

## PE Overview – EYFS, Key Stage 1 and Key Stage 2

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
EYFS	Reception	Topic Speed, agility and travel 1	Topic Dance 1	Topic Gymnastics 2	Topic Speed agility and travel 2	Topic Body management 2	Topic Manipulation and Co-ordination 2
		Topic Body management 1	Topic Gymnastics 1	Topic Dance 2	Topic Manipulation and Co-ordination 1	Topic Co-operation and Problem Solving 1	Topic Co-operation and Problem Solving 2
Key Stage 1	Year 1	Topic Dance 1	Topic Hit, catch & run 1	Topic Dance 2	Topic Hit, catch & run 2	Topic Attack, defend and shoot 2	Topic Send and Return 2
		Topic Attack, defend and shoot 1	Topic Gymnastics 1	Topic Tag Rugby – Moseley RFC	Topic Send and Return 1	Topic Run, Jump and Throw 1	Topic Run, Jump and Throw 2
	Year 2	Topic Dance 1	Topic Gymnastics 1	Topic Send and Return 1	Topic Dance 2	Topic Run, Jump and Throw	Topic Tag Rugby – Moseley RFC
		Topic Attack, defend and shoot 1	Topic Attack, defend and shoot 2	Topic Tag Rugby – Moseley RFC	Topic Hit, Catch and Run2	Topic Send and Return 2	Topic Run, Jump and Throw
Lower Key Stage 2	Year 3	Topic Invasion games (Football) - BCFC	Topic Invasion games (basketball) - BCFC	Topic Indoor Athletics - BCFC	Topic Hockey - BCFC	Topic Striking and Fielding (Cricket) - BCFC	Topic Striking and Fielding (Tennis) - BCFC
		Topic Invasion games (Handball)	Topic Outdoor and Adventure	Topic Gymnastics	Topic Tag Rugby	Topic Dance – with KICK	Topic Dance – with KICK
	Year 4	Topic Invasion games	Topic	Topic Indoor Athletics - BCFC	Topic Hockey - BCFC	Topic Striking and Fielding	Topic Striking and Fielding

		(Football) - BCFC	Invasion games (basketball) - BCFC			(Cricket) - BCFC	(Tennis) - BCFC
		Topic Invasion games (Tag-Rugby)	Topic Gymnastics	Topic Invasion Games (Handball)	Topic Outdoor and Adventure	Topic Dance – with KICK	Topic Dance – with KICK
Upper Key Stage 2	Year 5	Topic Invasion games (Football) - BCFC	Topic Invasion games (basketball) - BCFC	Topic Indoor Athletics - BCFC	Topic Hockey- BCFC	Topic Striking and Fielding (Cricket) - BCFC	Topic Striking and Fielding (Tennis) - BCFC
		Topic Tag Rugby	Topic Gymnastics	Topic Invasion Games (Handball)	Topic Outdoor and Adventure	Topic Dance – with KICK	Topic Dance – with KICK
	Year 6	Topic Invasion games (Football) - BCFC	Topic Invasion games (basketball) - BCFC	Topic Indoor Athletics - BCFC	Topic Hockey- BCFC	Topic Striking and Fielding (Cricket) - BCFC	Topic Striking and Fielding (Tennis) - BCFC
		Topic Invasion games (Handball)	Topic Gymnastics	Topic Dance	Topic Outdoor and Adventure	Topic Striking and Fielding (Rounders)	Topic Tag Rugby – Moseley RFC



## Early Years Foundation Stage - Related to PE

### Physical Development

#### Moving and Handling Early Learning Goal

Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space

#### Health and Self Care

Early Learning Goal Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	<p><u>Topic – Speed, agility and travel 1</u></p> <ul style="list-style-type: none"> <li>• Travel with some control and coordination.</li> <li>• Change direction at speed through both choice and instructions.</li> <li>• Perform actions demonstrating changes in speed.</li> <li>• Stop, start, pause, prepare for and anticipate movement in a variety of situations.</li> </ul>	<p><u>Topic – Dance 1</u></p> <ul style="list-style-type: none"> <li>• Recognise that actions can be reproduced in time to music; beat patterns and different speeds.</li> <li>• Perform a wide variety of dance actions both similar and contrasting.</li> <li>• Copy, repeat, and perform simple movement patterns.</li> </ul>	<p><u>Topic - Gymnastics 2</u></p> <ul style="list-style-type: none"> <li>• To develop confidence in fundamental movements</li> <li>• To learn and refine a variety of shapes, jumps, balances and rolls</li> <li>• To link simple balance, jump and travel actions</li> </ul>	<p><u>Topic – Speed, agility and travel 2</u></p> <ul style="list-style-type: none"> <li>• Participate in a variety of agility-based activities moving and controlling objects.</li> <li>• Recognise the difference between actions such as: moving softly, quietly, quickly, powerfully, etc.</li> <li>• Relate body movements to music and percussion beats.</li> </ul>	<p><u>Topic – Body Management 2</u></p> <ul style="list-style-type: none"> <li>• Explore a variety of rolling, sliding and slithering.</li> <li>• Jump using a variety of take offs and landings, moving on and off low apparatus using hands and feet in a variety of combinations.</li> <li>• Participate in a variety of small group co-operative activities.</li> </ul>	<p><u>Manipulation and Co-ordination 2</u></p> <ul style="list-style-type: none"> <li>• Coordinate similar objects in a variety of ways</li> <li>• Differentiate ways to manoeuvre objects</li> <li>• Skip in isolation and with rope</li> </ul>
	<p><u>Topic – Body Management 1</u></p> <ul style="list-style-type: none"> <li>• Explore balance and managing own body including manipulating small objects.</li> <li>• Able to stretch, reach, extend in a variety of ways and positions.</li> <li>• Able to control body and perform specific movements on command.</li> </ul>	<p><u>Topic – Gymnastics 1</u></p> <ul style="list-style-type: none"> <li>• To develop confidence in fundamental movements</li> <li>• To experience jumping, sliding, rolling, moving over, under and on apparatus</li> <li>• To develop coordination and gross motor skills</li> </ul>	<p><u>Topic - Dance 2</u></p> <ul style="list-style-type: none"> <li>• Count and move to beats of 8.</li> <li>• Copy and repeat movement patterns.</li> <li>• Work as an individual, in partners, and as a group.</li> </ul>	<p><u>Manipulation and Co-ordination 1</u></p> <ul style="list-style-type: none"> <li>• Send and receive a variety of objects with different body parts.</li> <li>• Work with others to control objects in space.</li> <li>• Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.</li> </ul>	<p><u>Co-operate and solve problems 1</u></p> <ul style="list-style-type: none"> <li>• Organise and match various items, images, colours and symbols</li> <li>• Work with a partner to listen, share ideas, question and choose</li> <li>• Collect, distinguish and differentiate colours and create a shape as a team</li> <li>• Move confidently and cooperatively in</li> </ul>	<p><u>Co-operate and solve problems 2</u></p> <ul style="list-style-type: none"> <li>• Copy and repeat various patterns and actions</li> <li>• Continue to work in teams</li> <li>• Solve more complex task</li> </ul>

					space. Travel in a range of ways	
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## National Curriculum – PE

### Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

### Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.



