

Hunmanby Primary Physical Education Intent, Implementation, Impact and progression of skills

Subject area: PE

The intent of our PE curriculum is to deliver a curriculum which is accessible to all and that will maximise the development of every child's ability and achievement in the area of PE enabling them to know more about physical activity and keeping healthy, remember more about the physical activity they participate in and learn about and understand how to use and apply this knowledge to impact upon their own physical activity, participation and healthy lifestyle.

Knowledge in PE is defined as:

Substantive Knowledge

This is the subject knowledge and explicit vocabulary used to learn about the content. Common misconceptions are explicitly revealed as non-examples and positioned against known and accurate content as pupils become more expert in their understanding. Misconceptions are challenged carefully and in the context of substantive and disciplinary knowledge.

Substantive concepts include: developing core stability, balance, agility, coordination, locomotor skills, shoulder stability, bilateral coordination, hand eye coordination and manipulative skills. Concepts such as dodgeball require core and shoulder stability first, developing hand eye coordination alongside locomotive and manipulative skills. Finally, this will lead onto tactical awareness through game-based learning.

Disciplinary Knowledge

This is the use of that knowledge and how children construct understanding through processes, evidence, pattern seeking, reasoning and explaining change.

Long Term Overview For PE						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS Nursery PE (PD F/S)	Build it up Obstacle courses (gross motor) Dough disco Finger gym	Dough disco Finger gym Robot dancing	Dough discos Finger gym Squiggle while you wiggle Gingerbread man circle game	Spring music Dough disco Finger gym	Print it (vegetable printing) Dough disco Finger gym Wonderful webs	
Reception	Outdoor and adventurous activities	Multi-skills	Dance	Gymnastics	Athletics	Striking games
Year 1	Multi-skills Daily Mile	Dance Daily Mile	Gymnastics Daily Mile		Athletics Daily Mile	Summer Games Daily Mile
Year 2	Multi Skills Daily Mile	Dance Daily Mile	Gymnastics Swimming (8 weeks) Daily Mile		Athletics Daily Mile	Summer Games Daily Mile
Year 3	Invasion games Tag Rugby Daily Mile	Dance Daily Mile	Gymnastics Daily Mile		Athletics Daily Mile	Striking and Fielding Daily Mile
Year 4	Invasion games Tag Rugby Daily Mile	Dance Swimming (8 weeks) Daily Mile	Gymnastics Daily Mile		Athletics Daily Mile	Striking and Fielding Daily Mile
Year 5	Invasion games Tag Rugby Daily Mile	Dance Daily Mile	Gymnastics Daily Mile		Athletics Daily Mile	Striking and Fielding Daily Mile
Year 6	Invasion games (Rugby/Football) Swimming (8 weeks) Daily Mile	Dance Daily Mile	Gymnastics Daily Mile		Athletics Daily Mile	Striking and Fielding Daily Mile



	Rationale (Intent)	Content and implementation	Recurring themes and language	Skills Progression	Impact
EYFS	<u>Outdoor and Adventurous Activities</u> -Improve communication and teamwork skills through team games and tasks. Demonstrate thinking skills and game management.	Outdoor and Adventurous Activities – Using a team game format, explore understanding of what it means to be a team, how to communicate effectively with team members and develop skills within a group	Outdoor and Adventurous Activities – Combine a number of rules and strategies to support success in a team environment. Talk, group, awareness.	Outdoor and Adventurous Activities – run, sort, group, positioning, communication.	Outdoor and Adventurous Activities – Better effectiveness at team efforts. Increased awareness of others around them, impact of actions on themselves and collective. Increased confidence in new situations and sports.
	<u>Multi-skills</u> Improve body movement with confidence and imagination. Show awareness of space, themselves and others.	Using a multi-skills approach, explore, experiment and refine movements. Develop movement vocabulary.	Combine and repeat a range of movements. Travel a variety of pathways. Adjust speed and direction to avoid obstacles.	balance, walk, run, hop, skip, bounce, turn. Slow/fast. Move in a variety of directions in isolation and in combination.	Greater confidence in moving with control and coordination. Increased awareness of space, of themselves and others. Handle objects with increased control.
	<u>Dance</u> Develop confidence in dancing using a range of movement patterns.	Dance - Using a dance based approach develop balance, agility and co-ordination. Perform a sequence of movements in routine.	Dance – Movement, position, strength, balance, poise, agility, travel, follow.	Dance – link movements together through patterns and sequences to music.	Dance – stamina and strength beginning to develop. Ability to copy and repeat simple moves.
	<u>Gymnastics</u> Children develop movement with confidence and imagination with safety. They can move with control and coordination. They can show awareness of space, themselves and others	Gymnastics - Balance and travel using large body parts at different speeds and in different directions	Gymnastics - Stand, kneel, sit Travel, fast, slow Along, over, across	Gymnastics - Moving spontaneously within the available space Respond appropriately to simple movement tasks	Gymnastics - Greater confidence in using simple equipment. Increased ability to copy and repeat simple actions
	<u>Athletics</u> Develop actions, travelling movements and spatial concepts required to be successful in summer track and field activities.	Athletics - Using a variety of athletics disciplines to support development and understanding in sports day events.	Athletics – throwing, standing, aiming, distance, balance.	Athletics – Improving co-ordination skills and spatial awareness. Development of fine-motor skills and gross-motor skills both in isolation and combination.	Athletics – Children can talk about best method for throwing and jumping. There will be a significant improvement of technique and success from beginning to end.

