

Term	Autumn 1	Autumn 1 & 2	Autumn 2
FSU			
Year 1 and 2	<p style="text-align: center;">Year 1 and 2 Autumn 1: Football</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ Watching and copying <p>Learn</p> <ul style="list-style-type: none"> ✓ Basic dribbling ✓ Passing and receiving the ball with some control ✓ Shooting skills ✓ Keeping possession of the ball <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To learn and practise new skills that enable children to play a team game. 	<p style="text-align: center;">Year 1 and 2 Autumn 1 & 2: Fitness</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ Demonstrate different body shapes and movements <p>Learn</p> <ul style="list-style-type: none"> ✓ Change the direction of movements with some control ✓ Use and combine different types of jumps ✓ Combine more than one skill to complete an activity ✓ Watch others and use this to improve own performance <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To identify what they need to do to improve their own performance in set challenges 	<p style="text-align: center;">Year 1 Autumn 2: Throwing and catching</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ Watching the ball ✓ Basic throwing and catching <p>Learn</p> <ul style="list-style-type: none"> ✓ Watch and receive a ball ✓ Change direction with a ball ✓ Throw and catch individually or with a partner ✓ Throw underarm and overarm <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To be able to control a ball when rolling, bouncing, throwing and catching a ball

<p>Year 2</p>			<p>Year 2 Autumn term 2: Tag rugby</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ Passing a ball ✓ Tagging and looking for space <p>Learn</p> <ul style="list-style-type: none"> ✓ Basic introduction to tagging ✓ To throw and catch a rugby ball ✓ Pass and run with a rugby ball ✓ Basic attacking and defending <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To improve skills of sending, receiving and travelling with a ball
<p>Year 1 and 2</p>	<p>Year 1 and 2 Summer term 1: Athletics</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ Throwing skills <p>Learn</p> <ul style="list-style-type: none"> ✓ To demonstrate a range of throwing actions ✓ Use different speeds for running ✓ Jump and land safely with control <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To remember, repeat and link a combination of actions 	<p>Year 1 Summer term 1 and 2: Dance</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ Follow simple instructions ✓ Explore basic body actions <p>Learn</p> <ul style="list-style-type: none"> ✓ To copy simple movements ✓ Explore moods and feelings ✓ Link actions ✓ Practise and repeat movements <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To remember and repeat a short dance routine 	<p>Year 1 and 2 Summer term 2: Tennis</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ Bouncing and catching <p>Learn</p> <ul style="list-style-type: none"> ✓ Handling the racket ✓ Aiming at a target ✓ Throwing and volleying ✓ Serve to catch <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ Develop their range of skills in net games

**Year
2**

**Year 2
Summer term 1 and 2: Dance**

Recap

- ✓ Use space safely
- ✓ Watch and describe body actions

Learn

- ✓ Copy basic actions
- ✓ Perform movements using a range of actions and body parts
- ✓ Work in groups

Intended outcome

- ✓ To remember and repeat a short dance routine with a clear beginning and end

**Year
1
and
2**

Autumn term 1: Football

Recap

- ✓ Basic dribbling and ball control

Learn

- ✓ How to dribble and stop a football with control
- ✓ Demonstrate good passing and receiving skills with a partner
- ✓ How to create space
- ✓ How to attack and defend in a game situation

Intended outcome

- ✓ To play competitive games of football with some fluency

Autumn term 1 and 2: Fitness

Recap

- ✓ How to improve performances in a variety of movements

Learn

- ✓ Travel in a variety of ways
- ✓ Use a range of ball control skills
- ✓ Control movements using balance and coordination
- ✓ Use a variety of movement skills in a circuit of activities

Intended outcome

- ✓ To develop and improve fitness, stamina, flexibility, technique and control of balance

Autumn term 2: Tag rugby

Recap

- ✓ Throwing and catching a ball
- ✓ When to attack and when to defend

Learn

- ✓ How to dodge, throw, catch and move into space with a rugby ball
- ✓ Know and apply rules of tagging
- ✓ To gain possession by intercepting a pass
- ✓ Use attacking and defending skills

