

# Physical Education (Outdoor PE) Curriculum

2025-26



# Subject Intent

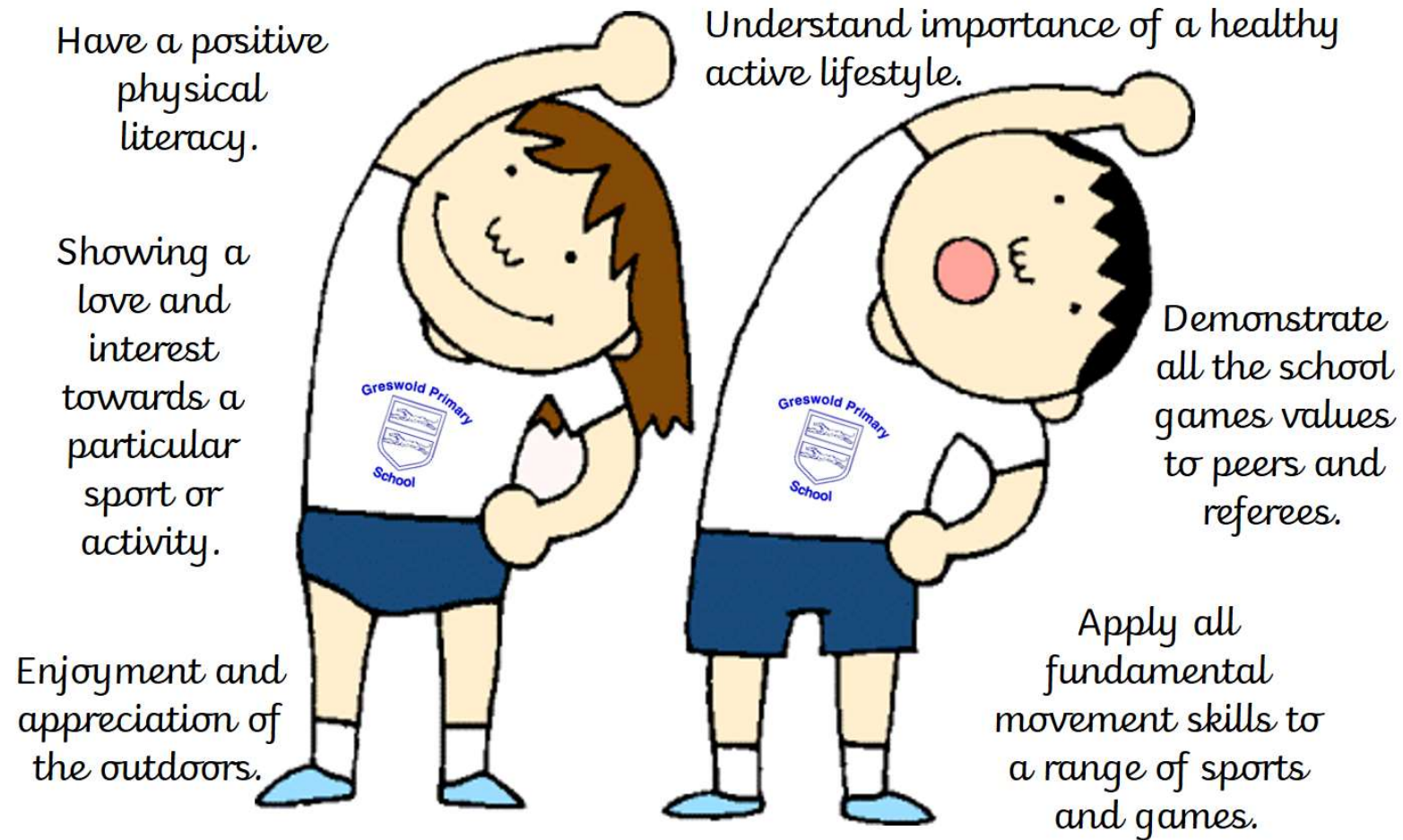
We aim for every child to develop a love for and to succeed in sport. Through our supplementary use of the Real P.E scheme, we provide opportunities for pupils to become physically literate through embedding the fundamental movement skills in a way which nurtures children to become resilient and push for their personal best. We provide our children with opportunities to compete in sports to build character and help to embed core values such as fairness, respect and team work. We strive to ensure that every child exceeds their potential and leaves Greswold with the physical knowledge they need to pursue sporting challenges and lead healthy active lifestyles during their years at Secondary and beyond.

