



Core skills **cooperation fair play determination respect teamwork decision making perseverance feedback**

Year 1

SPORTS ENRICHMENT WEEK
a week of sporting opportunities beyond the school curriculum E.G SCOOTERS, SKATEBOARDING

AUTUMN ONE
Target Games Unit 1
Dance

SPRING ONE
Yoga
Team Building

AUTUMN TWO
Target Games Unit 2
Dance

FUNDAMENTAL MOVEMENT SKILLS
Children taught to master the basic movement skills, including running, jumping, throwing catching balance and agility.

TEAM GAMES
Children are introduced to team games through KS1

SPRING TWO
Gymnastics
Sending and Receiving Unit 1

By the end of Year 1 Pupils will be able to

- Show respect and kindness towards their teammates and opponents.
- identify areas of strength and areas for improvement.
- work collaboratively with others, taking turns and sharing ideas

By the end of Year 1 Pupils will be able to

- explore travelling actions, movement skills and balancing
- use space safely and effectively.
- Explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement phrases

By the end of Year 1 Pupils will be able to

- explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. explore skills in isolation as well as in combination.
- develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. develop their understanding of attacking and defending and what being 'in possession' means

SUMMER TWO
Striking and Fielding Unit 2
Fundamentals

SUMMER ONE
Striking and Fielding Unit 1
Sending and Receiving Unit 2

School house games day



FUNDAMENTAL MOVEMENT SKILLS

Children taught to master the basic movement skills, including running, jumping, throwing catching balance and agility.

By the end of Year 2 Pupils will be able to

- develop skills required in athletic activities such as running at different speeds, jumping and throwing.
- Work collaboratively and independently
- work with a range of different sized balls and apply their skills individually, in pairs and in small groups build on their knowledge of sending and receiving by applying their skills in different situations.
- develop understanding of invasion games and the principles of defending and attacking.
- use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with both feet and hands.

TEAM GAMES

Children are introduced to team games through KS1

SPORTS ENRICHMENT WEEK
a week of sporting opportunities beyond the school curriculum E.G TENNIS, SCOOTERS, SKATEBOARDING

AUTUMN ONE

Invasion Games Unit 1
Dance

AUTUMN TWO

Invasion Games Unit 2
Dance

SPRING ONE

Yoga
Team Building

SPRING TWO

Gymnastics
Fundamentals

By the end of Year 2 Pupils will be able to

- develop skills required in athletic activities to play to the rules.
- develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping.
- Take turns and share ideas

By the end of Year 2 Pupils will be able to

- explore space and how their body can move to express and idea, mood, character or feeling
- develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases. Pupils develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions.

Year 2



SUMMER ONE

Net and Wall Unit 1
Athletics

SUMMER TWO

Net and Wall Unit 1
Athletics

School house games day

Y1

Y3



Core skills **cooperation fair play determination respect teamwork decision making perseverance feedback**

Year 3

LEVEL 1 COMPETITION
Children introduced to competitive sport through intra house competitions

LEVEL 2 COMPETITION
Children introduced to competitive sport through interschool competitions

- By the end of Year 3 Pupils will be able to
- Pupils develop their use of counting and rhythm. Pupils learn to use canon, unison, formation and levels in their dances
 - develop the basic skills of rolling, jumping and balancing and use them individually and in combination. Develop their sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow
 - learn yoga poses and techniques that will help them to connect their mind and body.
 - improve well being by building strength, flexibility and balance



- By the end of Year 3 Pupils will be able to
- improve on key skills such as throwing, dodging and catching.
 - learn how to apply simple tactics to the game to outwit their opponent.
 - develop their coordination, accuracy, and control of movements.
 - observe and recognise improvements for their own and others' skills and identify areas of strengths.
 - work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.
 - develop basic running, jumping and throwing techniques.
 - set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.
 - persevere to achieve their personal best.
 - measure, time and record scores.

SPRING TWO
Gymnastics
OAA

SUMMER TWO
Rounders Athletics

School house games dav

SPRING ONE
Yoga
OAA

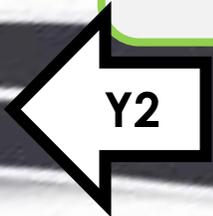
SUMMER ONE
Cricket
Athletics

AUTUMN ONE
Golf
Dance

AUTUMN TWO
Dodgeball
Dance

EXTRA CURRICULAR ACTIVITIES
Children encouraged to participate in extra curricular sport

SPORTS ENRICHMENT WEEK
a week of sporting opportunities beyond the school curriculum E.G **archery, martial arts, indoor climbing, aerial fitness, jujitsu, skateboarding**



Core skills **cooperation fair play determination respect teamwork decision making perseverance feedback**

Y3

AUTUMN ONE
Tag Rugby
Dance

AUTUMN TWO
Handball
Dance

- By the end of Year 4 Pupils will be able to
- set movement to explore and communicate ideas and issues, and their own feelings and thoughts
 - learn a wider range of travelling actions and include the use of pathways. develop more advanced actions such as inverted movements and explore ways to include apparatus
 - learn yoga poses and techniques that will help them to connect their mind and body.
 - improve well being by building strength, flexibility and balance

- By the end of Year 4 Pupils will be able to
- contribute to the game by helping to keep possession of the ball
 - use simple attacking tactics using sending, receiving and dribbling a ball.
 - think about defending and winning the ball and use skills, strategies and tactics to outwit the opposition.
 - understand the importance of playing fairly and keeping to the rules
 - learn to keep possession of the ball using attacking skills.

