



# PE Curriculum

*"Love one another. As I have loved you." (John 13.34)*

At St John's Primary Academy, we strive to follow Jesus' commandment by showing care, respect and friendship to all we meet. This is built on a foundation and commitment to educating the whole child through a broad and balanced curriculum, fostering children's aspirations and providing them with opportunities to flourish, in body, mind and spirit and to experience the joy and hope of *"...life in all its fullness"* (John 10.10).



## Vision for PE

### Intent

At St. John's, our PE curriculum aims to motivate our pupils to participate, develop and compete across a wide range of sports, fostering a love for the subject. Through an inclusive and differentiated approach, we aspire to stimulate children at St John's to become resilient, confident individuals, who will grow to lead healthy, active lifestyles. Children are encouraged to become leaders whilst collaborating with their peers and to develop a greater respect for sportsmanship. St John's provides children with the fundamental skills and understanding to succeed in physical education.

### Implementation

**Competition** – All children, from the age of 6, are given the opportunity to compete in a wide range of sports, both within the academy cluster and wider district and county competitions. Children are encouraged to endeavour to win and demonstrate excellent sportsmanship at all times when representing the school. Competition results are celebrated within the school, allowing participating children to feel rewarded and their efforts appreciated.

**Inclusion** – Across the school, staff ensure that their lessons are differentiated and resourced appropriately for all pupils, ensuring they can access their learning. Planning is carefully thought-out, allowing children of varied abilities to progress and tackle new challenges. Children at St. John's feel supported to ask questions on how they can develop their sporting ability. A varied curriculum, including swimming, dance, gymnastics and Paralympic sports, enables the children to enjoy a breadth of sports and activities.

**Extra-curricular Activities** – St. John's offers an abundance of after-school clubs for Key Stage 2, such as netball, football, basketball and dodgeball. Children are taught the fundamental skills in a fun, competitive environment, applying their learning from PE lessons. Children at St. John's understand the importance of commitment, punctuality and support each other in becoming more confident, sporting individuals. Key Stage 2 children are offered the opportunity to attend residential where they can grow in confidence in an alternative environment.

**Leadership** – The Olympic Values are interwoven throughout our PE curriculum. The children at St John's understand the importance of these and have the opportunity to display leadership skills in Year 6 by becoming Sport's Leaders. A range of responsibilities allow children to develop in this area and help to develop their love of leadership in a sporting context. Children are aware of the excellent opportunity they have to showcase their understanding of the benefits sports can have, both physically and mentally.

**Curriculum** – The PE overview is progressive to ensure, across Early Years, Key Stage 1 and Key Stage 2, children have the opportunity to develop. In the Early Years and Key Stage 1, the fundamental skills are taught through fun, motivating and inclusive lessons to foster a love for PE. Therefore, when children reach Key Stage 2, they are enthused and keen to implement these skills in their PE lessons. Year 3 pupils attend swimming lessons at a local swimming pool.

**Healthy Active Lifestyles** – Physical and mental well-being is taught across the school in both the children's academic and non-academic subjects. They learn to understand the importance of a Growth Mindset and are encouraged to support one another emotionally. Children at our school are offered the opportunity to enjoy a balanced, nutritious school dinner. Additionally, in Early Years and Key Stage 1 children are offered a range of fruits daily. Slices of wholemeal toast are offered to the children of Key Stage 2. Change4Life has been running as an extra-curricular club for many years, aiming to engage identified pupils in a sporting environment.

## **Impact**

**Planning** – Does the planning provide opportunities for all children to develop? Does the planning adopt an inclusive approach? Are questions asked to support children in mastering a deeper understanding? Is planning relevant and linked to competitive sport? Are tasks differentiated? Is there a clear sequence where children build on prior learning? Are lessons engaging and fostering a love of PE?

**Pupil voice** – Do children enjoy PE? Are they excited by lessons? Do they have a passion for PE? Are they learning and developing their understanding for a range of sports? Do they feel they have the opportunity to use these skills and apply them competitively? Are children confident in discussing sports using technical language? Do they enjoy working in collaboration with their peers?

**CPD** – Are staff confident in their subject knowledge? Do we provide opportunities for staff to share good practise and ask for support? Are we keeping staff updated with any necessary information regarding the PE action plan?

**Competitions** – Are we attending local sports competitions? Are we hosting sports competitions? Do we give the opportunity to all children to participate? Are sports competitions varied for age and sport?