Intended outcome

- ✓ To play a competitive game of tag rugby with rules

Year 3 and 4	Year 3 Summer term 1: Athletics	Year 3 Summer term 1 and 2: Dance	Year 3 and 4 Summer term 2: Rounders
	<p>Recap</p> <ul style="list-style-type: none"> ✓ Throwing and aiming ✓ Jumping and landing skills <p>Learn</p> <ul style="list-style-type: none"> ✓ Throw with increasing accuracy and coordination ✓ Demonstrate a range of throwing actions ✓ Use different speeds and techniques to meet challenges set for jumping and running <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To remember, repeat and link combinations of actions 	<p>Recap</p> <ul style="list-style-type: none"> ✓ Dance vocab ✓ Listening and describing <p>Learn</p> <ul style="list-style-type: none"> ✓ Translate ideas from discussions into movements ✓ Explore and develop new actions with a partner ✓ Link actions together to make dance phrases ✓ Improve on dance movements, giving ideas and encouragement to others <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To perform a more complex dance phrase 	<p>Recap</p> <ul style="list-style-type: none"> ✓ Throwing underarm and overarm ✓ Striking and fielding a ball <p>Learn</p> <ul style="list-style-type: none"> ✓ Develop throwing and catching tennis ball ✓ Throwing underarm and overarm with improved accuracy ✓ To bat and bowl with increased speed and accuracy ✓ Learn rules <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ Play a competitive game of rounders, applying all rules learned

<p>Year 4</p>	<p>Year 4 Summer term 1: Athletics</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ Use various jumping actions ✓ Running at different speeds and for a sustained time <p>Learn</p> <ul style="list-style-type: none"> ✓ Experiment with different running styles ✓ Improve accuracy and distance of throwing techniques ✓ Improve jumping techniques, showing control and coordination <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To consolidate and improve the quality of various techniques 	<p>Year 4 Summer term 1 and 2: Dance</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ A range of descriptive language ✓ To talk, listen and describe dance to each other <p>Learn</p> <ul style="list-style-type: none"> ✓ Link actions to create dance movements ✓ Introduce simple choreography work with a partner ✓ Work in a group using choreography e.g. unison, mirroring, copying and canon ✓ Work and improve on weaker areas, also giving encouragement and ideas to others <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To remember and combine longer and more complex dance phrases 	
<p>Year 5 and 6</p>	<p>Year 5 and 6 Autumn term 1: Football</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ Kicking, passing and dribbling skills ✓ How to carry out a range of warm up activities <p>Learn</p> <ul style="list-style-type: none"> ✓ Develop dribbling skills, showing a consistency of control ✓ Perform passing and receiving skills with tactics and techniques 	<p>Year 5 Autumn term 1 and 2: Gymnastics</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ Understand the need to practise and refine movements to improve performances ✓ Working with a partner on floor and apparatus <p>Learn</p> <ul style="list-style-type: none"> ✓ Combine partner balances to create a fluent sequence ✓ Understand symmetric and asymmetric shapes and balances ✓ Understand and perform counterbalance 	<p>Year 5 and 6 Autumn term 2: Tag rugby</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ Tagging, throwing and catching a rugby ball ✓ Rules of the game <p>Learn</p> <ul style="list-style-type: none"> ✓ Be an effective team player ✓ Perform consistent accurate passes ✓ Use fake dodges to outwit an opponent ✓ Understand and apply the onside and offside rule

	<ul style="list-style-type: none"> ✓ Develop a range of techniques for changing direction ✓ Understand and apply a range of tactics for defence and attack <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ Play a competitive game of football fluently and effectively as part of a team 	<ul style="list-style-type: none"> ✓ incorporate canon and unison into their sequences <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ Repeat accurately longer sequences with more complex actions, shapes , levels and direction 	<p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To play a competitive game of tag rugby using tactics and techniques to achieve success
<p>Year 6</p>		<p style="text-align: center;">Year 6 Autumn term 1 and 2: Gymnastics</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ How to perform a sequence of actions for an audience ✓ Remember that ways of linking actions are as important as the actions themselves <p>Learn</p> <ul style="list-style-type: none"> ✓ Work with a partner to create a sequence of balances ✓ Experiment with methods of jumping and landing ✓ Understand and develop flight ✓ Vary direction, levels and speed to improve the quality of a sequence <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To perform, evaluate and improve longer sequences with fluency and clarity of movement 	