### National Curriculum - Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<u>Topic – Dance 1</u> <ul style="list-style-type: none"> <li>Respond to a range of stimuli and types of music</li> <li>Explore space, direction, levels and speeds</li> <li>Experiment creating actions and performing movements with different body parts</li> </ul>	<u>Topic - Hit, catch &amp; run 1</u> <ul style="list-style-type: none"> <li>To be able to hit objects with hand or bat.</li> <li>Track and retrieve a rolling ball.</li> <li>Throw and catch a variety of balls and objects.</li> </ul>	<u>Topic - Dance 2</u> <ul style="list-style-type: none"> <li>Able to build simple movement patterns from given actions</li> <li>Compose and link actions to make simple movement phrases</li> <li>Respond appropriately to supporting concepts such as canon and levels</li> </ul>	<u>Topic - Hit, catch &amp; run 2</u> <ul style="list-style-type: none"> <li>Develop sending and receiving skills to benefit fielding as a team.</li> <li>Distinguish between the roles of batters and fielders.</li> <li>Introduce the concept of simple tactics.</li> </ul>	<u>Topic - Attack, defend and shoot 2</u> <ul style="list-style-type: none"> <li>Practised movements including running, jumping, throwing and catching.</li> <li>Have played in some competitive activities.</li> <li>Experienced opportunities to improve agility, balance, and coordination.</li> </ul>	<u>Topic - Send and Return 2</u> <ul style="list-style-type: none"> <li>Develop sending skills with a variety of balls</li> <li>Track, intercept and stop a variety of objects such as balls and beanbags</li> </ul> Select and apply skills to beat the opposition
	<u>Topic – Attack, Defend and Shoot 1</u> <ul style="list-style-type: none"> <li>To practice basic movements including running, jumping, throwing and catching</li> <li>To begin to engage in competitive activities</li> <li>To experience opportunities to improve agility, balance and coordination</li> </ul>	<u>Topic - Gymnastics 1</u> <ul style="list-style-type: none"> <li>Identify and use simple gymnastics actions and shapes.</li> <li>Apply basic strength to a range of gymnastics actions.</li> <li>Begin to carry basic apparatus such as mats and benches.</li> <li>To recognise like actions and link.</li> </ul>	<u>Topic – Tag Rugby</u> <ul style="list-style-type: none"> <li>To understand how to move forwards to score</li> <li>To perform a range of ball handling skills</li> <li>To use a range of techniques to avoid being tagged</li> <li>To practice and improve passing skills</li> <li>To defend the ball carrier</li> <li>In implement new skills in a game</li> </ul>	<u>Topic - Send and Return 1</u> <ul style="list-style-type: none"> <li>To be able to send an object with increased confidence using hand or bat.</li> <li>Move towards a moving ball to return.</li> <li>Sending and returning a variety of balls.</li> </ul>	<u>Topic - Run, Jump and Throw</u> <ul style="list-style-type: none"> <li>Pupils will begin to link running and jumping.</li> <li>To learn and refine a range of running which includes varying pathways and speeds.</li> <li>Develop throwing techniques to send objects over long distances.</li> </ul>	<u>Topic - Run, Jump and Throw</u> <ul style="list-style-type: none"> <li>Increase stamina and core strength needed to undertake athletics activities</li> <li>Take part in a broad range of opportunities to extend strength, balance, agility and coordination</li> <li>Cooperate with others to carry out more complex physical activities</li> </ul>
Year 2	<u>Topic - Dance 1</u> <ul style="list-style-type: none"> <li>Describe and explain how performers can transition and link</li> </ul>	<u>Topic – Gymnastics 1:</u> <ul style="list-style-type: none"> <li>Describe and explain how performers can transition and link gymnastic elements</li> </ul>	<u>Topic – Send and Return 1</u> <ul style="list-style-type: none"> <li>Be able to track the path of a ball over a net and move towards it</li> </ul>	<u>Topic- Dance 2</u> <ul style="list-style-type: none"> <li>Perform using more sophisticated formations as well as an individual</li> </ul>	<u>Topic – Run, Jump and Throw 1</u> <ul style="list-style-type: none"> <li>Develop power, agility, coordination and balance over a variety of activities</li> </ul>	<u>Topic - Gymnastics 2</u> <ul style="list-style-type: none"> <li>Develop body management through a range of floor exercises</li> </ul>

	<p>shapes and balances</p> <ul style="list-style-type: none"> <li>• Perform basic actions with control and consistency at different speeds and on different levels</li> <li>• Challenge themselves to move imaginatively responding to music</li> <li>• Work as part of a group to create and perform short movement sequences to music</li> </ul>	<ul style="list-style-type: none"> <li>• Perform with control and consistency basic actions at different speeds and on different levels</li> <li>• Challenge themselves to develop strength and flexibility</li> <li>• Create and perform a simple sequence that is judged using simple gymnastic scoring</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to hit and return a ball using a variety of hand and racquet with some consistency</li> <li>• Play modified net/wall games throwing, catching and sending over a net</li> </ul>	<ul style="list-style-type: none"> <li>• Explore relationships through different dance formations</li> <li>• Explain the importance of emotion and feeling in dance</li> <li>• Use the stimuli to copy, repeat and create dance actions and motifs</li> </ul>	<ul style="list-style-type: none"> <li>• Can throw and handle a variety of objects including quoits, beanbags, balls, hoops</li> <li>• Can negotiate obstacles showing increased control of body and limbs</li> </ul>	<ul style="list-style-type: none"> <li>• Use core strength to link recognised gymnastics elements, e.g., back support and half twist</li> <li>• Attempt to use rhythm while performing a sequence</li> </ul>
	<p><u>Topic - Attack, defend and shoot 1</u></p> <ul style="list-style-type: none"> <li>• Can send a ball using feet and can receive a ball using feet.</li> <li>• Refine ways to control bodies and a range of equipment.</li> <li>• Recall and link combinations of skills, e.g. dribbling and passing.</li> </ul>	<p><u>Topic - Attack, defend and shoot 2</u></p> <ul style="list-style-type: none"> <li>• Can send a ball using feet and can receive a ball using feet</li> <li>• Refine ways to control bodies and a range of equipment</li> <li>• Recall and link combinations of skills, for example, dribbling and passing</li> </ul>	<p><u>Topic – Tag Rugby</u></p> <ul style="list-style-type: none"> <li>• To understand how to move forwards to score</li> <li>• To perform a range of ball handling skills</li> <li>• To use a range of techniques to avoid being tagged</li> <li>• To practice and improve passing skills</li> <li>• To defend the ball carrier</li> <li>• In implement new skills in a game</li> </ul>	<p><u>Topic - Hit, Catch and Run 2</u></p> <ul style="list-style-type: none"> <li>• Work on a variety of ways to score runs in the different hit, catch, run games</li> <li>• Work in teams to field</li> <li>• Begin to play the role of wicketkeeper or backstop</li> </ul>	<p><u>Topic - Send and Return 2</u></p> <ul style="list-style-type: none"> <li>• Be able to make it difficult for their opponent to score a point</li> <li>• Begin to choose specific tactics appropriate to the situation</li> <li>• Transfer net/wall skills to volleyball style games</li> <li>• Improve agility and coordination and use in a game</li> </ul>	<p><u>Topic - Run, Jump and Throw 2</u></p> <ul style="list-style-type: none"> <li>• Improve running and jumping movements, work for sustained periods of time</li> <li>• Reflect on activities and make connections between a healthy active lifestyle</li> <li>• Experience and improve on jumping for distance and height</li> </ul>