	<u>Striking Games</u> Develop actions, travelling movements and spatial concepts required to be successful in summer games activities.	Striking Games - Using a variety of summer games ideas children develop control and coordination using large and small equipment with imagination and confidence.	Striking Games - Roll, throw, bounce, catch – a projectile with hands. Strike, Aim.	Striking Games - Moving spontaneously in space. Understanding space.	Striking Games - Children can identify different ways of sending and receiving a projectile Understand fast, slow and still.
	Rationale (Intent)	Content and implementation	Recurring themes and language	Skills Progression	Impact
Year 1 Competitive Area: Gymnastics	<u>Outdoor and Adventurous Activities</u> Improve communication and teamwork skills through team games and tasks. Demonstrate thinking skills and game efficiency.	Outdoor and Adventurous Activities – Using a team game format, explore understanding of what it means to be a team, how to communicate effectively with team members and develop skills within a group.	Outdoor and Adventurous Activities – Combine a number of rules and strategies to support success in a team environment. Talk, group, awareness, attention.	Outdoor and Adventurous Activities – run, sort, group, positioning, communication, effort, attention, noticing.	Outdoor and Adventurous Activities – Better effectiveness at team activities. Increased awareness of others around them, impact of actions on themselves and collective. Increased confidence in new situations and sports. Children will become more aware of the importance of movement and planning in tasks.
	<u>Multi-skills</u> Develop confidence in games in a variety of situations. Explore and implement skills, actions and ideas individually and in combination to suit the game they are playing.	Multi-skills - Using a multi-skills approach, use a variety of skills effectively in differing games and activities.	Multi-skills - agility, balance, coordination. Space. Refining and repeating.	Multi-skills - Looking for space, awareness of opponents. Collecting, sending and receiving. Understanding that being active is good for them.	Multi-skills - Increased ability to use skills effectively in a variety of games. Greater confidence in a variety of games and situations.
	<u>Dance</u> Develop confidence in dancing using a range of movement patterns.	Dance - Using a dance-based approach develop balance, agility and co-ordination. Perform a sequence of movements in routine.	Dance – Movement, position, strength, balance, poise, agility, travel, follow, sequence, hold.	Dance – link movements together through patterns and sequences to music.	Dance – stamina and strength beginning to develop. Ability to copy and repeat simple moves with increasing number.
	<u>Gymnastics</u> Develop basic control and coordination when travelling and remaining still Increase knowledge of range of actions and	Gymnastics - Improve range of actions when travelling and different levels,	Gymnastics - Stand, kneel, sit Travel, fast, slow	Gymnastics - Explore simple movement ideas	Gymnastics - Children will be able to observe, recognise and