We work hard to ensure children understand exercise as part of a healthy lifestyle and use initiatives such as The Daily Mile or Dash to promote this. As well as having expert sports' coaches delivering lessons, we offer a range of extra-curricular sports clubs throughout the day lead by the same experts to increase children's enjoyment. Our curriculum is also purposeful and is designed to provide context for participation in annual inter-school competitions, especially in KS2.

## Physical Education and Development in the Early Years

Children in Reception have a weekly session of PE where they participate in a range of indoor and outdoor activities. They learn how to move in different ways, balance, work in partners and as a team. Pupils have open access to the outside area daily and can develop gross motor skills through their chosen activities using the bikes / scooters, climbing up steps to the slide, running and jumping in a large space, stepping over tyres and balancing on logs. They have opportunities to dig and rake, lift heavy pans and pots, pour, stir and mix. Small groups of children develop core skills through following the BEAM programme. Fine motor skills are advanced through the use of Dough Disco and Squiggle While You Wiggle. The environment is resourced with activities to develop these skills further, for example threading, tweezers, pegs and a range of mark making tools. Children are taught how to use both large and small equipment in a safe and controlled manner, such as scissors and large construction toys. Children are encouraged and supported in independently selecting and dressing in appropriate attire for a given activity, for example wellies, salopettes, coats, painting aprons and PE kit. Children have access to toilets and washing facilities where they are encouraged to be independent in managing their own hygiene. We talk about keeping healthy through foods, sleep and exercise so in Reception the children choose their lunch option independently.

# The Greswold Physically Active Child



The Greswold...

## Physically Active Child...

# Subject Long Term Plan

| Year | Autumn 1                                                 | Autumn 2                           | Spring 1       | Spring 2                                             | Summer 1                             | Summer 2                                                               |
|------|----------------------------------------------------------|------------------------------------|----------------|------------------------------------------------------|--------------------------------------|------------------------------------------------------------------------|
| 1    |                                                          |                                    |                |                                                      | Sports Day skills                    |                                                                        |
|      | Throwing and catching                                    | Running and jumping (multi skills) | Team games     | Invasion games                                       |                                      | Bat and ball skills                                                    |
| 2    |                                                          |                                    |                |                                                      | Sports Day skills                    |                                                                        |
|      | Attacking and defending (Throwing and catching games)    | Invasion games (football)          | Infant Agility | Racket and ball skills                               | Target games                         | Animal Olympics                                                        |
| 3    |                                                          |                                    |                |                                                      | Sports Day skills                    |                                                                        |
|      | Fundamental skills<br>-running<br>-throwing<br>-catching | Throwing and catching              |                | Sending and receiving skills<br>-Hockey<br>-Football | Tri-golf                             | Attacking and defending (spatial awareness)<br>-Tag rugby<br>-Handball |
| 4    |                                                          |                                    |                |                                                      | Sports Day skills                    |                                                                        |
|      |                                                          |                                    |                |                                                      | Cricket Coaching                     | OAA                                                                    |
| 5    |                                                          |                                    |                |                                                      | Sports Day skills                    | Cricket                                                                |
|      | Netball                                                  | Football                           | Tennis         | Real PE Unit 1                                       | Cricket Coaching / Sports Day skills | Dodgeball                                                              |
| 6    |                                                          |                                    |                |                                                      | Tag Rugby                            |                                                                        |
|      | Basketball                                               | Hockey                             | Circuits       |                                                      | Sports Day skills                    | Striking and fielding (Rounders)                                       |