## National Curriculum - Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

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

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p><u>Topic - Invasion games (Football)</u></p> <ul style="list-style-type: none"> <li>• Able to show basic control skills including sending and receiving the ball.</li> <li>• To send the ball with some accuracy to maintain possession and build attacking play.</li> <li>• To implement the basic rules of football.</li> <li>• Play in competitive games using basic</li> </ul>	<p><u>Topic - Net and Wall (Basketball)</u></p> <ul style="list-style-type: none"> <li>• To be able to perform basic netball skills such as passing and catching using recognised throws</li> <li>• To use space efficiently to build attacking play</li> <li>• To implement the basic rules of basketball</li> <li>• Play in competitive games using basic attacking principles.</li> </ul>	<p><u>Topic – Indoor Athletics</u></p> <ul style="list-style-type: none"> <li>• Control movements and body actions in response to specific instructions</li> <li>• Demonstrate agility and speed</li> <li>• Jump for height and distance with control and balance</li> <li>• Throw with speed and power and apply appropriate force</li> </ul> <p>Master basic movements including running, throwing and jumping</p>	<p><u>Topic – Invasion games - Hockey</u></p> <ul style="list-style-type: none"> <li>• To recognise the features of a hockey stick and how to hold it</li> <li>• To control the ball and pass into space</li> <li>• To use defensive body position for tackling</li> <li>• To control the ball and pass unchallenged</li> <li>• To use agility skills</li> <li>• To grasp and use some of the basic skills of the game</li> </ul>	<p><u>Topic - Striking and Fielding (Cricket)</u></p> <ul style="list-style-type: none"> <li>• To be able to adhere to some of the basic rules of cricket</li> <li>• To develop a range of skills to use in isolation and a competitive context</li> <li>• To use basic skills with more consistency including striking a bowled ball</li> <li>• Play in competitive games developing simple tactics.</li> </ul>	<p><u>Topic – Net and wall (Tennis)</u></p> <ul style="list-style-type: none"> <li>• To identify and describe some rules of tennis.</li> <li>• To serve to begin a game</li> <li>• To explore forehand hitting</li> <li>• Play in competitive games developing simple tactics</li> <li>• Master basic movements including hitting, returning, moving to return</li> <li>• Work collaboratively to use basic tactics</li> </ul>

	<p>attacking principles.</p> <ul style="list-style-type: none"> <li>Master basic movements including sprinting, change of direction and coordination of the feet.</li> <li>Work collaboratively to use basic tactics to attack.</li> </ul>	<ul style="list-style-type: none"> <li>Master basic movements including sprinting, change of direction and coordination of the feet.</li> <li>Work collaboratively to use basic tactics to attack.</li> </ul>			<ul style="list-style-type: none"> <li>Master basic movements including running, throwing, catching and striking</li> <li>Work collaboratively to use basic tactics for batting and fielding</li> </ul>	
	<p><u>Topic - Invasion games (Handball)</u></p> <ul style="list-style-type: none"> <li>To catch efficiently and get into the correct position</li> <li>To perform 3 types of passing</li> <li>To move the ball successfully to create a chance to shoot or pass</li> <li>To use defending positions to block the ball</li> <li>To use attacking positions to exploit gaps in defence</li> <li>To use a range of accurate passes to attack</li> </ul>	<p><u>Topic – Outdoor and adventure</u></p> <ul style="list-style-type: none"> <li>To work as part as a team and communicate to solve problems</li> <li>To identify basic symbols on a map</li> <li>To confidently follow instructions on a map</li> <li>To respond to a problem in a group situation</li> <li>To identify what you need to achieve a challenge</li> <li>To lead and be lead by others</li> </ul>	<p><u>Topic – Gymnastics</u></p> <ul style="list-style-type: none"> <li>To create a sequence of 2 contrasting elements</li> <li>To explore and range or greater contrasting elements</li> <li>To consolidate and improve the quality of basic rolls</li> <li>To consolidate and improve the quality of basic jumps</li> <li>To perform in unison with a partner</li> <li>To choose and apply contrasting shapes to a performance</li> </ul>	<p><u>Topic – Tag Rugby</u></p> <ul style="list-style-type: none"> <li>To understand how to move forwards to score</li> <li>To perform a range of ball handling skills</li> <li>To use a range of techniques to avoid being tagged</li> <li>To practice and improve passing skills</li> <li>To defend the ball carrier</li> <li>In implement new skills in a game</li> </ul>	<p><u>Topic – Dance</u></p> <ul style="list-style-type: none"> <li>To explore creating characters and narratives</li> <li>To use performance skills to communicate</li> <li>To perform and communicate as part of a group</li> <li>To work with other to improve a 4 action routine</li> <li>To incorporate facial expressions into a dance phase</li> <li>To perform to an audience</li> </ul>	<p><u>Topic – Dance</u></p> <ul style="list-style-type: none"> <li>To discuss examples of professional style and discuss the work</li> <li>To explore different ways of traveling</li> <li>To identify different dance dynamics and apply them to movement</li> <li>To identify different types of movement in a Barn Dance</li> <li>To identify different types of actions using a Barn Dance</li> <li>To redefine dance material for performance</li> </ul>
<p>Year 4</p>	<p><u>Topic - Invasion Games (football)</u></p> <ul style="list-style-type: none"> <li>Introduce some defensive skills</li> <li>Dribbling in different directions using different parts of their feet</li> </ul>	<p><u>Topic - Net and Wall (Basketball)</u></p> <ul style="list-style-type: none"> <li>Introduce five basketball positions</li> <li>Acquire and apply basic shooting techniques</li> <li>Demonstrate and implement some</li> </ul>	<p><u>Topic – Indoor Athletics</u></p> <ul style="list-style-type: none"> <li>Using running, jumping and throwing stations, children investigate in small groups different ways of performing these activities</li> </ul>	<p><u>Topic - Invasion games (Hockey)</u></p> <ul style="list-style-type: none"> <li>To be able to consistently perform basic hockey skills such as dribbling and push pass</li> <li>To implement the basic rules of hockey</li> </ul>	<p><u>Topic - Striking and Fielding (Cricket)</u></p> <ul style="list-style-type: none"> <li>To throw and catch with increasing accuracy</li> <li>To anticipate when to run to score singles</li> </ul>	<p><u>Topic - Net and Wall (Tennis)</u></p> <ul style="list-style-type: none"> <li>Explore different shots (forehand, backhand)</li> <li>Work to return the serve</li> <li>Positions in gameplay</li> <li>Play competitively against others</li> </ul>