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## St. John's Primary Academy



### Overview of the PE Curriculum

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year 1</b>	Athletics	Balancing and Climbing	Hockey	Throwing and catching (targets and games)	Invasion Games	Football
		Dance	Gymnastics	Foot-golf	Tennis (beanbag)	Batting and Fielding
<b>Year 2</b>	Athletics	Throwing and catching (distance and accuracy)	Hockey	Disability sports (boccia, sitting volleyball, curling)	Invasion games	Rounders (introduction)
		Dance	Gymnastics	Tri-golf	Tennis	Cricket (introduction)
<b>Year 3</b>	Athletics	Football	Hockey	Tag rugby	Netball	Rounders
		Dance	Gymnastics	Tri-golf	Tennis	Cricket
<b>Year 4</b>	Athletics	Football	Basketball	Tag rugby	Netball	Rounders
		Dance	Gymnastics	Tri-golf	Tennis	Cricket
<b>Year 5</b>	Athletics	Basketball	Handball	Tag rugby	Netball	Rounders
		Dance	Gymnastics	Tri-golf	Tennis	Cricket
<b>Year 6</b>	Athletics	Basketball	Handball	Football	Netball	Rounders
		Dance	Gymnastics	Tri-golf	Tennis	Cricket

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<b>Athletics</b>	<p>Run at different speeds.</p> <p>Jump from a standing position.</p> <p>Perform a variety of throws with basic control.</p>	<p>Change the speed and direction whilst running.</p> <p>Jump from a standing position with accuracy.</p> <p>Perform a variety of throws with control and coordination.</p> <p>Use equipment safely.</p>	<p>Begin to run at speeds appropriate for the distance.</p> <p>Perform a running jump with some accuracy.</p> <p>Perform a variety of throws using a selection of equipment.</p> <p>Use equipment safely and with good control.</p>	<p>Begin to build a variety of running techniques and use with confidence.</p> <p>Perform a running jump with more than one component e.g. hop, skip, jump (triple jump).</p> <p>Demonstrate accuracy in throwing and catching activities.</p> <p>Describe good athletic performance using correct vocabulary.</p> <p>Use equipment safely and with good control.</p>	<p>Begin to build a variety of running techniques and use with confidence.</p> <p>Perform a running jump with more than one component e.g. hop, skip, jump (triple jump).</p> <p>Begin to record their peers' performances and evaluate these.</p> <p>Demonstrate improved distance and confidence in throwing activities.</p> <p>Develop performance across sports hall athletics events.</p> <p>Describe good athletic performance using correct vocabulary.</p> <p>Use equipment safely and with good control.</p>	<p>Begin to build a variety of running techniques and use a baton with confidence.</p> <p>Perform a running jump with more than one component e.g. hop, skip, jump (triple jump).</p> <p>Begin to record their peers' performances and evaluate these.</p> <p>Demonstrate improved distance and confidence in throwing activities.</p> <p>Develop performance across sports hall athletics events.</p> <p>Describe good athletic performance using correct vocabulary.</p> <p>Use equipment safely and with good control.</p>

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<b>Balance and Climbing</b>	<p>Balance on different body parts and different number of body parts.</p> <p>Balance on small body parts e.g. hands and feet (front and back support)</p> <p>Demonstrate big and small shapes as they balance.</p> <p>Combine balances on small body parts with travelling from high to low.</p> <p>Describe ways to balance on small body parts.</p> <p>Move under, over and through apparatus.</p> <p>Balance while in contact with apparatus.</p> <p>Link travelling with stillness on apparatus.</p> <p>Move on, off and around apparatus, safely.</p>					