# Subject Outcomes

|                 | Year 1                                                                                                                                                                                                                                                                                                                    | Year 2                                                                                                                                                                                                                                                                                                                                                                                                                                                                          | Year 3                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Year 4                                                                                                                                                                                                                                                                                                                              | Year 5                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         | Year 6                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
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| <i>Autumn 1</i> | <b>Throwing and catching</b> <ul style="list-style-type: none"> <li>- Roll a ball forward</li> <li>- Stop a ball that has been rolled over a short distance</li> <li>- Use 2 hands to catch</li> <li>- Throw an object accurately to someone so they can catch it</li> <li>- Bounce a ball on the floor</li> </ul>        | <b>Attacking and defending (throwing and catching games)</b> <ul style="list-style-type: none"> <li>- Take on the role of an attacker and a defender.</li> <li>- Know that moving at different speeds can help dodge defenders.</li> <li>- Understand when a teammate is ready to receive a pass using eye contact.</li> <li>- Look at a target to aim their throw (though not always accurately).</li> <li>- Know how to intercept a ball when prompted.</li> <li>-</li> </ul> | <b>Sportshall athletics</b> <ul style="list-style-type: none"> <li>- Identify and demonstrate how different techniques can affect their performance.</li> <li>- Focus on their arm and leg action to improve their sprinting technique. Begin to combine running with jumping over hurdles.</li> <li>- Understand the importance of adjusting running pace to suit the distance being run.</li> <li>- Develop an effective take-off for the standing long jump.</li> <li>- Throw with greater control and accuracy.</li> <li>- Show increasing control in their overarm throw.</li> </ul> <b>Perform a push throw.</b> | <b>Swimming</b><br><b>Beginner</b><br>Understands importance of a streamlined position.<br><b>Improving</b><br>Understands how fundamental movement skills (FMS) and gross motor skills (GMS) relate to swimming.<br><b>Competent</b><br>Recognises dry land exercises that can benefit swimming ability and explain why these help | <b>Netball</b> <ul style="list-style-type: none"> <li>- Catch a ball with 2 hands with confidence and success.</li> <li>- Use the correct technique for the shoulder pass, chest pass, bounce pass and overhead pass.</li> <li>- Pivot using the correct footwork.</li> <li>- Show some understanding of the footwork rule.</li> <li>- Use different speeds to dodge defenders.</li> <li>- Outwit opponents during specific drill practise.</li> <li>- Know how to mark the opposition</li> <li>- Evaluate their own performance and suggest areas for improvement.</li> </ul> | <b>Basketball</b> <ul style="list-style-type: none"> <li>- Dribble the ball using some elements of the correct technique.</li> <li>- Look up when dribbling the ball.</li> <li>- Use the correct technique to pass a ball over a range of distances.</li> <li>- Sometimes combine dribbling and passing at different paces.</li> <li>- Know the rules for pivoting and apply when confident.</li> <li>- Know how to man-to-man mark a player</li> <li>- Understand what being part of a team involves</li> <li>- Evaluate their own performance</li> </ul> |
| <i>Autumn 2</i> | <b>Running and jumping (multi skills)</b> <ul style="list-style-type: none"> <li>- Vary their pace and speed when running.</li> <li>- Run with a basic technique over different distances.</li> <li>- Maintain control when changing directions when running.</li> <li>- Perform different types of jumps: for</li> </ul> | <b>Invasion games (football)</b> <ul style="list-style-type: none"> <li>- Execute ball control skills with some control.</li> <li>- Use the inside of the foot for dribbling with the ball.</li> <li>- Pass with some accuracy.</li> <li>- Combine dribbling and passing with some success.</li> </ul>                                                                                                                                                                          | <b>Throwing and catching</b> <ul style="list-style-type: none"> <li>- Roll a ball along a line</li> <li>- Roll a ball towards a target.</li> <li>- Use a variety of objects to throw underarm and overarm.</li> <li>- Move and position themselves to catch an object.</li> <li>- Bounce a ball on a spot</li> </ul>                                                                                                                                                                                                                                                                                                   | <b>Swimming</b><br><b>Beginner</b><br>Performs star float with supporting flotation<br><b>Improving</b><br>Performs star float<br><b>Competent</b><br>Performs a series of floats without touching the pool floor                                                                                                                   | <b>Football</b> <ul style="list-style-type: none"> <li>- Pass, receive and dribble with a ball.</li> <li>- Find and use space in a game.</li> <li>- Know about some tactics for defending and begin to apply them in a game situation.</li> <li>- Know about some tactics for attacking</li> </ul>                                                                                                                                                                                                                                                                             | <b>Hockey</b> <ul style="list-style-type: none"> <li>- Hold a hockey stick correctly for pushing and stopping the ball.</li> <li>- Push the ball with some accuracy.</li> <li>- Stop and control the ball effectively.</li> <li>- Correctly position the body when forehand dribbling.</li> </ul>                                                                                                                                                                                                                                                          |