SPRING TWO
Gymnastics
OAA

SPRING ONE
Yoga
OAA

EXTRA CURRICULAR ACTIVITIES
Children encouraged to participate in extra curricular sport

SUMMER TWO
Volleyball
Athletics

School house games dav

Y5

SUMMER ONE
Badminton
Athletics

- By the end of Year 4 Pupils will be able to
- develop strategies and social skills to self-manage games.
 - evaluate their own and others' performances and suggest improvements
 - develop basic running, jumping and throwing techniques
 - develop problem solving skills through a range of challenges. Work as a pair and small group to plan, solve, reflect and improve on strategies

LEVEL 1 COMPETITION
Children introduced to competitive sport through intra house competitions

LEVEL 2 COMPETITION
Children introduced to competitive sport through interschool competitions

SPORTS ENRICHMENT WEEK
a week of sporting opportunities beyond the school curriculum E.G archery, martial arts, indoor climbing, aerial fitness, jujitsu, skateboarding

Year 4





Core skills **cooperation fair play determination respect teamwork decision making perseverance feedback**

Year 5

- By the end of Year 5 Pupils will be able to**
- use movement to explore and communicate ideas and issues, and their own feelings and thoughts and be provided with the opportunity to create and perform their work and provide feedback in dance
 - learn a wider range of actions such as inverted movements to include cartwheels and handstands. explore partner relationships such as canon and synchronisation and matching and mirroring.
 - learn yoga poses and techniques that will help them to connect their mind and body.

- By the end of Year 5 Pupils will be able to**
- develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball.
 - develop the range and quality of striking and fielding skills and their understanding of cricket
 - select and apply tactics to the game to outwit their opponent
 - to think about how they use skills, strategies and tactics to outwit the opposition.
 - work with a partner and group to organise and self-manage their own games.

AUTUMN TWO
Handball
Dance

SPRING ONE
Yoga
OAA

SPRING TWO
Gymnastics
OAA

SUMMER TWO
Rounders
Athletics

School house games day

SUMMER ONE
Cricket
Athletics

- By the end of Year 5 Pupils will be able to**
- play with honesty and fair play when playing competitively.
 - evaluate and suggest improvements to their own and others' performances.
 - Set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing
 - develop teamwork skills through completion of a number of challenges. work individually, collaboratively in pairs and groups to solve problems.
 - manage their own games.

AUTUMN ONE
Golf
Dance

LEVEL 1 COMPETITION
Children introduced to competitive sport through intra house competitions

LEVEL 2 COMPETITION
Children introduced to competitive sport through interschool competitions

SPORTS ENRICHMENT WEEK
a week of sporting opportunities beyond the school curriculum E.G **archery, martial arts, indoor climbing, aerial fitness, jujitsu, skateboarding**



Core skills **cooperation fair play determination respect teamwork decision making perseverance feedback**

Y5

AUTUMN ONE
Tag Rugby
Dance

AUTUMN TWO
Handball
Dance

By the end of Year 6 Pupils will be able to

- To choreography, perform and provide feedback in dance thinking about use of movement to convey ideas, emotions feelings and characters.
- Use variations in level, direction and pathway, combine and link sequences and consider quality and control of their actions in gymnastics.
- Identify techniques to connect their mind and body and build strength, flexibility and balance.

EXTRA CURRICULAR ACTIVITIES
Children encouraged to participate in extra curricular sport

SPRING TWO
Gymnastics
OAA

By the end of Year 6 Pupils will be able to

- be inclusive of others, share ideas and plans to produce the best solution to a challenge. lead groups and utilise negotiation skills
- Comment on own and others performances suggesting ways to improve.

SPRING ONE
Yoga
OAA



SPORTS ENRICHMENT WEEK
a week of sporting opportunities beyond the school curriculum E.G archery, martial arts, indoor climbing, aerial fitness, jujitsu, skateboarding

LEVEL 1 COMPETITION
Children introduced to competitive sport through intra house competitions

LEVEL 2 COMPETITION
Children introduced to competitive sport through interschool competitions

By the end of Year 6 Pupils will be able to

- Show control and fluency in dribbling, sending and receiving a ball under pressure.
- Use skills, tactics, strategies and collaboration to outwit opponents
- Take on the role of referee and play safe and honest
- Set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing
- control of their actions in gymnastics.
- Identify techniques to connect their mind and body and build strength, flexibility and balance.

SUMMER ONE
Badminton
Athletics

School house games day

HIGH SCHOOL

SUMMER TWO
Volleyball
Athletics



Year 6