	<ul style="list-style-type: none"> <li>• Passing for distance</li> <li>• Evaluating skills to aid improvement</li> <li>• Play in competitive games developing stamina and endurance.</li> <li>• Practice and use running, sprinting and dynamic balance in games.</li> <li>• Work collaboratively to use basic tactics for defending and attacking.</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• basic rules of basketball</li> <li>• Develop basketball skills such as marking and footwork</li> </ul>	<ul style="list-style-type: none"> <li>• Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.</li> <li>• Compete against self and others developing simple technique</li> <li>• Master basic movements including running, throwing and jumping</li> <li>• Work collaboratively and individually to help improve self and others</li> </ul>	<ul style="list-style-type: none"> <li>• To develop tactics and apply them in competitive situations</li> <li>• To increase speed and endurance during gameplay</li> </ul>	<ul style="list-style-type: none"> <li>• To intercept a moving ball at varying distances</li> <li>• To bowl overarm from a stationary position</li> <li>• To use a pull shot to hit the ball</li> <li>• To use overarm bowling in a game situation consistently</li> </ul>	<ul style="list-style-type: none"> <li>• Work hard to challenge self to improve the consistency of shots</li> <li>• Implement basic tactics</li> </ul>
	<p><u>Topic - Invasion games (Tag Rugby)</u></p> <ul style="list-style-type: none"> <li>• To consistently perform basic tag rugby skills</li> <li>• Implement rules and develop tactics in competitive situations</li> <li>• To increase speed and build endurance during gameplay</li> <li>• Developing stamina and speed in competitive games</li> <li>• Practice and use running and dynamic balance in games</li> </ul>	<p><u>Topic – Gymnastics</u></p> <ul style="list-style-type: none"> <li>• To compose and perform a series of 6 elements</li> <li>• To work with a partner to work in unison</li> <li>• To compose a sequence of elements of weight on hands</li> <li>• To work in a group of 4 to compose a sequence of 6 elements</li> <li>• To create a series of 6 elements that change over time</li> <li>• To perform a sequence to be judged</li> </ul>	<p><u>Topic - Invasion Games (Handball)</u></p> <ul style="list-style-type: none"> <li>• Develop 3 step rule incorporating bounce.</li> <li>• Defend and stop attacks by blocking and intercepting</li> <li>• Pass and move with the ball to set up attacks</li> <li>• Demonstrate and implement the rules of handball</li> <li>• Play in competitive games developing stamina and endurance</li> </ul>	<p><u>Topic - Outdoor and Adventure</u></p> <ul style="list-style-type: none"> <li>• Work well in a team or group within defined and understood roles</li> <li>• Plan and refine strategies to solve problems</li> <li>• Identify the relevance of and use maps, compass and symbols</li> <li>• Identify what they do well and suggest what they could do to improve</li> </ul>	<p><u>Topic - Dance</u></p> <ul style="list-style-type: none"> <li>• To develop dance freeze frames based on a stimulus</li> <li>• To develop freeze frames to include a transition</li> <li>• To learn and replicate a set phrase</li> <li>• To perform in routine and cannon lines</li> <li>• To sequence movements in logical order</li> <li>• To create a 5 action routing in a logical order</li> </ul>	<p><u>Topic - Dance</u></p> <ul style="list-style-type: none"> <li>• To watch professional work and describe how the actions communicate theme</li> <li>• To perform specific movements with dynamic qualities</li> <li>• To copy and rehearse travelling movements</li> <li>• To copy and perform movements which communicate the way a snake moves</li> </ul>