	linking ideas.	using a variety of body parts. Show children how different speeds can affect performance.	Along, over, across, tuck, position, finish, start.	Choose and link actions and dynamics Remember and repeat simple movement sequences.	describe different actions and dynamics. They will be able to copy other children's simple movement sequences.
	<u>Athletics</u> Develop actions, travelling movements and spatial concepts required to be successful in summer games activities.	Athletics - Using a variety of track and field activities from athletic field designed to support development and learning in sports day events.	Athletics – throwing, standing, aiming, distance, balance.	Athletics – Improving co-ordination skills and spatial awareness. Development of fine-motor skills and challenge on gross-motor skills.	Athletics – Children can talk about best method for throwing and jumping. There will be a significant improvement of technique and success from beginning to end.
	<u>Striking Games</u> Develop actions, travelling movements and spatial concepts required to be successful in summer games activities.	Striking Games - Using a variety of summer games ideas children develop control and coordination using large and small equipment with imagination and confidence.	Striking Games - Roll, throw, bounce, catch – a projectile with hands. Strike, aim, receive, power.	Striking Games - Moving spontaneously in space. Aiming for space Striking a ball using simple equipment with increasing accuracy.	Striking Games - Children can identify different ways of sending and receiving a projectile Understand fast, slow and still. Understand technique in striking objects.
	Rationale (Intent)	Content and implementation	Recurring themes and language	Skills Progression	Impact
Year 2	<u>Outdoor and Adventurous Activities</u> Improve communication and teamwork skills through team games and tasks. Demonstrate thinking skills and game management including starting to discuss tactical strategies.	Outdoor and Adventurous Activities – Using a team game format, explore understanding of what it means to be a team, how to communicate effectively with team members and develop skills within a group. How these skills can impact success.	Outdoor and Adventurous Activities – Combine a number of rules and strategies to support success in a team environment. Talk, group, awareness, attention, attack, defence, opposition, teamwork.	Outdoor and Adventurous Activities – run, sort, group, positioning, communication, effort, attention, noticing, movement.	Increased ability to use skills effectively in a variety of games. Greater confidence in a variety of games and situations. Able to talk about what they have done and what they should do next.
Competitive Areas: Gymnastics Cross-Country					
	<u>Multi-skills</u> Improve body coordination using a range of equipment. To remember, repeat and link combinations of skills.	Multi-skills – Using a multi-skills approach, develop agility, balance and coordination through a range	Multi-skills – Patterns of movement, controlling objects, attacking and defending, developing simple	Multi-skills – Basic movement skills, awareness of opponents, object control, applying skills in simple games, understand how	Multi-skills – improved spacial awareness, consistency of movement and object control, greater confidence in decision

		of activities	rules and tactics.	bodies feel when exercising, working well with partners and small groups.	making and application of skills and tactics.
	<u>Dance</u> Develop confidence in dancing using a range of movement patterns and demonstrating holds in position for time demonstrating control in movement.	Dance - Using a dance-based approach develop balance, agility and co-ordination. Perform a sequence of movements in routine including turns, jumps and travelling.	Dance – Movement, position, strength, balance, poise, agility, travel, follow, sequence, hold, tension, control.	Dance – link movements together through patterns and sequences to music and identify strengths in other performances.	Dance – stamina and strength beginning to develop. Ability to copy and repeat simple moves with increasing number and suggest improvements on moves to succeed.
	<u>Gymnastics</u> Children will be able to plan and repeat simple sequences of actions with coordination, control and variety. Develop contrasts in shape, speed and direction .	Gymnastics - Develop transitional skills between low to high movements. With a partner, show leading and following and matching skills using a variety of pathways.	Gymnastics - Pathways, match, partner Lead, follow Level, demonstrate, smooth.	Gymnastics - Explore similar and contrasting actions Remember and repeat simple movement variations Devise and repeat short sequences of movements with a clear beginning, middle and end.	Gymnastics - Children will be able to perform actions with greater control and fluency Respond in a more imaginative way. Plan longer sequences independently and with a partner.
	<u>Athletics</u> Develop actions, travelling movements and spatial concepts required to be successful in summer games activities such as track and field events.	Athletics - Using a variety of tactics and strategies from athletic field designed to support development and learning in sports day events.	Athletics – throwing, standing, aiming, distance, balance, redirection, direction, trajectory, power, release.	Athletics – Improving co-ordination skills and spatial awareness. Development of fine-motor skills and challenge on gross-motor skills which enable success in distance/power activities.	Athletics – Children can talk about best method for throwing and jumping. There will be a significant improvement of technique and success from beginning to end and apply this to their activity.
	<u>Striking Games</u> Improve the ways the children coordinate their bodies using a range of equipment To be able to remember, repeat and link combinations of skills.	Striking Games - Exploring a variety of ways to make it difficult for an opponent to score. Understand positioning and looking for space.	Striking Games - Placing Varying direction when hitting, striking, fielding, steer, bounce, hit, catch, collect, throw, receive, deliver, position, placement.	Striking Games - Developing simple tactics for success Understanding basic principles of striking and fielding and net games and understand their differences.	Striking Games - Children have greater confidence and influence on games and understand simple tactics to improve their own and others performance. Children can identify different ways of sending and receiving a projectile Understand fast, slow and still. Understand technique in striking objects.