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<b>Dance</b>	<p>Make simple arm gestures.</p> <p>Perform a jump with a safe landing.</p> <p>Full turn, turning left and right.</p> <p>Change direction during travelling movements.</p> <p>Link together dance moves with gestures and changing direction in time to music.</p> <p>Explore basic body patterns and movements to music.</p> <p>Use a variety of moves that change speed and direction.</p> <p>Practise starting from different positions.</p>	<p>Perform jumps with arm gestures.</p> <p>Perform arm gestures with leg movements.</p> <p>Perform arm gestures while turning left and right.</p> <p>Link movements with stillness.</p> <p>Perform a routine including different levels and speeds of movement.</p> <p>Show contrasts in simple dances with good body shape and position.</p> <p>Develop an understanding of timing.</p> <p>Compose and perform simple dance phrases.</p> <p>Be able to start at a different point in a routine.</p> <p>Work to music, creating movements that show rhythm and control.</p>	<p>Link multiple jumps together. Final jump to include a shape or gesture.</p> <p>Add a twist to a jump.</p> <p>Gestures include arm and leg movements in time.</p> <p>Mirror image gestures with a partner.</p> <p>Link turns together to perform multiple turns.</p> <p>Link movements changing direction with stillness.</p> <p>Create patterns of movement individually and with a partner.</p> <p>Perform a dance with rhythm and expression.</p> <p>Use knowledge of dance to create a story in small groups.</p> <p>Develop precision in movements.</p> <p>Perform with confidence and evaluate own work.</p>	<p>Jump to include a shape and a turn. Link multiple jumps together.</p> <p>Gesture include arm and leg movements that change directions.</p> <p>Synchronised mirrored movements with a partner. Perform pieces of a routine in unison and cannon.</p> <p>Turn pivoting on one leg using the vertical axis. Turn left and right. Link turning movements with stillness.</p> <p>Create patterns of movements on different pathways.</p> <p>Identify and practise the patterns and actions of chosen dance style.</p> <p>Create an individual dance that reflects the chosen dancing style. Demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>Create partnered dances that reflect the dancing style, story and apply the key components of dance.</p> <p>Perform and evaluate own and others' work.</p>	<p>Jump with a turn. Jump between levels of low and high.</p> <p>Gestures performed in unison, cannon and retrograde.</p> <p>Link a movement into a turn on one leg. Turn on two legs between different levels of low and high.</p> <p>Link a movement (rolling, turning, sliding) into a stillness with a shape. Perform at different levels.</p> <p>Create patterns of movements on different pathways and levels.</p> <p>Perform intricate moves and isolate body parts in movements.</p> <p>Identify and practise the patterns and actions of chosen dance style.</p> <p>Demonstrate an awareness of the music's rhythm and phrasing when improvising and composing.</p> <p>Create individual, partnered and group dances that reflect the dancing style, story and apply the key components of dance.</p> <p>Perform and evaluate own and others' work. Use feedback to adapt a routine.</p>	<p>Jump with turn and shape. Jump between levels of low and high.</p> <p>Gestures performed in unison, cannon and retrograde, thinking about pathways.</p> <p>Link a movement into a turn on one leg with a leg swing. Turn on one legs between different levels of low and high.</p> <p>Link a movement (rolling, turning, sliding) into a stillness with a shape. Perform at different levels synchronising with a partner.</p> <p>Use transitional movements on different pathways and levels.</p> <p>Perform intricate, isolated movements reflecting partners movements.</p> <p>Identify and practise the patterns and actions of chosen dance style.</p> <p>Demonstrate an awareness of the music's rhythm and phrasing when improvising and composing.</p> <p>Create individual, partnered and group dances that reflect the dancing style, story and apply the key components of dance.</p> <p>In a group dance think about formations.</p> <p>Perform and analyse own and other's performance.</p> <p>Use feedback to adapt a routine or performance.</p>

