

## Roxbourne Physical Education Curriculum



Year Group	Name of Unit	HT1	HT2	HT3	HT4	HT5	HT6	
Nursery	Introduction to PE	<ul style="list-style-type: none"> <li>&gt;To move safely and sensibly in a space with consideration of others.</li> <li>&gt;To develop moving safely and stopping with control.</li> <li>&gt;To use equipment safely and responsibly.</li> <li>&gt;To use different travelling actions whilst following a path.</li> <li>&gt;To work with others co-operatively and play as a group.</li> <li>&gt;To follow, copy and lead a partner.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop balancing whilst stationary and on the move.</li> <li>&gt;To explore different body parts and how they move.</li> <li>&gt;To develop changing direction.</li> <li>&gt;To develop jumping and landing.</li> <li>&gt;To develop hopping and landing with control.</li> <li>&gt;To explore different ways to travel.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To explore different body parts and how they move.</li> <li>&gt;To express and communicate ideas through movement exploring directions and levels.</li> <li>&gt;To create movements and adapt and perform simple dance patterns.</li> <li>&gt;To copy and repeat actions showing confidence and imagination.</li> <li>&gt;To move with control and co-ordination, linking, copying and repeating actions.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop rolling a ball to a target.</li> <li>&gt;To explore different body parts and how they move.</li> <li>&gt;To develop accuracy when throwing to a target.</li> <li>&gt;To develop bouncing and catching a ball.</li> <li>&gt;To develop dribbling a ball with your feet.</li> <li>&gt;To develop kicking a ball.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To work safely and develop running and stopping.</li> <li>&gt;To develop throwing and learn how to keep score.</li> <li>&gt;To play games showing an understanding of the different roles within it.</li> <li>&gt;To follow instructions and move safely when playing tagging games.</li> <li>&gt;To work co-operatively and learn to take turns.</li> <li>&gt;To work with others to play team games.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To move at different speeds over varying distances.</li> <li>&gt;To develop balance.</li> <li>&gt;To develop changing direction quickly.</li> <li>&gt;To explore hopping, jumping and leaping for distance.</li> <li>&gt;To develop throwing for accuracy.</li> </ul>	
	Fundamentals	<ul style="list-style-type: none"> <li>&gt;To move around safely in space.</li> <li>&gt;To follow instructions and stop safely.</li> <li>&gt;To stop safely and develop control when using equipment.</li> <li>&gt;To follow instructions and play safely as a group.</li> <li>&gt;To follow a path and take turns.</li> <li>&gt;To work co-operatively with a partner.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop balancing.</li> <li>&gt;To develop running and stopping.</li> <li>&gt;To develop changing direction.</li> <li>&gt;To develop jumping.</li> <li>&gt;To develop hopping.</li> <li>&gt;To explore different ways to travel using equipment.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To copy and create shapes with your body.</li> <li>&gt;To develop stopping a rolling ball.</li> <li>&gt;To develop balancing and taking weight on different body parts.</li> <li>&gt;To develop jumping and landing safely.</li> <li>&gt;To develop rocking and rolling.</li> <li>&gt;To copy and create short sequences by linking actions together.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop rolling and tracking a ball.</li> <li>&gt;To develop accuracy when throwing to a target.</li> <li>&gt;To develop dribbling with a partner.</li> <li>&gt;To develop bouncing and catching with your feet.</li> <li>&gt;To develop kicking a ball to a target.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To move at different speeds over varying distances.</li> <li>&gt;To explore balance.</li> <li>&gt;To develop and refine balance.</li> <li>&gt;To explore changing direction at different speeds.</li> <li>&gt;To develop changing direction quickly.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To explore hopping, jumping and leaping for distance.</li> <li>&gt;To develop hopping, jumping and leaping for distance.</li> <li>&gt;To develop throwing for accuracy.</li> <li>&gt;To explore striking a ball and keeping score.</li> <li>&gt;To compete at the variety of athletic events (Peer/individual competition)</li> </ul>	