	Rationale (Intent)	Content and implementation	Recurring themes and language	Skills Progression	Impact
Year 3 Competitive: Football Tag Rugby Netball Gymnastics Cross Country Athletics	<u>Invasion Games Football</u> Develop invasion games skills of attacking and defending. Use a variety of skills to maintain possession of the ball.	Invasion Games Football – Using football as an invasion game, use a range basic tactics and skills to outwit opponents.	Invasion Games Football – Sending and receiving, attacking and defending, knowledge of rules and tactics.	Invasion Games Football – Sending and receiving with accuracy to keep possession and score 'goals'. Use space and support team mates. Understand rules and apply them within the game.	Invasion Games Football – Improved skill development and techniques to link actions and movements. Increased application of tactics and strategies. Develop greater stamina required for invasion games.
	<u>Outdoors and Adventurous Activities</u> Provide children with opportunities to improve a range of social and physical skills, particularly interpersonal skills	Outdoors and Adventurous Activities – Using a variety of team challenges, children complete tasks in small groups that focus on a variety of outdoor education themes.	Outdoors and Adventurous Activities – Teamwork, cooperation, problem solving, challenge	Outdoors and Adventurous Activities – Working with others, understanding others strengths and weaknesses. Supporting class mates. Overcoming physical and mental barriers	Outdoors and Adventurous Activities – Improved interpersonal skills. Appreciating the strengths and weaknesses of other children. Being supportive of those around us
	<u>Gymnastics</u> Develop a range of actions, body shapes and balances they could include in a performance. Perform skills and actions with accuracy and consistency.	Gymnastics Develop a range of actions, body shapes and balances they could include in a performance. Perform skills and actions with accuracy and consistency.	Gymnastics Pathways, turning and wheeling. Partner relationships. Accuracy and control. Flexibility and strength.	Gymnastics Travelling, balancing. Linking ideas together into sequences. Working on own and with others.	Gymnastics Perform a range of actions, balances and shapes with control. Plan perform and repeat sequences with clear shapes and quality movement.
	<u>Invasion Games Netball</u> Consolidate and improve quality of their techniques and ability to link movements. Ability to chose and use simple tactics and strategies	Invasion Games Netball – This unit will increase the range of skills in ball handling. Ensure confidence before moving onto the next set of skills.	Invasion Games Netball – send, receive, intercept, defence, attack, possession	Invasion Games Netball – Attacking and defending. Ball handling. Passing and catching. Movement patterns	Invasion Games Netball – Greater success in retaining possession through quality sending and receiving and improved movement patterns
	<u>Athletics</u> Children develop skills across the full range of athletics disciplines and develop a range of	Athletics – Understand and demonstrate	Athletics – Pace, style. Angle. Push.	Athletics – Linking pacing with distance	Athletics – Improved times and distances

	tactics and strategies for success across the events <u>Cricket</u> To ensure that children are achieving the skills they need, as set out in the national curriculum, like throwing, catching and ball-striking; and are enjoying themselves at the same time.	the differences in sprinting and endurance running. Know and demonstrate a range of throwing techniques. Perform a range of jumps, demonstrating the importance of a run up. Cricket – Through taking part in competitive situations to apply running, throwing and catching skills.	Pull. Sling. Approach, take off, landing Cricket – Teamwork, respect, communication	travelled. Understand ways of throwing a variety of projectiles. Linking 3 phases to make a successful jump Cricket – Throwing, catching, running, communicating, collaborating	across a range of events. Greater depth of knowledge of skills required for success. Cricket – Developed children's social and mental wellbeing, building their confidence and improving their attitude towards sport.
	<u>Summer Games</u> Develop a range of skills and tactics that can be using in striking and fielding/net and wall games <u>Golf</u> Using the tri-golf system and equipment, develop golf skills in a fun, safe and innovative way to develop children's target games skills	Summer Games - Fielding low and high balls Striking using various angles and distances Throwing over a divide and at a target Golf – Introduce a variety of games to improve skills of putting, short/long game and scoring.	Summer Games -Anticipate Intercept Direction Angle Golf – Stance, grip, strike, swing, aim, chip, drive	Summer Games - Exploring how speed, height and direction can improve success when striking Understanding ways to make it difficult for the opposition Golf – Understand the different clubs and their uses. Holding the club and how to stand when preparing to strike the ball. Understand the relationship between power and distance	Summer Games - Children will understand criteria for success in a variety of situations using different equipment Golf – Improved quality of skills and understanding in target games. Developing a broader range of PE skills, with target games added to the school's summer PE curriculum.
	Rationale (Intent)	Content and implementation	Recurring themes and language	Skills Progression	Impact
Year 4 Competitive: Football Tag Rugby Netball Gymnastics	<u>Invasion Games Football</u> Develop a range and consistency in invasion games skills. To understand and utilise rules effectively. Use and develop tactics in a variety of situations.	Invasion Games Football – Provide opportunities for children to become confident in a wide range of skills. Passing, catching and dodging.	Invasion Games Football – Sending and receiving, supporting, defending and attacking, possession.	Invasion Games Football – Attacking and defending, maintaining possession, evaluating own and others performance.	Invasion Games Football – Play invasion games with confidence using a variety of skills and tactics. Greater ability give feedback to improve others performance.