	<ul style="list-style-type: none"> <li>Work as a team to use basic defending and attacking tactics in games</li> </ul>		<ul style="list-style-type: none"> <li>Practise and use running, sprinting and dynamic balance in games</li> <li>Work collaboratively to use basic tactics for defending and attacking</li> </ul>			<ul style="list-style-type: none"> <li>To work with others as part of a team</li> <li>To redefine dance material for a performance</li> </ul>
Year 5	<u>Topic - Invasion games (Football)</u> <ul style="list-style-type: none"> <li>To play effectively in a variety of positions and formations on the pitch</li> <li>Relate a greater number of attacking and defensive tactics to gameplay</li> <li>Become more skilful when performing movements at speed</li> </ul>	<u>Topic – Basketball</u> <ul style="list-style-type: none"> <li>To introduce the principal of blocking shots</li> <li>To use correct foot placement to pivot</li> <li>To build an offense as a team</li> <li>To practice one handed push and bounce passes</li> <li>To develop an understanding of rebounding the ball</li> <li>To replicate the triple threat position in a game situation</li> </ul>	<u>Topic – Indoor Athletics</u> <ul style="list-style-type: none"> <li>Sustain pace over short and longer distances such as running 100m and running for 2 minutes</li> <li>Able to run as part of a relay team working at their maximum speed</li> <li>Perform a range of jumps and throws demonstrating increasing power and accuracy</li> </ul>	<u>Topic - Invasion Games (Hockey)</u> <ul style="list-style-type: none"> <li>Combine basic hockey skills such as dribbling and push pass</li> <li>Select and apply skills in a game situation confidently</li> <li>Play effectively in different positions on the pitch including in defence</li> <li>To increase power and strength of passes, moving the ball over longer distances</li> </ul>	<u>Topic - Striking and Fielding (Cricket)</u> <ul style="list-style-type: none"> <li>To develop the range of Cricket skills they can apply in a competitive context</li> <li>Choose and use a range of simple tactics in isolation and in a game context</li> <li>Consolidate existing skills and apply with consistency</li> </ul>	<u>Topic - Net and Wall (Tennis)</u> <ul style="list-style-type: none"> <li>Introduce Volley shots and Overhead shots</li> <li>Apply new shots into game situations</li> <li>Play with others to score and defend points in competitive games</li> <li>Further, explore Tennis service rules</li> </ul>
	<u>Topic - Invasion Games (Tag Rugby)</u> <ul style="list-style-type: none"> <li>To combine basic tag rugby skills such as catching and quickly passing in one movement</li> <li>To be able to select and implement appropriate skills in a game situation</li> </ul>	<u>Topic – Gymnastics</u> <ul style="list-style-type: none"> <li>To complete a 4 element sequence containing actions at different speeds and heights</li> <li>To explore symmetry in balance and travel</li> <li>To explore asymmetrical</li> </ul>	<u>Topic – Handball</u> <ul style="list-style-type: none"> <li>To attempt a jump shot</li> <li>To play as a goalkeeper</li> <li>To use dribbling skills in isolation and game situation</li> <li>To practice pivoting</li> <li>To introduce set plays</li> </ul>	<u>Topic – Outdoor and Adventure</u> <ul style="list-style-type: none"> <li>To work as a pair to complete a challenge</li> <li>To work at maximum capacity when running</li> <li>To use memory to recall skills to navigate to destinations</li> <li>To solve problems to complete a task</li> </ul>	<u>Topic – Dance</u> <ul style="list-style-type: none"> <li>Perform different styles of dance fluently and clearly</li> <li>Refine &amp; improve dances adapting them to include the use of space rhythm &amp; expression</li> <li>Worked collaboratively in groups to</li> </ul>	<u>Topic – Dance</u> <ul style="list-style-type: none"> <li>Perform different styles of dance fluently and clearly</li> <li>Refine &amp; improve dances adapting them to include the use of space rhythm &amp; expression</li> <li>Worked collaboratively in groups to</li> </ul>

	<ul style="list-style-type: none"> <li>To begin to play effectively when attacking and defending</li> <li>To increase the power of passes so the ball can be moved quickly over greater distance</li> </ul>	<ul style="list-style-type: none"> <li>balances and travel</li> <li>To introduce partner counter balances</li> <li>To apply compositional ideas to counter balances</li> <li>To show sequences to other couples and discuss improvement</li> </ul>	<ul style="list-style-type: none"> <li>To work cooperatively to attack and defend in a game situation</li> </ul>	<ul style="list-style-type: none"> <li>To perform safely and with control</li> <li>To interpret Morse Code and communicate with others</li> </ul>	<ul style="list-style-type: none"> <li>compose simple dances</li> <li>Recognise and comment on dances suggesting ideas for improvement</li> </ul>	<ul style="list-style-type: none"> <li>compose simple dances</li> <li>Recognise and comment on dances suggesting ideas for improvement</li> </ul>
	<p><u>Topic - Invasion Games (Football)</u></p> <ul style="list-style-type: none"> <li>Choose and implement a range of strategies to attack and defend</li> <li>To perform a wider range of more complex skills</li> <li>Recognise and describe good individual and team performances</li> <li>Suggest, plan and lead simple drills for given skills</li> </ul>	<p><u>Topic – Basketball</u></p> <ul style="list-style-type: none"> <li>To counterattack using a fact break</li> <li>To apply agility to the retreat dribble</li> <li>To practice agility skills and utilise in a game</li> <li>To use the v-cut technique to get free</li> <li>To develop confidence to drive to the basket</li> <li>To recognise the difference between a 2 and 3 point shot</li> </ul>	<p><u>Topic – Indoor Athletics</u></p> <ul style="list-style-type: none"> <li>Become confident and expert in a range of techniques and recognise their success</li> <li>Apply strength and flexibility to a broad range of throwing, running and jumping activities</li> <li>Work in collaboration and demonstrate improvement when working with self and others</li> <li>Accurately and confidently judge across a variety of activities</li> </ul>	<p><u>Topic - Invasion games (Hockey)</u></p> <ul style="list-style-type: none"> <li>To choose and implement a range of strategies and tactics to attack and defend</li> <li>To combine and perform more complex skills at great speed</li> <li>To recognise and describe good individual and team performances</li> <li>To suggest, plan and lead a warm-up as a small group</li> </ul>	<p><u>Topic - Striking and Fielding (Cricket)</u></p> <ul style="list-style-type: none"> <li>To understand the urgency of achieving runs in a certain time</li> <li>To track and catch a high ball</li> <li>To bowl a short ball</li> <li>To track a retrieve a ball over distance</li> <li>To demonstrate the difference between and on and off drive</li> <li>To use a range of defensive and offensive tactics sin a game</li> </ul>	<p><u>Topic - Net and Wall (Tennis)</u></p> <ul style="list-style-type: none"> <li>Develop backhand shots</li> <li>Introduce the lob</li> <li>Begin to use full tennis scoring systems</li> <li>Continue developing doubles play and tactics to improve</li> <li>Work hard to challenge self to improve the consistency of shots including newly learnt shots</li> <li>Implement basic tactics in gameplay and score games using an appropriate scoring system</li> </ul>
	<p><u>Topic - Invasion Games (Handball)</u></p> <ul style="list-style-type: none"> <li>Work as a team to improve group tactics and gameplay</li> </ul>	<p><u>Topic – Gymnastics</u></p> <ul style="list-style-type: none"> <li>Lead group warm-up showing understanding of the need for</li> </ul>	<p><u>Topic – Dance</u></p> <ul style="list-style-type: none"> <li>Work collaboratively to include more complex compositional ideas</li> </ul>	<p><u>Topic - Outdoor and Adventure</u></p> <ul style="list-style-type: none"> <li>Use information given by others to complete tasks and</li> </ul>	<p><u>Topic - Striking and Fielding (Rounders)</u></p> <ul style="list-style-type: none"> <li>Apply rounders rules consistently in conditioned games</li> </ul>	<p><u>Invasion games (Tag-Rugby)</u></p> <ul style="list-style-type: none"> <li>To understand the role of a defender in a competitive game</li> </ul>