Reception	Basic Movements/Spatial Awareness Introduction to PE	<ul style="list-style-type: none"> <li>&gt;To develop balancing whilst stationary and on the move.</li> <li>&gt;To develop running and stopping.</li> <li>&gt;To develop changing direction.</li> <li>&gt;To develop jumping and landing.</li> <li>&gt;To develop hopping and landing with control.</li> <li>&gt;To explore different ways to travel.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To move safely and sensibly in a space with consideration of others.</li> <li>&gt;To develop moving safely and stopping with control.</li> <li>&gt;To use equipment safely and responsibly.</li> <li>&gt;To use different travelling actions whilst following a path.</li> <li>&gt;To work with others co-operatively and play as a group.</li> <li>&gt;To follow, copy and lead a partner.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop rolling a ball to a target.</li> <li>&gt;To track and receive a rolling ball.</li> <li>&gt;To develop accuracy when throwing to a target.</li> <li>&gt;To develop bouncing and catching a ball.</li> <li>&gt;To develop dribbling a ball with your feet.</li> <li>&gt;To develop kicking a ball.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To explore different body parts and how they move.</li> <li>&gt;To express and communicate ideas through movement exploring directions and levels.</li> <li>&gt;To create movements and adapt and perform simple dance patterns.</li> <li>&gt;To copy and repeat actions showing confidence and imagination.</li> <li>&gt;To move with control and co-ordination, linking, copying and repeating actions.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To work safely and develop running and stopping.</li> <li>&gt;To develop throwing and learn how to keep score.</li> <li>&gt;To play games showing an understanding of the different roles within it.</li> <li>&gt;To follow instructions and move safely when playing tagging games.</li> <li>&gt;To work co-operatively and learn to take turns.</li> <li>&gt;To work with others to play team games.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To move at different speeds over varying distances.</li> <li>&gt;To explore balance.</li> <li>&gt;To develop and refine balance.</li> <li>&gt;To explore changing direction at different speeds.</li> <li>&gt;To develop changing direction quickly.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To explore hopping, jumping and leaping for distance.</li> <li>&gt;To develop hopping, jumping and leaping for distance.</li> <li>&gt;To develop throwing for accuracy.</li> <li>&gt;To explore striking a ball and keeping score.</li> <li>&gt;To work co-operatively as a team.</li> </ul>
	Fundamentals	<ul style="list-style-type: none"> <li>&gt;To explore balance, stability and landing safely.</li> <li>&gt;To explore how the body moves differently when running at different speeds.</li> <li>&gt;To explore changing direction and dodging.</li> <li>&gt;To explore jumping, hopping and skipping actions.</li> <li>&gt;To explore co-ordination and combination jumps.</li> <li>&gt;To explore combination jumping and skipping in an individual rope.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop dribbling a ball with your hands.</li> <li>&gt;To explore accuracy when rolling a ball.</li> <li>&gt;To explore throwing with accuracy towards a target.</li> <li>&gt;To explore catching with two hands.</li> <li>&gt;To explore tracking a ball that is coming towards me.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To explore travelling movements.</li> <li>&gt;To explore and combine travelling movements.</li> <li>&gt;To develop quality when performing and linking shapes.</li> <li>&gt;To develop quality and control when performing balances.</li> <li>&gt;To develop technique and control when performing shape jumps.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To use counts of 8 to move in time and make my dance look interesting.</li> <li>&gt;To explore pathways in my dance.</li> <li>&gt;To create my own dance using, actions, pathways and counts.</li> <li>&gt;To explore speeds and actions in our pirate inspired dance.</li> <li>&gt;To copy, remember and repeat actions that represent the theme.</li> <li>&gt;To copy, repeat, create and perform actions that represent the theme.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To move at different speeds over varying distances.</li> <li>&gt;To develop balance.</li> <li>&gt;To develop changing direction quickly.</li> <li>&gt;To explore hopping, jumping and leaping for distance.</li> <li>&gt;To develop throwing for accuracy.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop my understanding of how exercise can make you feel.</li> <li>&gt;To develop my understanding of how exercise can make you strong and healthy.</li> <li>&gt;To develop my understanding of how exercise relates to breathing.</li> <li>&gt;To develop my understanding of how exercise helps my brain.</li> <li>&gt;To develop my understanding of how exercise helps my muscles.</li> <li>&gt;To develop my understanding of the importance of daily exercise.</li> </ul>	