Cross Country Athletics					
	<u>Outdoors and Adventurous Activities</u> Provide children with opportunities to improve a range of social and physical skills, particularly interpersonal skills. Communicate effectively in a team environment	Outdoors and Adventurous Activities – Using a variety of team challenges, children complete tasks in small groups that focus on a variety of outdoor education themes using both verbal and non verbal communication	Outdoors and Adventurous Activities – Teamwork, cooperation, problem solving, challenge. Communication.	Outdoors and Adventurous Activities – Working with others, understanding others strengths and weaknesses. Supporting class mates. Choosing the most effective way to overcome a challenge	Outdoors and Adventurous Activities – Improved interpersonal skills. Appreciating the strengths and weaknesses of other children. Being supportive of those around us. Understanding that failure can be part of the path to success
	<u>Gymnastics</u> Develop a range of actions, body shapes and balances they could include in a performance. Perform skills and actions with accuracy and consistency demonstrating control and poise. <u>Swimming</u> Embed in children an understanding of water safety both in and around water and develop safe self-rescue skills that could be used in an emergency.	Gymnastics - Develop a range of actions, body shapes and balances they could include in a performance. Perform skills and actions with accuracy and consistency throughout a range of sequences. Swimming Develop a variety of safe entries and exits. Understand pool rules, beach flags and open water safety. Develop a variety of floating skills, unaided where possible. Collect and retrieve a variety of objects, floating and submerged.	Gymnastics - Pathways, turning and wheeling. Partner relationships. Accuracy and control. Flexibility and strength, core strength and poise. Swimming Jump, swivel, steps entry. Star, mushroom float. Beach flags. The water code. Retrieve, submerge. Rescue	Gymnastics - Travelling, balancing. Linking ideas together into sequences. Working on own and with others. Swimming Floating, entries and exits. Knowledge of safety around pool, open water, beach	Gymnastics - Perform a range of actions, balances and shapes with control. Plan perform and repeat sequences with clear shapes and quality movement. Swimming Greater depth of knowledge of self-rescue and rescue of others. Understanding of safe entries and exits and of the Water Code.
	<u>Invasion Games Netball</u> Consolidate and improve quality of their techniques and ability to link movements. Ability to choose and use simple tactics and strategies	Invasion Games Netball - This unit will increase the range of skills in ball handling. Ensure confidence before moving onto the next set of skills.	Invasion Games Netball - send, receive, intercept, defence, attack, possession	Invasion Games Netball - Attacking and defending. Ball handling. Passing and catching. Movement patterns	Invasion Games Netball - Greater success in retaining possession through quality sending and receiving and improved movement patterns
	<u>Athletics</u> Children develop skills across the full range of athletics disciplines and develop a range of	Athletics – Understand and demonstrate	Athletics – Pace, style. Angle. Push.	Athletics – Linking pacing with distance	Athletics – Improved times and distances

	tactics and strategies for success across the events <u>Golf</u> Using the tri-golf system and equipment, develop golf skills in a fun, safe and innovative way to develop children's target games skills	the differences in sprinting and endurance running. Know and demonstrate a range of throwing techniques. Perform a range of jumps, demonstrating the importance of a run up. <u>Golf</u> Introduce a variety of games to improve skills of putting, short/long game and scoring.	Pull. Sling. Approach, take off, landing <u>Golf</u> Stance, grip, strike, swing, aim, chip, drive	travelled. Understand ways of throwing a variety of projectiles. Linking 3 phases to make a successful jump <u>Golf</u> Understand the different clubs and their uses. Holding the club and how to stand when preparing to strike the ball. Understand the relationship between power and distance	across a range of events. Greater depth of knowledge of skills required for success. <u>Golf</u> Improved quality of skills and understanding in target games. Developing a broader range of PE skills, with target games added to the school's summer PE curriculum.
	<u>Summer Games</u> Children are able to use a range of skills including intercepting, throwing, stopping and striking with control and accuracy using a range of tactics. <u>Cricket</u> To ensure that children are achieving the skills they need, as set out in the national curriculum, like throwing, catching and ball-striking; and are enjoying themselves at the same time.	Summer Games - A range of activities to develop striking, rallying, defending and attacking Judging when to run and where to place fielders. Cricket – Through taking part in competitive situations to apply running, throwing and catching skills.	Summer Games - Ready position Self-feed Placement Runs Anticipate Cricket – Teamwork, respect, communication.	Summer Games - Develop an understanding of varying where to hit An understanding of the rules and how to use them. Cricket – Throwing, catching, running, communicating, collaborating.	Summer Games - Children will understand criteria for success in a variety of situations using different equipment. Cricket – Developed children's social and mental wellbeing, building their confidence and improving their attitude towards sport.
	Rationale (Intent)	Content and implementation	Recurring themes and language	Skills Progression	Impact
Year 5 Competitive: Football Tag Rugby Netball Gymnastics	<u>Invasion Games Football</u> Develop a broader range of skills for attacking and defending. Apply basic strategies and principles and adapt them to different situations.	Invasion Games Football – Using football as an invasion game, develop, select and apply skills with greater consistency in differing situations.	Invasion Games Football – Maintaining possession, observing others and suggest improvements, use a wide range of techniques to outwit opponents.	Invasion Games Football – Attacking and defending, sending and receiving, evaluating own and others performance, understand the importance of warming up.	Invasion Games Football – Play invasion games with greater confidence using a variety of skills and tactics. Greater ability to make changes to improve own/others performance.