<ul style="list-style-type: none"> <li>Play within the rules using screening to break down offensive play</li> <li>Develop defensive skills</li> <li>Play in competitive games developing fluency in skills and techniques</li> <li>Work in collaboration to play using different tactics</li> <li>Compare the team's performance against others</li> </ul>	<ul style="list-style-type: none"> <li>strength and flexibility</li> <li>Demonstrate accuracy, consistency, and clarity of movement</li> <li>Work independently and in small groups to make up own sequences</li> <li>Arrange own apparatus to enhance work and vary compositional ideas</li> <li>Experience flight on and off of high apparatus</li> </ul>	<ul style="list-style-type: none"> <li>Develop motifs and incorporate into self-composed dances as individuals, pairs &amp; groups</li> <li>Talk about different styles of dance with understanding, using appropriate language &amp; terminology</li> </ul>	<ul style="list-style-type: none"> <li>work collaboratively</li> <li>Undertake more complex tasks</li> <li>Take responsibility for a role in a task</li> <li>Use knowledge of PE and physical activities to suggest design ideas &amp; amendments to games</li> </ul>	<ul style="list-style-type: none"> <li>Play small sided games using standard rounders pitch layout</li> <li>Use a range of tactics for attacking and defending in the role of bowler, batter and fielder</li> </ul>	<ul style="list-style-type: none"> <li>To run and pass accurately consistently</li> <li>To identify the basic principles of defence</li> <li>To understand how to maintain and intercept the ball</li> <li>To put pressures on defences</li> <li>To work cooperatively to defend and attack in a game.</li> </ul>
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## PE - Subject Specific Vocabulary

Children should be explicitly taught to confidently understand and use this

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Reception</b>	<p style="text-align: center; color: blue;">Topic</p> <p>Speed, agility and travel 1  <b>Step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll,</b></p>	<p style="text-align: center; color: blue;">Topic</p> <p>Dance 1  <b>Dance, twist, turn, rhythm, step, music, beat, stretch, feet, curl, high, low, fast, slow.</b></p>	<p style="text-align: center; color: blue;">Topic</p> <p>Gymnastics 2  <b>Jump, roll, balance, travel, control, speed, link, slow, fast, high, low, shape, sequence, pattern,</b></p>	<p style="text-align: center; color: blue;">Topic</p> <p>Speed agility and travel 2  <b>Step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll,</b></p>	<p style="text-align: center; color: blue;">Topic</p> <p>Body management 2  <b>Climb, step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch,</b></p>	<p style="text-align: center; color: blue;">Topic</p> <p>Manipulation and Co-ordination 2  <b>Step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry,</b></p>

		hands, feet, weight, roll, slide, slither, apparatus, low, pause, prepare, anticipate, freeze, high, low, switch, agility, music, beat		movement, music, timing, pathway, direction.	hands, feet, weight, slide, slither, apparatus, pause, prepare, anticipate, freeze, high, low, switch, agility, music, beat.	crawl, jump, roll, hands, feet, weight, roll, slide, slither, apparatus, low.	touch, crawl, jump, roll, hands, feet, weight, spin, slide, slither, apparatus, low, pause, prepare, anticipate, freeze, high, low, switch, agility, music, beat, hop, jump, step, grip.
		<p>Topic</p> <p>Body management 1</p> <p>Climb, step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll.</p>	<p>Topic</p> <p>Gymnastics 1</p> <p>Balance, control, fast, high, jump, link, low, movement, music, pattern, roll, sequence, shape, slow, speed, timing, travel, stretch, weight.</p>	<p>Topic</p> <p>Dance 2</p> <p>Africa, beat, curl, dance, elephants, fast, feet, flow, giraffes, high, join, link, low, monkeys, music, rhythm, slow, step, stretch, teamwork, turn, twist.</p>	<p>Topic</p> <p>Manipulation and Co-ordination 1</p> <p>Agility, alternate, anticipate, apparatus, balance, beat, carry, crawl, feet, freeze, grip, hands, high, hold, hop, jump, low, music, one foot, pause, prepare, reach, roll, slide, slither, stand, step, stop, stretch, switch, touch, weight.</p>	<p>Topic</p> <p>Co-operation and Problem Solving 1</p> <p>Cooperate, team, individual, partner, pair, work, choose, try, travel, roll, jump, twist, turn, crawl, roll, run, line file, width, length, carry, challenge, shape, count, retrieve, collect, suits, deck, cards, trail, body shape, number.</p>	<p>Topic</p> <p>Co-operation and Problem Solving 2</p> <p>Step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll, hands, feet, weight, roll, slide, slither, apparatus, low, pause, prepare, anticipate, freeze, high, low, switch, agility, music, den, beat, hop, jump, step, grip, trails, over, under, through, around.</p>
Key Stage 1	Year 1	<p>Topic</p> <p>Dance 1</p> <p>Beat, curl, dance, fast, feet, high, low, music, rhythm, step, stretch, swing, turn, twist, mood, feeling, theme, story, static,</p>	<p>Topic</p> <p>Hit, catch &amp; run 1</p> <p>Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw.</p>	<p>Topic</p> <p>Dance 2</p> <p>Dance, twist, turn, rhythm, step, music, beat, stretch, feet, curl, high, low, fast, slow, compose, choose, select,</p>	<p>Topic</p> <p>Hit, catch &amp; run 2</p> <p>Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw.</p>	<p>Topic</p> <p>Attack, defend and shoot 2</p> <p>Attack, catch, compete, cooperate, defend, fluency, heart rate, outwit, over-arm, physical activity,</p>	<p>Topic</p> <p>Send and Return 2</p> <p>Backhand, bowl, catch, collect, court, feed, forehand, hit, hitter, net, pick up, roll, serve, stop, strike, throw.</p>