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<b>Gymnastics</b>	<p>Travel in different ways from low to high.</p> <p>Combine balances on small body parts with travelling from high to low.</p> <p>Move on, over through and around apparatus safely.</p> <p>Slide using push and pull actions. Travel along different pathways and link with sliding actions.</p> <p>Copy a partner's sequence moving along a straight pathway.</p> <p>Combine balancing and travelling using the same combination of body parts to make a short sequence</p> <p>Rock successfully on different body parts. Rock into a rolling action.</p> <p>Select and link movements together to make a short repeatable sequence.</p> <p>Perform five basic jumps (on, off, hop on, hop off, turn)</p> <p>Combine travelling with jumps and balances.</p>	<p>Travel continuously moving from high to low, to high.</p> <p>Combine travelling and balancing actions with smooth changes of level on apparatus.</p> <p>Match a partner's balance and sequence.</p> <p>Balance and travel using combinations of body parts that are far away and close together on and off apparatus.</p> <p>Travel around and on various pathways including straight, zig-zag, curved (this can be performed alone, with a partner and on apparatus).</p> <p>Jump in a variety of ways and land safely.</p> <p>Jump high and perform a shape while in the air.</p> <p>Combine travelling and jumping.</p> <p>Step into a jump and balance then use these in a sequence.</p> <p>Confidently, jump and land safely from apparatus at various heights. Add shapes to their jumps.</p> <p>Hang and swing in different direction on apparatus and use these in a sequence.</p>	<p>Balance on 2 points.</p> <p>Link balances and travelling actions towards, on and off apparatus.</p> <p>Work with a partner to select and combine balances with travelling actions towards and away from each other.</p> <p>Change speed, shape, level and direction in a sequence.</p> <p>Spin on different body parts. Link spinning and travelling actions on the floor and apparatus.</p> <p>Combine four tuck and straight shapes.</p> <p>Turn on the spot using the vertical axis.</p> <p>Travel with turning on a variety of pathways on the floor and apparatus.</p> <p>Jump for length from two feet to two feet and land safely. combine a jump for length with travelling on different pathways and other actions.</p> <p>Combine actions using three different shapes including the star on the floor and on apparatus.</p>	<p>Combine balances and changing shapes with a travelling action that changes direction.</p> <p>Link a balance with three different shapes.</p> <p>Synchronise sequences with a partner.</p> <p>Link actions, shapes and moving on an L-shaped pathway on apparatus.</p> <p>Select and combine matched actions and contrasting actions with a partner.</p> <p>Perform wheeling actions. Link other actions to different ways of wheeling. Adapt actions to work on apparatus.</p> <p>Perform balances from different starting positions.</p> <p>Link movements including change of direction into a balance on the floor and on apparatus.</p> <p>Link two different ways of turning (half and full) on the spot with two ways of travelling on different pathways.</p> <p>Make bridge shapes. Link making bridges with different actions to move under and through on the floor and on apparatus.</p>	<p>Link up to six different actions mirroring a partner, including twisted shapes on the floor and apparatus.</p> <p>Combine matching pathways with a series of set actions with a partner.</p> <p>Perform swinging gestures to initiate movement on the floor and apparatus.</p> <p>Link different balances and finishing positions with travelling actions.</p> <p>Make simple contact with a partner in a balance and sequence.</p> <p>Perform a straddle shape in a sequence.</p> <p>Competently perform a cartwheeling action at their own stage of progression, incorporating it into a sequence.</p> <p>Perform a handstand at their own stage of progression. Move in and out of the handstand safely.</p> <p>Perform a sequence containing inversion skills of hand standing and cartwheeling with rolling and contrast in body shape.</p>	<p>Link two balances, moving out of each in two different ways, and two travelling actions showing changes in dynamic.</p> <p>Perform a variety of actions using symmetrical and asymmetrical body shapes on the floor and on apparatus.</p> <p>Link actions showing contrasting body shapes using apparatus</p> <p>Perform a set sequence involved inversion skills, rolls and wheeling movements and hand standing. Perform actions with a partner on contrasting pathways.</p> <p>Synchronise movements with a partner then adapt timing.</p> <p>Select, link and synchronise actions in unison and in canon.</p> <p>Select and synchronise ways to counterbalance with a variety of linking movements.</p> <p>Select actions to compose a sequence including flight from hands.</p> <p>Combine a range of actions, dynamics, relationships and pathways in individual, partner and group work.</p>



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<b>Throwing and Catching</b>	<p>Track a piece of equipment to get in line with it to catch it.</p> <p>Catch a beanbag/ball of medium size.</p> <p>Catch a medium sized ball from a bounce.</p> <p>Show basic accuracy with an under-arm throw.</p> <p>Show basic accuracy with an over arm throw.</p> <p>To aim towards a target when throwing a piece of equipment.</p>	<p>Use hand-eye coordination to control a ball.</p> <p>With increasing accuracy, track a ball and get in line with it to collect it.</p> <p>Catch a variety of equipment.</p> <p>Develop accuracy with under arm and over arm throws.</p> <p>To throw a ball over a distance.</p> <p>To vary throws depending on the distance.</p> <p>To aim before throwing equipment towards targets at varied distances.</p>				

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<b>Football</b>	<p>Begin to develop control of the football</p> <p>Start to kick the ball for accuracy into a large space</p> <p>Walk with the ball at their feet</p> <p>Begin to explore sending and receiving the ball</p>		<p>Develop basic control-skills, being able to maintain possession of the ball by dribbling.</p> <p>Send and receive the ball by passing and being able to control the ball.</p> <p>Send the ball with some accuracy to maintain possession and build attacking play.</p> <p>Implement the basic rules of football</p>	<p>Begin to develop defensive skills</p> <p>Dribble in different directions using different parts of their feet.</p> <p>Pass for distance while maintaining accuracy</p> <p>Evaluate their skills to aid improvement</p> <p>Apply some attacking and defensive tactics to game play</p>		<p>Choose and implement a range of strategies to defend and attack</p> <p>Become more skilful when performing movements at speed</p> <p>Perform a wide range of more complex skills, particularly to maintain possession of the ball</p>