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|          | <p>example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</p> <ul style="list-style-type: none"> <li>- Perform a short jumping sequence.</li> <li>- Jump for different purposes.</li> <li>- Land safely and with control.</li> </ul>                                                                                                                                                              | <ul style="list-style-type: none"> <li>- Find and use space effectively to receive a pass.</li> <li>- Understand the job of a defender. Understand what being a part of a team involves.</li> </ul>                                                                                                                                                                                                                                     | <ul style="list-style-type: none"> <li>- Bounce a ball to a partner, changing the height of the bounce. Apply different throws to a range of games.</li> </ul>                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                      | <p>and begin to apply them in a game situation.</p> <ul style="list-style-type: none"> <li>- Know what their team needs to maintain possession.</li> <li>- Follow rules in a game to contribute towards the success of a team.</li> </ul>                                                                                                                                                                          | <ul style="list-style-type: none"> <li>- Maintain some control when dribble the ball.</li> <li>- Change direction with the ball with some control.</li> <li>- Begin to use the correct technique for an Indian dribble whilst stationary.</li> <li>- Change direction with the ball with some control.</li> <li>- Dribble past defensive players.</li> <li>- Know and carry out some of the rules for tackling safely.</li> <li>- Show some accuracy when aiming for a target.</li> <li>- Follow the basic rules in a game situation.</li> <li>- Evaluate own performance and suggest improvements.</li> </ul> |
| Spring 1 | <p>Team games</p> <ul style="list-style-type: none"> <li>- Move to spaces within a game.</li> <li>- Move into spaces to receive a pass.</li> <li>- Move away from defenders in a team game.</li> <li>- Begin to follow an attackers movements.</li> <li>- Begin to passing a ball to another player</li> <li>- Begin to use simple attacking and defending skills in a team game.</li> <li>- Begin to look for other players to help me.</li> </ul> | <p>Infant Agility</p> <p><b>Skill - Jumping for Height:</b><br/>Describe the techniques involved to carry out this skill. In this activity, children will use all of their body to jump as high as they can.</p> <p><b>Skill - Throwing for Accuracy</b><br/><b>Underarm Throw.</b> In this activity, children will practise underarm throwing, using a beanbag or ball.</p> <p><b>Skill - Changing Speed When Running:</b> In this</p> | <p>Personal best</p> <p>Children can identify the core muscles and participate in more challenging exercises which use these muscles;</p> <ul style="list-style-type: none"> <li>• participate in a range of more complex exercises;</li> <li>• set their own realistic targets for improvement, considering how they can improve in each exercise;</li> <li>• notice how they are progressing towards their personal targets and develop specific plans to attempt to reach them.</li> </ul> | <p>Swimming</p> <p><b>Beginner</b><br/>Performs push and glide on the front with flotation</p> <p><b>Improving</b><br/>Performs push and glide on the front</p> <p><b>Competent</b><br/>Performs a log roll from front to back with no flotation</p> | <p>Sportshall athletics</p> <ul style="list-style-type: none"> <li>- Accelerate from a variety of starting positions and select their preferred position.</li> <li>- Identify their reaction times when performing a sprint start.</li> <li>- Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.</li> <li>- Identify and demonstrate stamina,</li> </ul> |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |

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|          |  | <p>activity, children will run over a medium distance, varying their running speed.</p> <p><b>Changing Direction When Running:</b> Give children time to practise moving and running around the space in different directions, before carrying out the suggested skills activities.</p> <p><b>Skill - Jumping for Distance:</b> Give children time to practise the technique of jumping and landing safely, before implementing a skills practice of the learnt technique.</p> <p><b>Skill - Changing Speed When Running:</b> Remind children that they can be inspired by the cheetah and the green basilisk lizard to speed up and slow down when running. Allow children a short time to have another go at changing speed when running.</p> |  |                                                                                                                                                                        | <p>explaining its importance for runners.</p> <ul style="list-style-type: none"> <li>- Improve techniques for jumping for distance.</li> <li>- Perform the standing triple jump with increased confidence. Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.</li> <li>- Investigate different jumping techniques.</li> <li>- Perform a fling throw. Continue to develop techniques to throw for increased distance</li> </ul> |                                                                                                                                                                                        |
| Spring 2 |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |  | <p>Swimming</p> <p><b>Beginner</b><br/>Swims 10 metres on front or back with flotation</p> <p><b>Improving</b><br/>Performs a surface dive</p> <p><b>Competent</b></p> | <p>Sportshall athletics</p> <ul style="list-style-type: none"> <li>- Accelerate from a variety of starting positions and select their preferred position.</li> <li>- Identify their reaction times when</li> </ul>                                                                                                                                                                                                                                                                            | <p>OAA</p> <ul style="list-style-type: none"> <li>- Use a step-by-step approach to solve problems, with support.</li> <li>- Answer questions to aid the evaluation process.</li> </ul> |