Year 1	Target games	<ul style="list-style-type: none"> <li>&gt;To develop underarm throwing towards a target.</li> <li>&gt;To develop throwing for accuracy.</li> <li>&gt;To develop underarm and overarm throwing at a target.</li> <li>&gt;To develop throwing for accuracy and distance using underarm and overarm.</li> <li>&gt;To select the correct throw for the target.</li> <li>&gt;To develop throwing for accuracy and distance.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To co-operate with a partner to complete challenges.</li> <li>&gt;To explore talking, listening and sharing skills.</li> <li>&gt;To use speaking and listening skills to lead a partner.</li> <li>&gt;To plan with a partner and small group to complete challenges.</li> <li>&gt;To use talking, listening and sharing skills to complete challenges.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To roll a ball towards a target.</li> <li>&gt;To track and receive a rolling ball.</li> <li>&gt;To send and receive a ball with your feet.</li> <li>&gt;To develop catching skills.</li> <li>&gt;To develop throwing and catching skills.</li> <li>&gt;To send and receive a ball using a racket.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To understand the role of defenders and attackers.</li> <li>&gt;To recognise who to pass to and why.</li> <li>&gt;To move towards goal with the ball.</li> <li>&gt;To support a teammate when playing in attack.</li> <li>&gt;To move into space showing an awareness of defenders.</li> <li>&gt;To stay with a player when defending.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To defend space using the ready position.</li> <li>&gt;To play against an opponent and keep the score.</li> <li>&gt;To explore hitting with a racket.</li> <li>&gt;To develop racket and ball skills.</li> <li>&gt;To develop sending a ball using a racket.</li> <li>&gt;To develop hitting over a net.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop underarm throwing and catching.</li> <li>&gt;To develop overarm throwing.</li> <li>&gt;To develop hitting a ball.</li> <li>&gt;To develop collecting a ball.</li> <li>&gt;To learn how to get a batter out.</li> <li>&gt;To play games and understand how to score points.</li> </ul>	
	Team Building	<ul style="list-style-type: none"> <li>&gt;To follow instructions and work with others.</li> <li>&gt;To co-operate and communicate in a small group to solve challenges.</li> <li>&gt;To create a plan with a group to solve the challenges.</li> <li>&gt;To communicate effectively and develop trust.</li> <li>&gt;To use teamwork skills to work as a group to solve problems.</li> <li>&gt;To work with a group to copy and create a basic map.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To roll a ball towards a target.</li> <li>&gt;To track and receive a rolling ball.</li> <li>&gt;To send and receive a ball with your feet.</li> <li>&gt;To develop catching skills.</li> <li>&gt;To develop throwing and catching skills.</li> <li>&gt;To send and receive a ball using a racket.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To understand what being in possession means and support a teammate to do this.</li> <li>&gt;To understand that scoring goals is an attacking skill and to explore ways to do this.</li> <li>&gt;To understand that stopping goals is a defending skill and explore ways to do this.</li> <li>&gt;To explore how to gain possession.</li> <li>&gt;To mark an opponent and understand that this is a defending skill.</li> <li>&gt;To apply simple tactics for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To use the ready position to defend space on court.</li> <li>&gt;To develop returning a ball with hands.</li> <li>&gt;To develop racket skills and use them to return a ball.</li> <li>&gt;To develop returning a ball using a racket.</li> <li>&gt;To play against an opponent using a racket.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To track a rolling ball and collect it.</li> <li>&gt;To develop underarm throwing and catching to field a ball.</li> <li>&gt;To develop overarm throwing to limit a batter's score.</li> <li>&gt;To develop hitting for distance to score more points.</li> <li>&gt;To be able to get a batter out.</li> <li>&gt;To understand the rules of the game and use these to play fairly.</li> </ul>		
Year 2	Target games	<ul style="list-style-type: none"> <li>&gt;To explore how the body moves when running at different speeds.</li> <li>&gt;To explore changing direction and dodging.</li> <li>&gt;To explore balance, stability and landing safely.</li> <li>&gt;To explore and develop jumping, hopping and skipping actions.</li> <li>&gt;To develop co-ordination and combining jumps.</li> <li>&gt;To develop combination jumping and skipping in an individual rope.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop dribbling a ball to hit a target.</li> <li>&gt;To explore rolling a ball.</li> <li>&gt;To dribble a ball with your feet.</li> <li>&gt;To use shapes to create balances.</li> <li>&gt;To develop throwing and catching.</li> <li>&gt;To develop dribbling a ball with your hands.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To perform gymnastics shapes and link them together.</li> <li>&gt;To perform gymnastics shapes with control and link them together.</li> <li>&gt;To use shapes to create balances.</li> <li>&gt;To link travelling actions and balances using apparatus.</li> <li>&gt;To develop travelling actions and balances using apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To remember, repeat and link actions to tell the story of my dance.