		friendship, start, middle, end.		emotions, canon, rhyme, theme, character, round, respond.		pitch, play against, receive, rolling, send, throw, under-arm.	
		<p>Topic</p> <p>Attack, defend and shoot 1</p> <p>Attack, catch, compete, defend, over-arm, play against, receive, rolling, send, throw, under-arm.</p>	<p>Topic</p> <p>Gymnastics 1</p> <p>Balance, body tension, carry, control, extension, fast, hang, high, jump, like, link, low, movement, muscles, music, pattern, relaxation, roll, sequence, shape, slow, speed, strength, timing, travel.</p>	<p>Topic</p> <p>Tag Rugby</p> <p>Aim, attack, compete, control, cooperate, defend, direction, fluency, following, hear rate, kick, outwit, physical activity, play against, try, score, send, speed, tag, belt, foul.</p>	<p>Topic</p> <p>Send and Return 1</p> <p>Hit, collect, stop, net, throw, roll, strike, catch, bowl, feed, pick up, batter, hitter, forehand, backhand, court.</p>	<p>Topic</p> <p>Run, Jump and Throw 1</p> <p>Backwards, distance, far, fast, forwards, furthest, high, hop, link, medium, power, run, sideways, skip, skipping, slow, step, straight, throw.</p>	<p>Topic</p> <p>Run, Jump and Throw 2</p> <p>Run, hop, skip, step, forwards, backwards, sideways, throw, high, far, straight, furthest, distance, fast, slow, medium, link, skipping, power, track, relay, tag, partner, sprint.</p>
	Year 2	<p>Topic</p> <p>Dance 1</p> <p>Dance, twist, turn, rhythm, step, music, beat, stretch, feet, curl, high, low, fast, slow, direction, huddle, group, mood, feeling, musicality, respond, galloping, flying, jumping.</p>	<p>Topic</p> <p>Gymnastics 1</p> <p>Jump, roll, balance, travel, control, speed, link, slow, fast, high, low, shape, sequence, pattern, movement, music, timing, hang, like, carry, relaxation, extension, body tension, muscles, strength, rock, roll, turn, spin.</p>	<p>Topic</p> <p>Send and Return 1</p> <p>Hit, collect, stop, net, throw, roll, strike, catch, bowl, feed, pick up, hitter, forehand, backhand, court, serve, bounce, drop, badminton, tennis, volleyball, squash, shuttlecock, racquet.</p>	<p>Topic</p> <p>Dance 2</p> <p>Unison, phrase, links, dance, dynamic, independent, pair, clock face, time, motif, freestyle, formation, on stage, off stage, mirror, match, copy, repeat, mood, emotion.</p>	<p>Topic</p> <p>Run, Jump and Throw 1</p> <p>Run, throw, handle, hop, skip, step, forwards, backwards, sideways, throw, high, far, straight, furthest, distance, fast, slow, medium, link, skipping, power, quick, burpee, obstacle, control, stamina, static, dynamic, collect.</p>	<p>Topic</p> <p>Gymnastics 2</p> <p>Balance, body tension, carry, control, extension, fast, hang, high, jump, like, link, low, movement, muscles, music, pattern, relaxation, rock, roll, sequence, shape, slow, speed, spin, strength, timing, travel, turn.</p>
		<p>Topic</p> <p>Attack, defend and shoot 1</p>	<p>Topic</p> <p>Attack, defend and shoot 2</p>	<p>Topic</p> <p>Tag Rugby</p> <p>Aim, attack, compete, control,</p>	<p>Topic</p> <p>Hit, Catch and Run 2</p> <p>Hit, catch, runs, wicket, bats, bowl, feed, throw,</p>	<p>Topic</p> <p>Send and Return 2</p> <p>Front, back, court, send, serve,</p>	<p>Topic</p> <p>Run, Jump and Throw 2</p>

		Aim, attack, compete, controlling, cooperate, defend, direction, fluency, following, heart rate, kick, outwit, physical activity, pitch, play against, rebound, receive, scoring, send, speed.	Send, receive, defend, attack, compete, play against, cooperate, fluency, physical activity, heart rate, pitch, outwit, kick, rebound, aim, speed, direction, scoring, controlling, following, tactics.	cooperate, defend, direction, fluency, following, hear rate, kick, outwit, physical activity, play against, try, score, send, speed, tag, belt, foul.	catch, underarm, over arm, field, hitter, bowler, umpire, posts, stumps	receive, feed, feeder, volleyball, tactics, compete, score, umpire, wide, deep, rotate.	Lunges, strength, power, repetition, power, accuracy, burn, stamina, fitness, persevere, tally, develop, lap, cooperate, compete.
Lower Key Stage 2	Year 3	Topic Invasion games (Football) Control, use space, defend, attack, dribble, pass, tactics, compete, collaborate, teamwork, score, shoot, intercept, foot, inside of the foot, touch, possession.	Topic Net and Wall (Basketball) Space, pass, accurately, mark, dodge, attack, defend, footwork, possession, change of direction, tactics, teamwork, shooting, zones, intercept	Topic Indoor athletics Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, pull, record, pace, shooting, zones, approach, combine.	Topic Hockey Hockey sticks, pitch, run, agility, stop, trap, attack, defend, shoot, control, aim, defend, attack, tackle, block, ball, quick, shaft	Topic Striking and Fielding (Cricket) Batting, fielding, bowling, bat, wicket, stumps, ball, crease, boundary, run, batsman, bowler, wicketkeeper, field, innings	Topic Striking and Fielding (Rounders) Batting, fielding, bowling, bat, bases, ball, run, batter, bowler, fielder, innings, no ball, batting box, backstop, rounders, half rounders
		Topic Invasion games (Handball) Shoot, defend, attack, block, run, control, catch, pass, teamwork, score, intercept, possession, movement, using space	Topic Outdoor and Adventure Maps, diagram, scale, symbols, orienteering, controls, challenges, problem-solving, lead, follow, path, plan, trust	Topic Gymnastics Fluency, contrasting, unison, low, combinations, full turn, half- turn, sustained, explosive, power, control, group, similar, different.	Topic Tag-Rugby Space, accurately, pass, mark, dodge, attack, defend, footwork, possession, change of direction, tactic, teamwork, zones, intercept, side-step, send, tag, release, safe, passing back, feint	Topic Dance Dance, twist, turn, kick, rhythm, beat, stretch, levels, fast, slow, direction, huddle, group, mood, feeling, musically, facial expression, improvisation, rehearse	Topic Dance Dance, twist, turn, kick, rhythm, beat, stretch, levels, fast, slow, direction, huddle, group, mood, feeling, musically, facial expression, improvisation, rehearse
	Year 4	Topic Invasion Games (football)	Topic Net and Wall (Basketball)	Topic Indoor Athletics Run, jump, throw, agility, power,	Topic Invasion games (Hockey)	Topic Striking and Fielding (Cricket)	Topic Net and Wall (Tennis)