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|          |                                                                                                                                                                                                                                                                                                                                        |  |  | <p>Swims 25 metres of any stroke with flotation or breaks (e.g. gripping the pool rail)</p> <p>Performs a surface dive</p>                                                                                                                            | <p>performing a sprint start.</p> <ul style="list-style-type: none"> <li>- Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.</li> <li>- Identify and demonstrate stamina, explaining its importance for runners.</li> <li>- Improve techniques for jumping for distance.</li> <li>- Perform the standing triple jump with increased confidence. Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.</li> <li>- Investigate different jumping techniques.</li> </ul> <p>Perform a fling throw.</p> <p>Continue to develop techniques to throw for increased distance</p> | <ul style="list-style-type: none"> <li>- Understand and demonstrate perseverance.</li> <li>- Work effectively with others to achieve a common goal.</li> <li>- Try and approach tasks with a positive attitude.</li> <li>- Understand how to give verbal communication effectively,</li> <li>- Know different methods of to communicate non-verbally and can sometimes use these.</li> <li>- Have a role within a team.</li> <li>- Effectively lead a small group through a warm up/cool down.</li> <li>- Orientate and follow a map to find points.</li> </ul> |
| Summer 1 | <p>Yoga</p> <ul style="list-style-type: none"> <li>- Follow a sequence of movements.</li> <li>- Move between poses.</li> <li>- Arch their back up and dip their back down.</li> <li>- Flow from one yoga pose to another.</li> <li>- Breathe smoothly while standing still.</li> <li>- Maintain balance in different poses.</li> </ul> |  |  | <p>Sports Day Skills</p> <p>Think about your own performance and skill level. How can you improve?</p> <p>Event:</p> <p>Hurdles</p> <p>Long Jump</p> <p>Basketball</p> <p>Hockey</p> <p>Golf</p> <p>Chest push</p> <p>Javelin</p> <p>Sprint relay</p> | <p>Sports Day Skills</p> <p>Focus on your own performance and skill level to show an improvement.</p> <p>Event:</p> <p>Hurdles</p> <p>Long Jump</p> <p>Basketball</p> <p>Hockey</p> <p>Golf</p> <p>Chest push</p> <p>Javelin</p> <p>Sprint relay</p>                                                                                                                                                                                                                                                                                                                                                                                                                                             | <p>Sports Day skills</p> <p>Improve on own performance and skill level from last year.</p> <p>Event:</p> <p>Hurdles</p> <p>Long Jump</p> <p>Basketball</p> <p>Hockey</p> <p>Golf</p> <p>Chest push</p> <p>Javelin</p> <p>Sprint relay</p>                                                                                                                                                                                                                                                                                                                       |

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|          | - Stretch the body up smoothly with some coordination. |  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Water relay<br>Cricket Fielding<br>Obstacle relay                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    | Water relay<br>Cricket Fielding<br>Obstacle relay | Water relay<br>Cricket Fielding<br>Obstacle relay                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| Summer 2 |                                                        |  | <p>Attacking and defending (tag rugby and handball)</p> <p>Tag Rugby</p> <p>Children can look for and attack the space when attacking.</p> <p>Children can defend the ball and the space when defending.</p> <p>Children can make tactical decisions to help my team win possession and keep the ball.</p> <p>Handball</p> <p>To develop flexibility, strength, technique, control and balance.</p> <p>To use running, jumping, throwing and catching in isolation and in combination.</p> <p>To play competitive games, modified where appropriate, and apply</p> | <p>Cricket</p> <p><b>Skill – Catching a Straight Ball:</b> to show children the different techniques and strategies for catching a ball that is thrown in a straight pathway but will reach the catcher at different heights and angles.</p> <p><b>Skill: Overarm Throw:</b> Kwik Cricket balls, tennis balls, hoops: Explain that when fielding in certain areas of a cricket ground, a fielder needs a good overarm throw to be able to return the ball quickly and efficiently back to the bowler or wicketkeeper.</p> <p><b>Skill – Cricket Bat Grip:</b> Kwik Cricket bat: Do you know how to hold a cricket bat correctly? Hand out cricket bats and give children an opportunity to experiment with holding the bat in different ways, sharing with peers what they know/think is the right way to hold a cricket bat.</p> <p><b>Skill – Square Cut:</b> Kwik Cricket bats, tennis or Kwik Cricket balls, hitting tees or cones: Begin to</p> | -                                                 | <p>Striking and Fielding Rounders</p> <p><b>Skill – Batting:</b> Use the correct technique for holding and swinging the bat safely. The children then complete the skills practice activities. Remind them to step into their swing and keep their eyes on the ball at all times.</p> <p><b>Skill - Overarm Throw:</b> Explain that when fielding deep on the pitch, a fielder needs a good overarm throw to be able to return the ball quickly and efficiently back to the bowler or one of the bases.</p> <p><b>Skill – Triangle Training:</b> Children work in groups of four to practise the different skills needed for playing in different triangle positions.</p> <p><b>Skill - Stopping the Ball:</b> Children to work in groups of six to practise stopping a moving ball in different types of situations.</p> <p><b>Fielding Scenario Activity:</b> Area Plan: Fielding Strategies and Tactics Scenarios on how to set up and play these activities.</p> <p><b>The Game:</b> Provide opportunities throughout the game for children to reflect on the</p> |