</li> <li>&gt;To explore understanding of dynamics and how they can show and idea.</li> <li>&gt;To use counts of 8 to help you stay in time with the music.</li> <li>&gt;To copy, remember and repeat actions using facial expressions to show different characters.</li> <li>&gt;To explore pathways and levels.</li> <li>&gt;To remember and rehearse our circus dance showing expression and character.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop the sprinting action.</li> <li>&gt;To develop jumping for distance.</li> <li>&gt;To develop technique when jumping for height.</li> <li>&gt;To develop throwing for distance.</li> <li>&gt;To develop throwing for accuracy.</li> <li>&gt;To select and apply knowledge and technique in an athletics carousel.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To learn how to run for a long time.</li> <li>&gt;To develop jumping in a long rope using timing.</li> <li>&gt;To develop co-ordination in individual skipping.</li> <li>&gt;To develop stamina and change of direction.</li> <li>&gt;To explore exercises to develop strength.</li> <li>&gt;To develop agility, balance and co-ordination.</li> </ul>	
	Team Building	<ul style="list-style-type: none"> <li>&gt;To follow instructions and work with others.</li> <li>&gt;To co-operate and communicate in a small group to solve challenges.</li> <li>&gt;To create a plan with a group to solve the challenges.</li> <li>&gt;To communicate effectively and develop trust.</li> <li>&gt;To use teamwork skills to work as a group to solve problems.</li> <li>&gt;To work with a group to copy and create a basic map.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To roll a ball towards a target.</li> <li>&gt;To track and receive a rolling ball.</li> <li>&gt;To send and receive a ball with your feet.</li> <li>&gt;To develop catching skills.</li> <li>&gt;To develop throwing and catching skills.</li> <li>&gt;To send and receive a ball using a racket.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To understand what being in possession means and support a teammate to do this.</li> <li>&gt;To understand that scoring goals is an attacking skill and to explore ways to do this.</li> <li>&gt;To understand that stopping goals is a defending skill and explore ways to do this.</li> <li>&gt;To explore how to gain possession.</li> <li>&gt;To mark an opponent and understand that this is a defending skill.</li> <li>&gt;To apply simple tactics for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To use the ready position to defend space on court.</li> <li>&gt;To develop returning a ball with hands.</li> <li>&gt;To develop racket skills and use them to return a ball.</li> <li>&gt;To develop returning a ball using a racket.</li> <li>&gt;To play against an opponent using a racket.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To track a rolling ball and collect it.</li> <li>&gt;To develop underarm throwing and catching to field a ball.</li> <li>&gt;To develop overarm throwing to limit a batter's score.</li> <li>&gt;To develop hitting for distance to score more points.</li> <li>&gt;To be able to get a batter out.</li> <li>&gt;To understand the rules of the game and use these to play fairly.</li> </ul>		
Year 3	Ball Skills	<ul style="list-style-type: none"> <li>&gt;To develop dribbling skills with hands and feet.</li> <li>&gt;To develop tracking and catching skills.</li> <li>&gt;To develop tracking and throwing skills.</li> <li>&gt;To develop tracking and kicking skills.</li> <li>&gt;To track a ball that is not sent directly to me.</li> <li>&gt;To apply sending and receiving skills in games.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop sending and receiving the ball with accuracy and control.</li> <li>&gt;To develop the attacking skill of dribbling.</li> <li>&gt;To explore returning the ball to a defender.</li> <li>&gt;To use defensive skills to delay an opponent and gain possession.</li> <li>&gt;To apply attacking skills to move towards goal and find space.</li> <li>&gt;To apply skills and knowledge to compete in a tournament.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To be able to create interesting point and patch balances.</li> <li>&gt;To develop stepping into shape jumps with control.</li> <li>&gt;To develop the straight, forward and barrel roll.</li> <li>&gt;To be able to transition smoothly into and out of different skills.</li> <li>&gt;To create a sequence with matching and contrasting actions and shapes.</li> <li>&gt;To create a partner sequence using the skills I have learnt and including a hoop.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop racket and ball control.</li> <li>&gt;To explore rallying using a forehand.</li> <li>&gt;To explore returning the ball using a forehand.</li> <li>&gt;To explore returning the ball using a backhand.</li> <li>&gt;To learn how to score and use simple rules.</li> <li>&gt;To work co-operatively with others to begin to manage a game.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop an understanding of buoyancy and balance in the water.