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Basketball					<p>Develop ball handling skills, including holding and moving with the ball</p> <p>Dribble in different directions, developing speed.</p> <p>Pass and receive, using both chest and bounce techniques</p> <p>Developing movement when attacking to find space</p> <p>Implement the basic rules of the game</p> <p>Develop strategies to attack</p>	<p>Be confident when handling the ball, dribbling at speed</p> <p>Confidently pass and receive the ball, varying pass technique to scenario.</p> <p>Develop an understanding of different positions.</p> <p>Begin to practise technique for shooting, aiming for power and accuracy.</p> <p>Develop strategies to attack and defend as a team</p> <p>Learn the technique on how to defend 1-on-1</p>

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<b>Hockey</b>	<p>Hold the hockey stick correctly.</p> <p>Dribble the ball forward.</p> <p>Control the ball.</p> <p>Keep control when changing direction.</p> <p>Complete push pass.</p>	<p>Hold the hockey stick correctly when passing and dribbling.</p> <p>Change speed with control of the ball.</p> <p>Stop the ball accurately.</p> <p>Show awareness when in control of the ball.</p> <p>Keep control when changing direction.</p>	<p>Hold the hockey stick correctly when passing and dribbling.</p> <p>Change speed with control of the ball.</p> <p>Stop the ball accurately before dribbling the ball.</p> <p>Show awareness when in control of the ball.</p> <p>Recognise space on the pitch.</p> <p>Keep control when changing direction.</p> <p>Complete push and hit pass.</p>			

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<b>Handball</b>					<p>Begin to implement the basic rules of handball.</p> <p>Develop the correct technique to grip the handball.</p> <p>Use the underarm technique to pass the ball for accuracy.</p> <p>Receive and catch the ball, using the correct techniques.</p> <p>Begin to use simple attacking and defending strategies.</p> <p>Start to develop shooting accuracy.</p> <p>Begin to use marking to defend</p>	<p>Implement the basic rules of handball consistently.</p> <p>Handle the ball confidently.</p> <p>Use a variety of passing techniques, including overarm to develop speed.</p> <p>Develop attacking and defending strategies as a team.</p> <p>Develop shooting for accuracy and power, including jump shot.</p> <p>Develop use of interceptions and marking to regain possession of the ball.</p> <p>Begin to block the ball to stop the opposition scoring.</p>

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<b>Foot-golf</b>	<p>Develop balancing on one leg in order to be able to kick the ball.</p> <p>Explore different techniques of kicking a ball, beginning to develop an understanding of which is better for accuracy.</p> <p>Kick a ball into a target, developing accuracy and control of where the ball goes.</p> <p>Begin to explore kicking the ball for power.</p>					

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<b>Disability sports (boccia, sitting volleyball, curling)</b>		<p>Implement the basic rules of a variety of disability sports.</p> <p>Drop and roll a ball for accuracy, beginning to think about how much power is needed.</p> <p>Perform a throw whilst sitting on the floor, comparing technique to when standing.</p> <p>Catch a ball whilst sitting on the floor, comparing technique to when standing.</p> <p>Be able to throw for accuracy into space or to a teammate.</p> <p>Begin to explore keeping up a balloon/ball/slow motion ball.</p> <p>Develop simple tactics of attacking and defending.</p>				

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<b>Tri-golf</b>		<p>Understand the difference in putting and chipping.</p> <p>Hit the ball in a forward direction.</p> <p>Hold the club.</p> <p>Putt the ball towards a target.</p>	<p>Understand the difference in putting and chipping.</p> <p>Hit the ball in a forward direction accurately.</p> <p>Putt the ball towards a target.</p> <p>Chip the ball over a target.</p>	<p>Understand the difference in putting and chipping.</p> <p>Begin to understand how their body position impacts the direction of the ball.</p> <p>Putt the ball towards a target with increased accuracy.</p> <p>Chip the ball towards a target with increased accuracy.</p>	<p>Understand how their body position impacts the direction of the ball.</p> <p>Discuss with a peer how their technique is impacting their putting and chipping.</p> <p>Putt the ball towards a target with accuracy.</p> <p>Chip the ball towards a target with increased accuracy.</p> <p>Begin to understand how to play TriGolf games.</p>	<p>Understand how their body position impacts the direction of the ball.</p> <p>Discuss with a peer how their technique is impacting their putting and chipping.</p> <p>Putt the ball towards a target with accuracy.</p> <p>Chip the ball towards a target with increased accuracy.</p> <p>Understand how to play TriGolf games.</p> <p>Develop ideas on how to score more points with each game.</p>