Cross Country Athletics					
	<p><u>Outdoors and Adventurous Activities</u> Provide children with opportunities to improve a range of social and physical skills, particularly interpersonal skills</p> <p><u>Swimming</u> Develop progressive stroke development, both on front and back, improving swim endurance and stroke technique.</p>	<p>Outdoors and Adventurous Activities – Use a wide range of outdoor education activities, often with minimal equipment, introduce scenarios where children and challenge themselves to best solve problems and tasks</p> <p>Swimming - Pushing and gliding to/from wall on front and back (with/without aids). Rotation from front to back whilst travelling. Develop swimming for 10m using any stroke (with/without aids).</p>	<p>Outdoors and Adventurous Activities – Self-esteem, evaluation, cooperation, communication. Verbal/ non-verbal communication</p> <p>Swimming - Stroke, front, back. Push, glide. Rescue and retrieve. Water safety.</p>	<p>Outdoors and Adventurous Activities – Teamwork, evaluation, discussion and planning strategies, time management</p> <p>Swimming - Stroke quality, efficiency and endurance (with/without aids).</p>	<p>Outdoors and Adventurous Activities – Improved self-esteem, greater listening and communication ability, appreciating different roles within a team</p> <p>Swimming - Greater ability to maintain stroke over a distance. Increased confidence in deeper water.</p>
	<p><u>Gymnastics</u> Children will create, practice and refine more complex sequences for performance, including changes of level, speed and direction.</p> <p><u>Dance</u> To learn more complex dance fitness routines and begin to know about the effects of warming up and cooling down.</p>	<p>Gymnastics - Learn to shown twisted shapes when still. Use and develop mirroring and matching in partner work. Improve ordering in a sequence to increase fluidity of actions.</p> <p>Dance – To start building on verbal and non-verbal communication of ideas.</p>	<p>Gymnastics - Finishing position, gesture, flight Twist, mirror, contact.</p> <p>Dance – Team work, warm up, cool down, body attitude.</p>	<p>Gymnastics - Explore and combine different ways of moving into and out of a balance Adapt floor sequences and apparatus alone and with a partner.</p> <p>Dance – Evaluating how they have progressed from week to week.</p>	<p>Gymnastics - Children will be able to make up longer, more complex sequences, including contrasting actions, shapes, balances and dynamics.</p> <p>Dance – To be able to start comparing their performances and say what they like and don't like.</p>
	<p><u>Invasion Games Netball</u> Develop a broader range of skills in attack and defence. To know and apply basic strategies and tactics in attack and defence and apply skills consistently</p>	<p>Invasion Games Netball – through drills and small sided games, develop confidence to outwit opponents</p>	<p>Invasion Games Netball – patterns of play, marking, finding space, positional names</p>	<p>Invasion Games Netball – Passing, moving and shooting. Finding space in attack. Marking attackers. Suggest ways of improving performance</p>	<p>Invasion Games Netball – Consistently demonstrate knowledge of rules and tactics to outwit opponents. Confident ball handling and speed of thought.</p>