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|  |  |  |  | <p>introduce attacking shots.</p> <p><b>Skill – Bowling Grip:</b> Tennis or Kwik Cricket balls: Begin to introduce this skill. Hand out the Kwik Cricket balls and give children an opportunity to experiment with gripping the ball in different ways.</p> <p><b>Area Plan – Kwik Cricket Match:</b> Cones, tape, stumps, Kwik Cricket balls, tennis balls, Kwik Cricket bats: Explain to the children that they are now going to take part in a competitive game of Kwik</p> |  | <p>match and how well they are performing different skills. Can they identify areas for improvement and adapt their gameplay accordingly?</p> |
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## Subject Progression

|                 | Year 1                                                                                                                                                                                                                                                                                | Year 2                                                                                                                                                                                                                                                                                                                                       | Year 3                                                                                                                                                                                  | Year 4                                                                                                                                  | Year 5                                                                                                                                                                                                                                                                          | Year 6                                                                                                                                                                                                                                                                             |
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| <i>Autumn 1</i> | <p>Throwing and catching</p> <p>Explore the different ways of throwing a ball, including bouncing and changing direction. Develop the skills and techniques of throwing and catching by tracking, receiving, and aiming the ball. Apply all of these skills to competitive games.</p> | <p>Attacking and defending (throwing and catching)</p> <p>Children apply skills they have previously learnt (e.g. throwing, catching, kicking, passing) in the context of game situations.</p> <p>Children learn some basic attacking and defending skills:<br/>-dodging<br/>- marking<br/>- working as a team to use space effectively.</p> | <p>Sportshall athletics</p> <p>Children improve their performances in Sports Hall Athletics skills, focusing on adjustments to their technique to improve their scores week on week</p> | <p>Swimming and water safety</p> <p>Children to become comfortable and confident in the water, entering and exiting the pool safely</p> | <p>Netball</p> <p>Chn to recap basic attacking and defending skills in a range of contexts using hitting and catching with confidence.</p> <p>Chn work on evaluating a teams performance, acknowledging how tactics, formation and the playing area itself can effect play.</p> | <p>Basketball</p> <p>Chn to recap basic attacking and defending skills in a range of contexts using hitting and catching with confidence.</p> <p>Chn work on evaluating a teams performance, acknowledging how tactics, formation and the playing area itself can effect play.</p> |
| <i>Autumn 2</i> | <p>Running and jumping (multi skills)</p>                                                                                                                                                                                                                                             | <p>Invasion games (football)</p>                                                                                                                                                                                                                                                                                                             | <p>Throwing and catching</p>                                                                                                                                                            | <p>Swimming and water safety</p>                                                                                                        | <p>Football</p>                                                                                                                                                                                                                                                                 | <p>Hockey</p>                                                                                                                                                                                                                                                                      |