Year 5 and 6	<p align="center">Year 5 and 6 Spring term 1: Basketball</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ Bouncing and dribbling with control ✓ Finding space and using it effectively <p>Learn</p> <ul style="list-style-type: none"> ✓ Develop technique, control and balance ✓ Mark an opponent effectively as a team ✓ Move effectively around the court ✓ Know your place as a team player <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ Evaluate and improve their own and others performance within a competitive game of basketball 	<p align="center">Year 5 and 6 Spring term 1 and 2: Pop Lacrosse</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ Throwing, catching and aiming ✓ Marking effectively <p>Learn</p> <ul style="list-style-type: none"> ✓ Handling the lacrosse stick ✓ Throwing and catching with improved control and accuracy ✓ Attacking and defending in a game situation ✓ Evaluate and improve tactics and techniques with peers <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ Play a competitive game of pop lacrosse, applying tactics and techniques to successfully outwit the opponent 	<p align="center">Year 5 and 6 Spring term 2: Netball</p> <p>Recap</p> <ul style="list-style-type: none"> ✓ Tactics for attacking and defending ✓ Ways in which to mark and outwit an opponent <p>Learn</p> <ul style="list-style-type: none"> ✓ Perform various passes with confidence and control ✓ Rules of footwork ✓ Combine dodging, passing and footwork and perform them with greater speed ✓ Mark an opponent effectively <p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To perform and apply all skills learned in a competitive game with accuracy and speed
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Year 5 and 6	Year 5 and 6 Summer term 1: Athletics	Year 5 Summer term 1 and 2: Dance	Year 5 and 6 Summer term 2: Rounders
	<p>Recap</p> <ul style="list-style-type: none"> ✓ Throwing a range of objects for distance and accuracy ✓ Different jumping actions <p>Learn</p> <ul style="list-style-type: none"> ✓ Recognise various styles of running ✓ Throw overarm with greater control and accuracy ✓ Demonstrate different jumps, showing control and power ✓ Use effective techniques in relays 	<p>Recap</p> <ul style="list-style-type: none"> ✓ Copy and adapt movement ideas ✓ Discuss how to improve performances <p>Learn</p> <ul style="list-style-type: none"> ✓ Explore and improvise ideas for a dance in a particular style ✓ Work in a group to improvise ideas in and beside a river ✓ Practise and perform specific movement ideas 	<p>Recap</p> <ul style="list-style-type: none"> ✓ Fielding and batting skills ✓ Rules and how to apply them <p>Learn</p> <ul style="list-style-type: none"> ✓ Improve techniques and tactics for batting and bowling ✓ Improve tactics and techniques for catching and throwing ✓ Know and apply rules including the backstop and running another player out ✓ Field effectively
	<p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To choose and use appropriate techniques for specific events 	<p>Intended outcome</p> <ul style="list-style-type: none"> ✓ Perform a dance routine to an audience 	<p>Intended outcome</p> <ul style="list-style-type: none"> ✓ To be able to choose and use appropriate techniques for specific events

Year 6		<p style="text-align: center;">Year 6 Summer term 1 and 2: Dance</p> <p>Recap</p> <ul style="list-style-type: none">✓ Different styles of dance✓ Create different styles of dance <p>Learn</p> <ul style="list-style-type: none">✓ Look at stimuli around the ancient Olympics✓ Choreography work with a partner✓ Work in groups, applying character and expression✓ Explore dance and movement using imagination and expression <p>Intended outcome</p> <ul style="list-style-type: none">✓ Perform a dance routine fluently and expressively	
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