	<p><u>Athletics</u> Develop a broader range of athletics skills with greater emphasis on tactics and strategies for success. Identify what good athletic performance looks like using key terminology</p> <p><u>Golf</u> Using the tri-golf system and equipment, develop golf skills in a fun, safe and innovative way to develop children's target games skills</p>	<p>Athletics – Develop pacing, acceleration and team strategy in running events. Understanding difference phases in throwing and understand how to measure and record. In jumping, link correct jumps with approaches and learn to measure accurately.</p> <p>Golf Introduce a variety of games to improve skills of putting, short/long game and scoring.</p>	<p>Athletics – Measuring and recording. Pacing and judgement. Explosive power. Take off and landing</p> <p>Golf Stance, grip, strike, swing, aim, chip, drive</p>	<p>Athletics – Show accuracy and good technique when throwing and jumping in multiple events. Demonstrate speed, strength and stamina in a variety of track events.</p> <p>Golf Understand the different clubs and their uses. Holding the club and how to stand when preparing to strike the ball. Understand the relationship between power and distance</p>	<p>Athletics – Able to adapt skills and techniques according to the differing challenges and disciplines in a variety of athletic events</p> <p>Golf Improved quality of skills and understanding in target games. Developing a broader range of PE skills, with target games added to the school's summer PE curriculum.</p>
	<p><u>Summer Games</u> Develop the range and consistency of children in their skills – specifically in striking and net games</p> <p><u>Cricket</u> To ensure that children are achieving the skills they need, as set out in the national curriculum, like throwing, catching and ball-striking; and are enjoying themselves at the same time.</p>	<p>Summer Games - Play games and develop skills where children can use adapted rules, strategies and tactics in the principles of batting, fielding and racquet games.</p> <p>Cricket Through taking part in competitive situations to apply running, throwing and catching skills.</p>	<p>Summer Games - Bowl Overarm Runs Forehand Backhand</p> <p>Cricket Teamwork, respect, communication.</p>	<p>Summer Games - Understanding the different roles in a team when batting and fielding Apply different tactics when moving from defence to attack.</p> <p>Cricket Throwing, catching, running, communicating, collaborating.</p>	<p>Summer Games - Children can comment on basic technical ideas and tactical elements in their own and other's games.</p> <p>Cricket Developed children's social and mental wellbeing, building their confidence and improving their attitude towards sport.</p>
	Rationale (Intent)	Content and implementation	Recurring themes and language	Skills Progression	Impact
Year 6	<p><u>Invasion Games Football</u> To be able to choose, combine and perform skills fluently and effectively in invasion games.</p>	<p>Invasion Games Football – Practice a wide variety of invasion games skills in</p>	<p>Invasion Games Football – Supporting player, 1 v 1, team formation in</p>	<p>Invasion Games Football – Ability to choose and apply a range of tactics and strategies</p>	<p>Invasion Games Football – Improved decision making in game situations. Confidence</p>

<p>Sports Leaders</p> <p>Competitive: Football Tag Rugby Netball Gymnastics Cross Country Athletics</p>	<p><u>Swimming</u> Extend Year 5 swimming skill acquisition and knowledge, ensure all children can swim 25m and have a sound knowledge base of lifesaving skills as they leave Year 6</p>	<p>football both in isolation and competitive situations</p> <p>Swimming Building on Year 5 skills, develop a wider range of strokes over a greater distance. Recap previous water safety knowledge and increase range of rescue skills</p>	<p>attack and defence, 2v1</p> <p>Swimming Stroke development and endurance. Self-rescue and safety. Treading water and sculling</p>	<p>for defence and attack. Use them consistently within games.</p> <p>Swimming Retrieve submerged objects, safe deep water entries and exits. Swim 25m using a variety of strokes. Floating, sculling and treading water.</p>	<p>in selecting and applying skills and tactics to meet the needs of the game situation.</p> <p>Swimming Achieve National Curriculum targets, develop life skills to use in and around water to help self and others.</p>
	<p><u>Outdoors and Adventurous Activities</u> Provide children with opportunities to improve a range of social and physical skills, particularly interpersonal skills</p> <p><u>Dance</u> To use dance patterns in different ways and to link them to make actions and sequences of movement and to explain in more detail the effect exercise has on their oxygen levels.</p>	<p>Outdoors and Adventurous Activities – Use a wide range of outdoor education activities, often with minimal equipment, introduce scenarios where children and challenge themselves to best solve problems and tasks</p> <p>Dance – To continuing building on verbal and non-verbal communication of ideas and emotions.</p>	<p>Outdoors and Adventurous Activities - Self-esteem, evaluation, cooperation, communication. Verbal/ non-verbal communication</p> <p>Dance – Team work, collaboration, body attitude, self-esteem, consistency, control, hinge joints and ball and socket joints.</p>	<p>Outdoors and Adventurous Activities – Teamwork, evaluation, discussion and planning strategies, time management</p> <p>Dance – Observing and evaluating dance skills.</p>	<p>Outdoors and Adventurous Activities – Improved self-esteem, greater listening and communication ability, appreciating different roles within a team</p> <p>Dance – To be able to compare their performances with previous ones and demonstrate improvement to achieve their personal best in dance.</p>
	<p><u>Gymnastics</u> Children required to combine and perform gymnastic actions, shapes and balances displaying clarity, fluency, accuracy and consistency.</p>	<p>Gymnastics - Understanding symmetry/asymmetry with partner and in group work Using turning $\frac{1}{4}$, $\frac{1}{2}$, $\frac{3}{4}$ in a sequence when demonstrating floor patterns. Learn how to move in canon and unison.</p>	<p>Gymnastics - Flight from hands Turn on vertical axis Symmetrical and asymmetrical Canon, unison Contract, synchronised.</p>	<p>Gymnastics - Recover from flight using a variety of actions – turns, rolls etc Show contrasting floor patterns and shapes on own/pair/group Turning in flight from feet/hands.</p>	<p>Gymnastics - Children can select and apply a wide range of actions in a performance They can lead a partner or small group and explain, using appropriate language how to improve their own and others performance.</p>
	<p><u>Invasion Games Netball</u> Develop a broader range of skills in attack and defence. To know and apply basic strategies and tactics in attack and defence</p>	<p>Invasion Games Netball – through drills and small sided games, develop confidence to</p>	<p>Invasion Games Netball – patterns of play, marking, finding space, positional</p>	<p>Invasion Games Netball – Passing, moving and shooting. Finding space in attack.</p>	<p>Invasion Games Netball – Consistently demonstrate knowledge of rules and tactics</p>