</li> <li>&gt;To develop gliding and crawl legs.</li> <li>&gt;To develop power and technique when throwing for distance.</li> <li>&gt;To develop gliding and backstroke.</li> <li>&gt;To work co-operatively in water safety and floating.</li> <li>&gt;To develop water safety skills and an understanding of personal survival.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop overarm and underarm throwing and apply these to a striking and fielding game.</li> <li>&gt;To develop bowling technique and learn the rules of the skill within this game.</li> <li>&gt;To develop batting technique and understand where to hit the ball.</li> <li>&gt;To develop fielding techniques and apply them to game situations.</li> <li>&gt;To play different roles in a game and begin to think tactically about each role.</li> <li>&gt;To apply skills and knowledge to compete in a tournament.</li> </ul>	
	Football	<ul style="list-style-type: none"> <li>&gt;To develop the attacking skill of dribbling.</li> <li>&gt;To develop changing direction and speed when dribbling.</li> <li>&gt;To develop passing and begin to recognise when to use different skills.</li> <li>&gt;To apply attacking skills to move towards a goal.</li> <li>&gt;To use defensive skills to delay an opponent and gain possession.</li> <li>&gt;To apply skills and knowledge to compete in a tournament.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To understand how balance helps us in everyday life.</li> <li>&gt;To understand how co-ordination helps us in every-day life.</li> <li>&gt;To understand how strength helps us in everyday life.</li> <li>&gt;To understand how speed helps us in everyday life.</li> <li>&gt;To understand how agility helps us in everyday life.</li> <li>&gt;To understand how stamina helps us in everyday life.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop the attacking skill of dribbling.</li> <li>&gt;To protect the ball when dribbling against an opponent.</li> <li>&gt;To develop passing and begin to recognise when to use different skills.</li> <li>&gt;To use defensive skills to delay an opponent and gain possession.</li> <li>&gt;To develop technique in the attacking skill of shooting.</li> <li>&gt;To apply skills and knowledge to compete in a tournament.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To create actions in response to a stimulus and move in unison with a partner.</li> <li>&gt;To create actions to move in contact with a partner or interfere with a partner.</li> <li>&gt;To select and link appropriate actions and dynamics to show our dance idea.</li> <li>&gt;To remember, repeat and create actions to represent an idea.</li> <li>&gt;To share ideas of actions and dynamics to create a dance that shows a location.</li> <li>&gt;To use choreographing ideas to develop our dance.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop an understanding of the basic principles of Athletics events</li> <li>&gt;To explore the sprinting technique, including start and finish of a race</li> <li>&gt;To develop the sprinting technique and improve on your personal best.</li> <li>&gt;To develop power and speed in the sprinting technique.</li> <li>&gt;To develop jumping technique in a range of approaches and take off positions.</li> <li>&gt;To develop throwing for distance</li> <li>&gt;To develop throwing for accuracy</li> <li>&gt;To develop throwing for distance in a pull throw.</li> <li>&gt;To develop officiating and performing skills.</li> </ul>		
Year 4	Tag rugby	<ul style="list-style-type: none"> <li>&gt;To develop throwing, catching and running with the ball.</li> <li>&gt;To develop an understanding of how to defend using tagging rules.</li> <li>&gt;To begin to use the 'forward pass' and 'offside' rule.</li> <li>&gt;To develop movement skills to dodge a defender.</li> <li>&gt;To track an opponent and begin to defend as a team.</li> <li>&gt;To apply the rules and skills you have learnt and play in a tag rugby tournament.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop sending and receiving the ball with accuracy and control.</li> <li>&gt;To develop the attacking skill of dribbling.</li> <li>&gt;To develop dribbling to beat a defender.</li> <li>&gt;To use defensive skills to delay an opponent and gain possession.</li> <li>&gt;To apply attacking skills to move towards goal and find space.</li> <li>&gt;To apply skills and knowledge to compete in a tournament.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop an understanding of buoyancy and balance in the water.</li> <li>&gt;To develop independent movement and submersion.</li> <li>&gt;To develop gliding and crawl legs.</li> <li>&gt;To develop front crawl breathing.</li> <li>&gt;To develop gliding and backstroke.</li> <li>&gt;To develop rotation, sculling and treading water.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop passing and moving and play within the rules of the game.</li> <li>&gt;To develop movement skills to lose a defender and find space.</li> <li>&gt;To use space effectively to create shooting opportunities.