		Control, use space, defend, attack, dribble, pass, tactics, compete, collaborate, teamwork, score, shoot, intercept, foot, inside of the foot, touch, possession.	Control, use space, defend, attack, chest pass, tactics, compete, collaborate, teamwork, score, shoot, footwork, foul, free pass.	speed, track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, target, take off, sling, exchange, accuracy.	Control, use space, defend, attack, dribble, pass, push, slap, tactics, compete, collaborate, teamwork, score, shoot.	Batting, fielding, bowling, bat, wickets, stump, ball, crease, boundary, run, batsman, bowler, wicketkeeper, field, innings, strike, cross, four, six, single, over, pull, shot, forward	Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready.
		<p><b>Topic</b> Invasion games (Tag Rugby) Passing, Running, Backwards, Tag, Straight, Space, Teamwork, Try-area, defend, attack, compete, evade, pace, pickup, step.</p>	<p><b>Topic</b> Gymnastics Fluency, contrasting, unison, low, combinations, full turn, half- turn, sustained, explosive, power, control, group, similar, different, direction, speed, partner, actions, compositional, stamina, leap</p>	<p><b>Topic</b> Invasion Games (Handball) Control, use space, defend, attack, chest pass, tactics, compete, collaborate, teamwork, score, shoot, footwork, foul, free throw, link, teamwork.</p>	<p><b>Topic</b> Outdoor and Adventure Maps, diagrams, scale, symbols, orienteering, compass, challenges, problem-solving, lead, follow, plan, trust, solve, cardinal points.</p>	<p><b>Topic</b> Dance Dance, turn, rhythm, stretch, levels, fast, slow, direction, huddle, mood, feeling, emotions, facial expression, improvisation, rehearse, director, choreographer, slide, formation, freeze frames.</p>	<p><b>Topic</b> Dance Dance, turn, rhythm, stretch, levels, fast, slow, direction, huddle, mood, feeling, emotions, facial expression, improvisation, rehearse, director, choreographer, slide, formation, freeze frames.</p>
Upper Key Stage 2	<b>Year 5</b>	<p><b>Topic</b> Invasion games (Football) Control, use space, defend, attack, dribble, pass, tactics, compete, collaborate, teamwork, score, shoot, positions, power, distance, perform, consistent, fair play, possession, goal side.</p>	<p><b>Topic</b> Net and Wall (Basketball) Control, use space, defend, attack, chest pass, tactics, compete, collaborate, teamwork, score, shoot, footwork, foul, free pass, pivot</p>	<p><b>Topic</b> Indoor Athletics Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, relay, baton, safety, rules, targets, record, set, take over, pass,</p>	<p><b>Topic</b> Invasion Games (Hockey) Control, use space, defend, attack, dribble, pass, push, slap, tactics, compete, collaborate, teamwork, score, shoot, positions, power, distance, perform, consistent, fair play..</p>	<p><b>Topic</b> Striking and Fielding (Cricket) Stance, bowling, bat, wicket, stumps, crease, boundary, batsman, bowler, wicketkeeper, bail, field, innings, strike, cross, four, six, single, over, balls, shot, forward,</p>	<p><b>Topic</b> Net and Wall (Tennis) Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready, volley, overhead, singles, doubles</p>

				sustain, push, receive, hop-step-jump.		defensive, offensive.	
		<p><b>Topic</b> Invasion Games (Tag Rugby)</p> <p>Passing, running, backwards, tag, straight, space, teamwork, try-area, defend, attack, retain, contest, possession, pressure, support, pop pass, turn over, lose pass</p>	<p><b>Topic</b> Gymnastics</p> <p>Symmetry, sequences, combinations, direction, speed, partner, asymmetrical, elements, control, balance, strength, flexibility, asymmetrical, aesthetics.</p>	<p><b>Topic</b> Invasion Games (Handball)</p> <p>Control, use space, defend, attack, tactics, compete, collaborate, teamwork, score, shoot, footwork, foul, free pass, dribble, block, screen, steps, double fault, offensive foul, free throw</p>	<p><b>Topic</b> Outdoor and Adventure</p> <p>Maps, diagrams, remember, symbols, orienteering, challenges, problem-solving, lead, challenge, plan, trust, solve, team, design, instructions, extend, orient, Morse code, decipher, individual.</p>	<p><b>Topic</b> Dance</p> <p>Dance, stretch, levels, mood, feeling, emotions, facial expression, improvisation, rehearse, director, choreographer, slide, formation, locomotion, Bangra, wall patterns, steps, dance style</p>	<p><b>Topic</b> Dance</p> <p>Dance, stretch, levels, mood, feeling, emotions, facial expression, improvisation, rehearse, director, choreographer, slide, formation, locomotion, Bangra, wall patterns, steps, dance style</p>
<b>Year 6</b>	<p><b>Topic</b> Invasion Games (Football)</p> <p>Control, use space, defend, attack, dribble, pass, tactics, compete, collaborate, teamwork, score, shoot, positions, power, distance, perform, consistent, fair play, tackle, covering, supporting.</p>	<p><b>Topic</b> Net and Wall (Basketball)</p> <p>Control, use space, defend, attack, chest pass, tactics, compete, collaborate, teamwork, score, shoot, footwork, foul, free pass, pivot, blocking.</p>	<p><b>Topic</b> Indoor Athletics</p> <p>Run, jump, throw, agility, power, speed, track, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, relay, baton, safety, rules, targets, record, set, take over, pass, strength, judge, trajectory, sprint, shuttle, STEP.</p>	<p><b>Topic</b> Invasion games (Hockey)</p> <p>Control, use space, defend, attack, dribble, pass, push, tactics, compete, collaborate, teamwork, score, shoot, positions, power, distance, perform, consistent, fair play, tackle, covering, supporting.</p>	<p><b>Topic</b> Cricket</p> <p>Tactics, shots, bowling, wickets, stumps, crease, boundary, stance, innings, strike, cross, four, six, single, over, balls, shot, forward, defence, offensive, wide, no-ball</p>	<p><b>Topic</b> Net and Wall (Tennis)</p> <p>Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready, volley, overhead, singles, doubles.</p>	

		<p><b>Topic</b> Invasion Games (Handball)</p> <p>Control, use space, defend, attack, chest pass, tactics, compete, collaborate, teamwork, score, shoot, footwork, foul, free pass, pivot, blocking, screen, goalkeeper, screen, dribble.</p>	<p><b>Topic</b> Gymnastics</p> <p>Flight, vault, sequences, combinations, direction, speed, partner, asymmetrical, elements, control, balance, strength, flexibility</p>	<p><b>Topic</b> Dance</p> <p>Motif, phrase, street dance, Hakka, Step, slide, repeat, beat, composition, collaborate, formations, stag leap, rebound, expression, gesture, dynamics.</p>	<p><b>Topic</b> Outdoor and Adventure</p> <p>Maps, diagrams, scale, symbols, orienteering, compass, challenges, problem-solving, lead, follow, plan, trust, solve, team, design, instructions, extend, knot, orient.</p>	<p><b>Topic</b> Striking and Fielding (Rounders)</p> <p>Stance, bowling, bat, box, batsman, bowler, backstop, field, innings, strike, cross, rounder, half-rounder, over, balls, shot, defensive, offensive, predict, place, select, tactics, stance.</p>	<p><b>Topic</b> Invasion Games (Tag-Rigby)</p> <p>Passing, Running, Backwards, Tag, Straight, Space, Teamwork, Try-area, defend, attack, retain, contest, possession, pressure, support.</p>
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