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|                 | <p>Explore different ways of travelling. They will learn to travel at different speeds by walking, jogging, running and sprinting, and will develop an understanding of when these speeds are most useful. The unit builds on the children's knowledge of jumping by looking at jumping for distance and height. It also gives chn time to explore a variety of other ways of jumping, apply these skills to jumping games and create jumping sequences. The importance of landing safely is a key focus for the unit, and the children will learn the importance of landing steadily with control.</p> | <p>Focus on learning the basic skills of how to:</p> <ul style="list-style-type: none"> <li>- Dribble</li> <li>- Pass</li> <li>- Aim</li> </ul>                      | <p>Chn learn how to catch a ball with precision, as well as throw with a proper aim.</p>                                                                                                                                                                                                                                                                                                                                 | <p>Children to develop their breath control, breathing rhythmically; children swim on their front and back, achieving a distance of 10m</p>                                                                     | <p>Chn to recap basic attacking and defending skills in a range of contexts using kicking and catching with growing confidence.</p> <p>Chn work on self-evaluation and understanding how their performance effects the team.</p>                                                                                                                                                                                                                                                                                                                     | <p>Chn to recap basic attacking and defending skills in a range of contexts using with growing confidence.</p> <p>Chn work on self-evaluation and understanding how their performance effects the team.</p> |
| <i>Spring 1</i> | <p><b>Team Games</b></p> <p>Develop teamwork skills. Learn to attack and defend. Use the skills of throwing and catching that they have learned this year to play competitive games.</p>                                                                                                                                                                                                                                                                                                                                                                                                                | <p><b>Infant Agility</b></p> <p>Chn develop athletic skills of running, jumping and throwing. Chn work on personal best targets.</p> <p>Linked to SG competition</p> | <p><b>Personal best</b></p> <p>Explain to the children that agility involves being able to change the body's position quickly and easily. It requires combining different movement skills using a combination of balance, coordination, speed, reflexes, strength and endurance. It is an important physical attribute for many different sports. The activities will develop and enhance their physical well-being.</p> | <p><b>Swimming and water safety</b></p> <p>Children gain further confidence in the water, pushing and gliding from the side, performing log rolls and self-rescue techniques of treading water and sculling</p> | <p><b>Dodgeball</b></p> <p>Chn focus on main attacking and defending skills needed to play the game of dodgeball. Chn will be learning dodgeball-specific throwing and catching ball skills, as well as different methods and techniques used to dodge the ball, including jumping, ducking and sidestepping. Chn learn about the rules of dodgeball, as well as some tactics that will help them in a game scenario. Chn will take part in a range of different dodgeball-based games and drills - in pairs, small groups and as a whole class.</p> | <p><b>OAA</b></p> <p>Chn to work together in groups to work on:</p> <p>Problem solving<br/>Leadership<br/>Cooperation<br/>Team work</p> <p>Chn to explore orienteering which is a new skill.</p>            |
| <i>Spring 2</i> | <p><b>Invasion Games</b></p> <p>Chn will learn the basic skills they need to participate in simple invasion games. Chn will learn different ways of travelling including moving backwards, sidestepping and changing direction. They will apply these different methods of travelling as they move onto travelling with a ball. Chn will have the opportunity to learn about passing a ball to another player, beginning by practising this skill simply and then applying it to a game situation. Chn will consolidate and</p>                                                                         | <p><b>Racket and ball skills (tennis and cricket)</b></p> <p>Children learn how to hold a racket/bat correctly to hit a ball and some basic fielding skills.</p>     | <p><b>Sending and receiving skills (hockey and football)</b></p> <p>Move with the ball in a variety of ways with some control. Use two different ways of moving with a ball in a game. Pass the ball in two different ways in a game situation with some success.</p>                                                                                                                                                    | <p><b>Swimming and water safety</b></p> <p>Children swim on their front and back, achieving a distance of 25m</p>                                                                                               | <p><b>Sportshall athletics</b></p> <p>Chn to learn the events of indoor athletics:</p> <p>Obstacle relay<br/>Under, over relay<br/>Straight running races<br/>Speed bounce<br/>Javelin<br/>SLJ<br/>Vertical jump</p> <p>Chn will work on their personal best scores.</p> <p>(Link to School Games competition)</p>                                                                                                                                                                                                                                   | <p><b>OAA continued</b></p>                                                                                                                                                                                 |