</li> <li>&gt;To use defensive skills to intercept a pass and gain possession.</li> <li>&gt;To develop defending skills to delay an opponent and gain possession.</li> <li>&gt;To apply skills and knowledge to compete in a tournament.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop stamina and an understanding of speed and pace in relation to distance.</li> <li>&gt;To develop power and speed in the sprinting technique.</li> <li>&gt;To develop technique when jumping for distance.</li> <li>&gt;To develop power and technique when throwing for distance.</li> <li>&gt;To develop a pull throw for distance and accuracy.</li> <li>&gt;To develop officiating and performing skills.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop throwing and catching under pressure and apply these to a striking and fielding game.</li> <li>&gt;To develop bowling and learn the rules of the skill within this game.</li> <li>&gt;To develop batting technique and understand where to hit the ball.</li> <li>&gt;To develop fielding techniques and apply them to game situations.</li> <li>&gt;To play different roles in a game and begin to think tactically about each role.</li> <li>&gt;To apply skills and knowledge to compete in a tournament.</li> </ul>	
	Netball	<ul style="list-style-type: none"> <li>&gt;To develop passing and moving and play within the footwork rule.</li> <li>&gt;To use a variety of passes to move towards a goal.</li> <li>&gt;To develop movement skills to lose a defender.</li> <li>&gt;To defend an opponent and try to win the ball.</li> <li>&gt;To develop the shooting action.</li> <li>&gt;To apply skills and knowledge to play games using netball rules.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To recognise different areas of fitness and explore what your body can do.</li> <li>&gt;To develop speed and strength.</li> <li>&gt;To develop co-ordination.</li> <li>&gt;To develop agility.</li> <li>&gt;To develop balance.</li> <li>&gt;To develop stamina.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop individual and partner balances.</li> <li>&gt;To develop the straight, barrel, forward and straddle roll.</li> <li>&gt;To link actions that flow using the rolls I have learnt.</li> <li>&gt;To develop strength in inverted movements.</li> <li>&gt;To create a partner sequence to include the skills I have learnt and apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To copy and create actions in response to an idea and be able to adapt this using changes of space.</li> <li>&gt;To create actions which relate to the theme.</li> <li>&gt;To develop a dance using matching and mirroring.</li> <li>&gt;To learn and create dance moves in the theme of carnival.</li> <li>&gt;To develop a carnival dance using formations, canon and unison.</li> <li>&gt;To develop a dance phrase and perform as part of a class performance.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop co-operation and teamwork skills.</li> <li>&gt;To orientate a map and navigate around a grid.</li> <li>&gt;To develop observational skills, listening to others and following instructions.</li> <li>&gt;To develop trust whilst listening to others and following instructions.</li> <li>&gt;To be able to identify, draw and follow a simple map.</li> <li>&gt;To be able to orientate and navigate around a map and draw a route using directions.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop racket and ball control.</li> <li>&gt;To develop returning the ball using a forehand and understand when to use it.</li> <li>&gt;To develop the backhand and understand when to use it.</li> <li>&gt;To keep a continuous rally going showing increased technique.</li> <li>&gt;To use and apply rules and simple tactics.</li> <li>&gt;To understand and use rules to manage a game.</li> </ul>	
Year 5	Swimming	<ul style="list-style-type: none"> <li>&gt;To develop gliding, front crawl and backstroke.</li> <li>&gt;To develop rotation, sculling and treading water.</li> <li>&gt;To develop the front crawl stroke and breathing technique.</li> <li>&gt;To develop the technique for backstroke arms and legs.</li> <li>&gt;To develop backstroke leg kick.</li> <li>&gt;To develop backstroke technique.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop breaststroke and breathing technique.</li> <li>&gt;To develop basic skills of water safety and floating.</li> <li>&gt;To develop butterfly kick.</li> <li>&gt;To learn techniques for personal survival.</li> <li>&gt;To develop water safety skills and an understanding of personal survival.</li> <li>&gt;To identify fastest strokes and personal bests.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To perform symmetrical and asymmetrical balances.</li> <li>&gt;To develop the straight, forward straddle and backward roll.</li> <li>&gt;To explore different travelling actions using both canon and unison.</li> <li>&gt;To perform progressions of inverted movements.</li> <li>&gt;To explore matching and mirroring in sequence work.</li> <li>&gt;To create a partner sequence using apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop communication and negotiation skills.