponents.</p> <p>Cushion a ball and move the ball into a good position to send.</p> <p>Pass and then move into space to receive the ball back.</p> <p>Signal non-verbally to receive possession of the ball.</p> <p>Anticipate what is going to happen next.</p> <p>Close the space down quickly between opponents and then jockey</p>

			<p>awaiting the right moment to disposes them.</p> <p><b><u>Strike and fielding</u></b></p> <p>Catch a ball.</p> <p>Adopt a good position when wicket keeping.</p> <p>Run to stop a ball.</p> <p>Bowl from close in to the stumps and from the crease line.</p> <p>Stand at the non-striker's end and call.</p> <p>Be decisive and call for catches when the ball goes high.</p> <p>Walk in with the bowler as they run up.</p> <p><b><u>Athletics</u></b></p> <p>Use a technique to start a sprint race.</p> <p>Have some coordination to improve speed.</p> <p>Scissor kick.</p> <p>Sprint between hurdles.</p> <p>Jump off the same foot.</p> <p>Throw overarm and with power for distance.</p> <p>Replicate the technique for running, jumping and throwing events.</p> <p>Self-challenge to beat previous performances.</p>
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Y4	Dance	Gymnastics	Games
	<p>Develop a motif demonstrating some agility, balance, coordination and precision.</p> <p>Creatively change static actions into travelling movements.</p> <p>Communicate effectively with a partner and in a group.</p> <p>Show different levels and pathways when I travel.</p> <p>Show use of canon and changes in formation when creating and performing group section.</p> <p>Show increased use of canon and changes in performance.</p> <p>To share what we know about the theme.</p> <p>To creatively use the words from the mind map to help us move in different ways.</p> <p>Show good timing, posture, and extension.</p> <p>To work in pairs and use pictures as stimulus to develop a 16 count pairs section to add to our performance piece.</p> <p>Use different stimulus for creative and imaginative actions.</p>	<p>Transfer weight – walkovers, cartwheel with increasing control.</p> <p>Balance on points – headstand, handstand, frog stand with increasing control.</p> <p>Perform symmetrical/ asymmetrical balances with increasing control.</p> <p>Perform sequences with changes in level.</p> <p>Work in canon with clear relationships between group members.</p> <p>Work with counter-balance and counter tension with a partner and in a group.</p>	<p><b>Net and Wall Game Skills</b></p> <p>Take up a 'ready position' and move into a good position to strike a ball.</p> <p>Get into good positions to play backhand shots.</p> <p>Strike the ball on the backhand with some consistency.</p> <p>Volley a ball on the forehand and backhand striking the ball downwards.</p> <p>Serve from the baseline into the opponent's side of the court.</p> <p>Move into the correct position to play a variety of shots.</p> <p>Use tactics against an opponent. Hit consistent forehand returns.</p> <p>Hit shots overhead and on forehand and backhand in rallies.</p> <p>Play a variety of powerful and deft shots.</p> <p>Move around court using different footwork patterns.</p> <p>Play a variety of different shots well.</p> <p>Make the right decision usually about which shot to play.</p> <p>Umpire and keep score in a game.</p> <p><b>Invasion Games</b></p> <p>Manipulate the ball in a variety of ways to outwit an opponent in a one to one situation.</p> <p>Turn in a variety of ways enabling to retain possession and evade opponents.</p> <p>Cushion a ball and move the ball into a good position to send with increasing accuracy.</p> <p>Pass and then move into space to receive the ball back with increasing accuracy.</p> <p>Signal non-verbally to receive possession of the ball.</p> <p>Anticipate what is going to happen by reading my opponent's body language.</p> <p>Close the space down quickly between opponents and then jockey awaiting the right moment to disposes them.</p>