	<p>and apply skills consistently</p> <p><u>Golf</u> Using the tri-golf system and equipment, develop golf skills in a fun, safe and innovative way to develop children's target games skills</p>	<p>outwit opponents</p> <p><u>Golf</u> Introduce a variety of games to improve skills of putting, short/long game and scoring.</p>	<p>names</p> <p><u>Golf</u> Stance, grip, strike, swing, aim, chip, drive</p>	<p>Marking attackers. Suggest ways of improving performance</p> <p><u>Golf</u> Understand the different clubs and their uses. Holding the club and how to stand when preparing to strike the ball. Understand the relationship between power and distance</p>	<p>to outwit opponents. Confident ball handling and speed of thought.</p> <p><u>Golf</u> Improved quality of skills and understanding in target games. Developing a broader range of PE skills, with target games added to the school's summer PE curriculum.</p>
	<p><u>Athletics</u> Develop a broader range of athletics skills with greater emphasis on tactics and strategies for success. Identify what good athletic performance looks like using key terminology</p>	<p><u>Athletics</u> – Develop pacing, acceleration and team strategy in running events. Understanding difference phases in throwing and understand how to measure and record. In jumping, link correct jumps with approaches and learn to measure accurately.</p>	<p><u>Athletics</u> – Measuring and recording. Pacing and judgement. Explosive power. Take off and landing</p>	<p><u>Athletics</u> – Show accuracy and good technique when throwing and jumping in multiple events. Demonstrate speed, strength and stamina in a variety of track events.</p>	<p><u>Athletics</u> – Able to adapt skills and techniques according to the differing challenges and disciplines in a variety of athletic events</p>
	<p><u>Summer Games</u> Ability to develop combinations of skills in a game situation Use a variety of skills to outwit opponents.</p> <p><u>Cricket</u> To ensure that children are achieving the skills they need, as set out in the national curriculum, like throwing, catching and ball-striking; and are enjoying themselves at the same time.</p>	<p><u>Summer Games</u> - Through small sided activities and conditioned games demonstrate a variety of striking, bowling, fielding and hitting skills.</p> <p><u>Cricket</u> Through taking part in competitive situations to apply running, throwing and catching skills.</p>	<p><u>Summer Games</u> - Bowling Variety Placement Tactics Groundstrokes.</p> <p><u>Cricket</u> Teamwork, respect, communication</p>	<p><u>Summer Games</u> - Formulate a game plan Application of rules Apply tactics in attack and defence.</p> <p><u>Cricket</u> – Throwing, catching, running, communicating, collaborating.</p>	<p><u>Summer Games</u> - Children are able to use a wide range of tactical and technical terminology when playing a variety of summer games in various scenarios.</p> <p><u>Cricket</u> – Developed children's social and mental wellbeing, building their confidence and improving their attitude towards sport.</p>