</li> <li>&gt;To develop strong communication and negotiation skills to solve challenges.</li> <li>&gt;To develop planning and problem solving skills.</li> <li>&gt;To understand and use relationships with space to change how a performance looks.</li> <li>&gt;To create and follow a key and route on a map.</li> <li>&gt;To perform a bhangra dance, showing an awareness of timing, formations and direction.</li> <li>&gt;To select, order, structure and perform movements in a bhangra style, showing various group formations.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To understand pace and apply different speeds over varying distances.</li> <li>&gt;To develop fluency and co-ordination when running for speed.</li> <li>&gt;To develop technique in relay changovers.</li> <li>&gt;To build momentum and power in the triple jump.</li> <li>&gt;To develop throwing with force for longer distances.</li> <li>&gt;To develop throwing with greater control and technique.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop throwing and catching under pressure and apply these to a striking and fielding game.</li> <li>&gt;To develop bowling under pressure whilst abiding by the rules of the game.</li> <li>&gt;To strike a bowled ball with increasing consistency.</li> <li>&gt;To develop fielding techniques and select the appropriate action for the situation.</li> <li>&gt;To understand and apply tactics in a game.</li> <li>&gt;To apply skills and knowledge to compete in a tournament.</li> </ul>	
	Football	<ul style="list-style-type: none"> <li>&gt;To maintain possession when dribbling.</li> <li>&gt;To dribble with control under pressure.</li> <li>&gt;To select the appropriate skill, choosing when to pass and when to dribble.</li> <li>&gt;To move into and create space to support a teammate.</li> <li>&gt;To use the appropriate defensive technique for the situation.</li> <li>&gt;To apply rules, skills and principles to play in a tournament.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To use attacking skills to beat a defender</li> <li>&gt;To send and receive the ball with control under pressure.</li> <li>&gt;To communicate with my team, move into space and take the ball towards goal.</li> <li>&gt;To use defensive tactics to gain possession.</li> <li>&gt;To apply rules, skills and principles to play in a tournament.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop ways to move the ball and apply them to different situations.</li> <li>&gt;To develop movement skills to lose a defender in different situations.</li> <li>&gt;To communicate with my team, move into space and take the ball towards the goal.</li> <li>&gt;To defend an opponent and know when to try and intercept.</li> <li>&gt;To develop shooting and explore when to pass, dribble or shoot.</li> <li>&gt;To use and apply skills, principles and tactics to a game situation.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To create a dance using a random structure and perform the actions showing quality and control.</li> <li>&gt;To understand how changing dynamics changes the appearance of the performance.</li> <li>&gt;To understand and use relationships with space to change how a performance looks.</li> <li>&gt;To copy and repeat movements in the style of rock 'n' roll.</li> <li>&gt;To work with a partner to copy and repeat actions in time with the music.</li> <li>&gt;To work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To understand how speed helps me in other activities and apply this.</li> <li>&gt;To understand how strength helps me in other activities and apply this.</li> <li>&gt;To understand how agility helps me in other activities and apply this.</li> <li>&gt;To understand how balance helps me in other activities and apply this.</li> <li>&gt;To understand how co-ordination helps me in other activities and apply this.</li> <li>&gt;To understand how stamina helps me in other activities and apply this.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To return the ball using a forehand groundstroke under pressure.</li> <li>&gt;To return the ball using a backhand groundstroke under pressure.</li> <li>&gt;To use a variety of shots to keep a continuous rally going.</li> <li>&gt;To develop the underarm serve and understand the rules of serving.</li> <li>&gt;To develop the volley and understand when to use it.</li> <li>&gt;To apply rules, skills and principles to play against an opponent.</li> </ul>	