			<p><b><u>Strike and fielding</u></b></p> <p>Catch a ball having moved to catch it.</p> <p>Adopt a good position when wicket keeping and take balls on both side of the wicket.</p> <p>Run to stop a ball consistently.</p> <p>Bowl from close in to the stumps and from the crease line.</p> <p>Stand appropriately at the non-striker's end when batting and call when appropriate.</p> <p>Be decisive and call for catches when the ball goes high and use soft hands to cushion the ball.</p> <p>Walk in with the bowler as they run up.</p> <p><b><u>Athletics</u></b></p> <p>Use the correct technique to start a sprint race.</p> <p>Develop coordination to improve speed.</p> <p>Develop scissor kick.</p> <p>Increased speed sprinting between hurdles.</p> <p>Jump consistently off the same foot.</p> <p>Throw overarm accurately, and with power for distance.</p> <p>Accurately replicate the technique for running, jumping and throwing events and in competitive situations.</p> <p>Self-challenge to beat previous performances.</p>
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Y5	Dance	Gymnastics	Games
	<p>Focus on performing motif in unison.</p> <p>To turn 3-4 actions into a travelling section.</p> <p>Change actions into travelling movements.</p> <p>To work well in groups.</p> <p>To include pathway and different directions.</p> <p>To include use of mirror image, and changes in level and direction in choreography.</p> <p>To use chance choreography.</p> <p>Evaluate the work of others using simple technical language and to understand the different between performances.</p>	<p>Transition from one move to another.</p> <p>Pike and straddle jumps.</p> <p>Vary rolls – 2 feet to one, straddle to pike, pike to straddle.</p> <p>Work with a partner, mirroring, performing front and back, adjacent.</p> <p>Work in different pathways within a group.</p>	<p><b>Net and Wall Game Skills</b></p> <p>Grip a racket and get into a sideways position to strike the ball.</p> <p>Hit a forehand shot.</p> <p>Play deft shots near the net.</p> <p>Volley on the forehand and backhand.</p> <p>Set and spike a ball.</p> <p>Bump, set, spike and block.</p> <p>Communicate with teammates.</p> <p>Smash, lob, serve.</p> <p>Demonstrate a split step.</p> <p>Play a tip shot.</p> <p>Compete in school competition.</p> <p><b>Invasion Games</b></p> <p>Use the width of the pitch when attacking to stretch the opponent's defence and pull opponents out of position.</p> <p>Receive the ball on the half turn.</p> <p>Deceive opponents by feinting and faking.</p> <p>Mark an opponent.</p> <p>Adopt high and low presses when working as part of a defensive tactic.</p> <p>Use ways of sending a ball and make decisions about which techniques to use under pressure.</p>

			<p><b><u>Strike and fielding</u></b></p> <p>Bowl a delivery with a run up.</p> <p>Make decisions about what fielding technique to use.</p> <p>Adjust a field batters and bowlers.</p> <p>Score on both sides of the wicket when batting.</p> <p>Bowl using one technique.</p> <p>Get behind the wickets when keeping wicket and the ball is hit into the field.</p> <p>Back up other fielders in the field.</p> <p><b><u>Athletics</u></b></p> <p>Sustain pace.</p> <p>Throw with power using the pull technique.</p> <p>Throw after a run with pace.</p> <p>Throw with greater force and over longer distances.</p> <p>Perform the correct techniques for triple jump, high jump and standing vertical jump.</p>
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Y6	Dance	Gymnastics	Games
	<p>Focus on good timing and performing motif in unison.</p> <p>To turn 3-4 actions into a travelling section with increased control.</p> <p>Creatively change static actions into travelling movements.</p> <p>To work well in groups.</p> <p>To include use of level changes, pathway and different directions.</p> <p>To creatively include use of mirror image and changes in level and direction in choreography with increased precision.</p> <p>To effectively use chance choreography.</p> <p>Evaluate the work of others using simple technical language and to understand the different between performances.</p>	<p>Transition smoothly and in a variety of ways from one more to another.</p> <p>Execute pike and straddle jumps with increasing control.</p> <p>Vary rolls – 2 feet to one, straddle to pike, pike to straddle with increasing difficulty.</p> <p>Work with a partner, mirroring, performing front and back, adjacent.</p> <p>Work in different pathways within a group with increased control.</p>	<p><b><u>Net and Wall Game Skills</u></b></p> <p>Grip a racket and get into different sideways positions to strike the ball.</p> <p>Hit a forehand shot consistently.</p> <p>Control where the ball is hit.</p> <p>Play deft shots near the net within a small area.</p> <p>Volley accurately on the forehand and backhand.</p> <p>Set and spike a ball with more accuracy.</p> <p>Bump, set, spike and block consistently well.</p> <p>Communicate well with teammates.</p> <p>Demonstrate a split step and understand its use.</p> <p>Play a tip shot with more accuracy.</p> <p>Compete in school competition understanding the rules.</p> <p><b><u>Invasion Games</u></b></p> <p>Use the width of the pitch when attacking to stretch the opponent’s defence and pull opponents out of position.</p> <p>Receive the ball on the half turn, thereby opening up the pitch and creating more angles to send the ball.</p> <p>Deceive opponents by feinting and faking.</p> <p>Mark an opponent directly, staying with them at all times.</p> <p>Adopt high and low presses when working as part of a defensive tactic with more accuracy.</p> <p>Use a variety of ways of sending a ball and make good decisions about which techniques to use under pressure.</p>

			<p><b><u>Strike and fielding</u></b></p> <p>Bowl a legal delivery with a run up.</p> <p>Make the right decisions about what fielding technique to use.</p> <p>Adjust a field batters and bowlers.</p> <p>Score on both sides of the wicket when batting.</p> <p>Bowl using more than one technique.</p> <p>Get behind the wickets when keeping wicket and the ball is hit into the field.</p> <p>Back up other fielders in the field without being prompted.</p> <p><b><u>Athletics</u></b></p> <p>Sustain pace over long distances.</p> <p>Throw with accuracy and power using the pull technique.</p> <p>Throw after a run up with increasing pace and accuracy.</p> <p>Throw with greater force and over longer distances with more accuracy. Throw with greater control, accuracy and efficiency.</p> <p>Perform the correct techniques for triple jump, high jump and standing vertical jump.</p>
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