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|                 | apply all skills in a simple invasion game.                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                    |
| <b>Summer 1</b> | <p>Sports Day skills</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <p><b>Target games</b></p> <p>Chn focus on activities and games that require players to send an object towards a target. Chn learn how to send the ball in different ways towards both stationary and moving targets, including rolling, underarm throwing, overarm throwing and kicking. They will be taught about the skills of aiming, precision and accuracy, which are the fundamental skills needed for target games such as croquet, golf and bowling. The children will also be developing their understanding of using tactics and teamwork in a range of different target games and will be given the opportunity to try playing some target games including bocchia, golf, croquet and a variation on dodgeball.</p> | <p><b>Tri-golf</b></p> <p>Chn will learn the skills of how to hold a golf club, how to position themselves and how to successfully hit the ball.</p> <p>The chn will then take part in a Tri-golf tournament against other schools.</p>                                                                                                                                                                                                                                                                                                                                                                                                                  | <p><b>OAA – Standon Bowers</b></p> <p>Children attending take part in activities as directed by the leaders – activities such as archery, caving, bouldering and a blindfold trail</p> <p><b>Cricket</b></p> <p>Children develop their fielding abilities, focusing on effective catching and fielding to return the ball quickly and accurately; children develop their batting techniques to defend or hit the ball with accuracy into open areas and make good decisions about when to run between the wickets</p> | <p><b>Cricket</b></p> <p>Children develop cricket skills from previous year and learn the skills of cricket, including bowling at the correct height. (Linked with their Chance2Shine cricket festival)</p>                                                                                                                                                                                                                                                                                                                                                                                                            | <p><b>Tag Rugby</b></p> <p>Chn to develop and apply attacking and defending techniques used in Tag Rugby.</p> <p>They have a coach to come and deliver these sessions which links to the Tag Rugby School Games festival.</p>                                                                                                                      |
| <b>Summer 2</b> | <p><b>Bat and ball skills</b></p> <p>Chn will be introduced to using a tennis racket and a cricket bat. They will learn how to hold each one correctly and use it to control beanbags and balls in various ways, including striking to a target.</p> <p>Chn will apply these skills to play small-sided games, promoting the importance of effective teamwork. The unit also provides opportunities for the children to watch and evaluate the performance of others.</p> | <p><b>Animal Olympics</b></p> <p>Chn use different athletics skills including running, jumping and throwing with a focus on the Olympic Values, considering how these fit into both the lesson and their daily lives.</p> <p>They will develop their skills in changing speed and direction when running, jumping for height and distance and throwing underarm accurately. To round off the unit, the children will take inspiration from the unit and work together to create their own mini Animal Olympics event.</p>                                                                                                                                                                                                       | <p><b>Attacking and defending (tag rugby and handball)</b></p> <p>Explain that in invasion games, such as tag rugby, players often find themselves involved in a two versus one situation, where two attackers come up against one defender. When this happens, the attackers are advantaged because they outnumber the defender.</p> <p><b>Handball</b></p> <p>Children stand in a space on the dodgeball court and jog to a line or area when it is called out. The different lines and areas to call out include: • back line • side line • centre line • player return area • inside the court boundary lines • outside the court boundary lines</p> | <p><b>Cricket continued</b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <p><b>Tennis</b></p> <p>Children will further develop their striking and hitting skills by learning how to hit different groundstrokes. Children will be introduced to the overhead tennis serve, where they will use this in conjunction with developing a volley shot. They will gain experience in a match environment by competing in a variety of tennis mini-games, applying the skills they have learnt while developing an understanding of the rules and scoring in tennis. The unit will be rounded off with the children evaluating their own performance and identifying areas where they can improve.</p> | <p><b>Striking and fielding (rounders)</b></p> <p>Chn apply the basic skills they learnt last year and develop skills to become more effective catchers, fielders, batters and bowlers in Rounders. Examples of this is learning and applying the long barrier and understanding where the batter will hit the ball to field more efficiently.</p> |

# Vocabulary

|        | Autumn 1                                        | Autumn 2                                                 | Spring 1                                                                                         | Spring 2                                                                      | Summer 1                                                                                      | Summer 2                                                                                         |
|--------|-------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------|
| Year 1 | Throw, catch, hands, bounce                     | Travelling, jumping, walking, jogging, sprinting         | Teamwork, skills, attack, defend, throwing, catching                                             | Invasion games, travelling, forwards, backwards                               | Obstacle, ball, bat, net, under, over, jump, run                                              | Tennis racket, hold correctly, beanbag, ball                                                     |
| Year 2 | Kicking, passing, marking, dodging, space       | Dribble, pass, aim, shoot                                | Running, jumping, throwing, targets                                                              | Hold a racket or bat, hit, fielding skills                                    | Target, send, stationary, rolling, underarm, aiming                                           | Height, distance, changing speed, direction                                                      |
| Year 3 | Techniques, sprinting, pace, accuracy, control  | Aim, catch, throw, precision                             | Muscles, exercise, goals, activities, warm up, warm down                                         | Move forward/backward, game, attach, defend                                   | Hold golf club, position, hole, flag, bunker                                                  | Play, position, flexibility, movement, possession                                                |
| Year 4 | Water safety, deep, shallow, side, steps, float | Water safety, stroke, front, back, sculling, tread water | Water safety, stroke, front, back, breathing                                                     | Water safety, stroke, front, back, breathing, posture, float, arm position    | Bat, ball, bowler, fielder, wickets, stump, throw, catch                                      | Map, compass, direction, 4 figure grid reference, 6 figure grid reference, position, orientation |
| Year 5 | Attacking, defending, hitting, catching         | Kicking, catching, confidence, performance               | Attack, defend, throwing skills, sidestepping, ducking, jumping                                  | Obstacle, under over, straight, speed bounces, javelin, vertical jump         | Play, position, flexibility, movement, possession, accuracy, awareness of fielders, technique | Strokes, overhead, volley, shot, net, lines position, rules.                                     |
| Year 6 | Area, attacking, defending, tactics             | Rules, safety, hockey stick, positions, play rules       | Map, compass, direction, 4 figure grid reference, 6 figure grid reference, position, orientation | Leadership, cooperation, teamwork, map orientation, awareness of the outside, | Holding the ball, throwing it, hands position, backwards,                                     | Effective catchers, throwers, fielders, batters, bowlers, communication                          |