Year 6	Tag rugby	<ul style="list-style-type: none"> <li>&gt;To select the appropriate skill, choosing when to run and when to pass.</li> <li>&gt;To move into space to support a teammate abiding by the rules.</li> <li>&gt;To use defensive skills to gain possession.</li> <li>&gt;To use a defending unit to prevent attackers from scoring.</li> <li>&gt;To use a variety of attacking skills to beat a defender.</li> <li>&gt;To apply rules, skills and tactics learnt to play in a tag rugby tournament.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop dribbling to beat a defender.</li> <li>&gt;To send and receive the ball with control under pressure.</li> <li>&gt;To select the appropriate skill, choosing when to pass and when to dribble.</li> <li>&gt;To move into and create space to support a teammate.</li> <li>&gt;To use the appropriate defensive technique for the situation.</li> <li>&gt;To apply rules, skills and principles to play in a tournament.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To dribble with control under pressure.</li> <li>&gt;To move into and create space to support a teammate.</li> <li>&gt;To choose when to pass and when to dribble.</li> <li>&gt;To use the appropriate defensive technique for the situation.</li> <li>&gt;To develop shooting technique and make decisions about when to pass, dribble or shoot.</li> <li>&gt;To apply principles, rules and tactics to a tournament.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To copy and repeat a dance phrase showing confidence in movements.</li> <li>&gt;To work with others to explore and develop the dance idea.</li> <li>&gt;To use changes in dynamics in response to the stimulus.</li> <li>&gt;To demonstrate a sense of rhythm and energy when performing bhangra style motifs.</li> <li>&gt;To perform a bhangra dance, showing an awareness of timing, formations and direction.</li> <li>&gt;To select, order, structure and perform movements in a bhangra style, showing various group formations.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop my own and others sprinting technique.</li> <li>&gt;To identify a suitable pace for the event.</li> <li>&gt;To develop power, control and technique for the triple jump.</li> <li>&gt;To develop power, control and technique when throwing for distance.</li> <li>&gt;To develop throwing with force and accuracy for longer distances.</li> <li>&gt;To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop placement of the ball using a forehand.</li> <li>&gt;To return the ball using a backhand groundstroke.</li> <li>&gt;To develop the volley and understand when to use it.</li> <li>&gt;To employ tactics when playing with a partner.</li> <li>&gt;To develop accuracy and consistency using the underarm serve.</li> <li>&gt;To develop fielding techniques and select the appropriate action for the situation.</li> <li>&gt;To understand and apply tactics in a game.</li> <li>&gt;To apply skills and knowledge to compete in a tournament.</li> </ul>	
	Netball	<ul style="list-style-type: none"> <li>&gt;To develop passing and moving to maintain possession.</li> <li>&gt;To use a variety of attacking skills to lose a defender.</li> <li>&gt;To move into and create space to support a teammate.</li> <li>&gt;To use defensive skills to gain possession.</li> <li>&gt;To develop accuracy in the shooting action under pressure.</li> <li>&gt;To use and apply skills, principles and tactics to a game situation.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop an awareness of what your body is able to do.</li> <li>&gt;To develop speed and stamina.</li> <li>&gt;To develop strength using my own body weight.</li> <li>&gt;To develop co-ordination.</li> <li>&gt;To develop agility.</li> <li>&gt;To develop balancing with control.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop the straddle, forward and backward roll.</li> <li>&gt;To develop counter balance and counter tension.</li> <li>&gt;To develop jumps and explore the effect of height.</li> <li>&gt;To create a group sequence using formations and apparatus.</li> <li>&gt;To create a contrasting group sequence using formations and apparatus.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To build communication and trust whilst showing an awareness of safety.</li> <li>&gt;To collaborate as a team to solve problems.</li> <li>&gt;To understand and use relationships with space to change how a performance looks.</li> <li>&gt;To determine the best approach.</li> <li>&gt;To develop navigational skills and map reading.</li> <li>&gt;To use a key to identify objects and locations.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To use a variety of passes to maintain possession under pressure.</li> <li>&gt;To select the appropriate skill to create space, move towards goal and away from defenders.</li> <li>&gt;To select and apply the appropriate skill to score goals.</li> <li>&gt;To use defensive skills to stop and opponent from scoring.</li> <li>&gt;To use appropriate defensive techniques for the situation.</li> <li>&gt;To apply rules, skills and principles to play in a tournament.</li> </ul>	<ul style="list-style-type: none"> <li>&gt;To develop throwing and catching under pressure and apply these to a striking and fielding game.</li> <li>&gt;To develop bowling under pressure whilst abiding by the rules of the game.</li> <li>&gt;To strike a bowled ball with increasing consistency.</li> <li>&gt;To develop fielding techniques and select the appropriate action for the situation.</li> <li>&gt;To understand and apply tactics in a game.</li> <li>&gt;To apply skills and knowledge to compete in a tournament.</li> </ul>	