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<b>Tag Rugby</b>			<p>Begin to understand the basic rules of tag rugby.</p> <p>Develop confidence in handling the ball, using two hands.</p> <p>Explore some techniques on how to run past an opponent (e.g. finding a gap and accelerating)</p> <p>Begin to use the correct technique to pass backwards when tagged.</p> <p>Begin to stay behind the person with the ball in order to receive a pass.</p> <p>Begin to explore how to tag an opponent.</p> <p>Some exploration of attacking strategies.</p>	<p>Begin to implement the basic rules of tag rugby.</p> <p>Use the correct technique when handling the ball.</p> <p>Explore further techniques in order to run past an opponent (e.g. dropping the shoulder, use of hips, use of agility).</p> <p>Competently pass backwards when tagged.</p> <p>Always stay behind the person with the ball in order to receive a pass.</p> <p>Explore and practise tagging an opponent.</p> <p>Begin to develop attacking and defensive strategies as a team.</p>	<p>Implement the basic rules of tag rugby confidently.</p> <p>Use confidently a variety of techniques in order to run past an opponent with the ball.</p> <p>Pass backwards when tagged, using the time to look for the best option to help the team attack.</p> <p>Tactically find space behind a teammate in order to receive a pass to help the team attack.</p> <p>Explore a variety of attacking and defending strategies.</p>	

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<b>Invasion Games</b>	<p>Explore different ways of using a ball.</p> <p>Explore ways to send a ball or other equipment.</p> <p>Retrieve and stop a ball using different parts of the body.</p> <p>Play a variety of running and avoiding games.</p> <p>Practise skills to make them warmer.</p> <p>Explain why they enjoy playing games and physical activities.</p> <p>Talk about what our bodies do during exercise e.g. breathing.</p> <p>Participate in team games.</p> <p>Pass and receive a ball in different ways with increased control.</p>	<p>Recognise the best ways to score points and stop points being scored.</p> <p>Recognise how they work best with their partner.</p> <p>Use different rules and tactics for invasion games.</p> <p>Make it difficult for opponents.</p> <p>Keep the ball and find best places to score.</p> <p>Describe what they see and ask to copy others ideas, skills and tactics.</p> <p>Recognise what is successful and how to use this knowledge.</p> <p>Understand and develop tactics for attacking and defending.</p>				

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<b>Tennis</b>	<p>Begin to hold the racket, with the head of the racket facing the ceiling.</p> <p>Be able to balance a beanbag(s) on their racket, holding the racket tightly.</p> <p>Pass the beanbag(s) to a partner, focusing on control and accuracy.</p> <p>Receive the beanbag(s) from a partner, placing the head of the racket underneath the beanbag to 'catch' it.</p> <p>Be able to turn the racket (still facing the ceiling) and catch the beanbag(s).</p> <p>Throw the beanbag(s), when on the racket, to a target to develop accuracy.</p> <p>Begin to explore a tennis stroke by sandwiching a beanbag and throwing it to a partner.</p>	<p>Use the correct technique to hold a racket.</p> <p>Develop control of the racket with a sponge ball.</p> <p>Control the racket when pushing the ball and rolling the ball.</p> <p>Develop control of the racket to stop the ball.</p> <p>Be able to control the racket when balancing the ball.</p> <p>Start to use a forehand technique, attempting to use the correct technique.</p> <p>Develop an understanding of a volley.</p> <p>Start to use a forehand technique when volleying</p> <p>Be able to focus on the ball and watch it hit the racket.</p> <p>Begin to learn how to serve, using an underarm technique (allow ball to bounce).</p> <p>Some thought about footwork when striking.</p>	<p>Use the correct stance when striking the ball.</p> <p>Competently hold the racket, using the correct technique.</p> <p>Continue to develop control of the racket, bouncing the ball for control.</p> <p>Begin to develop control of the ball on the racket while moving.</p> <p>Continue to hit the ball for accuracy, using a forehand technique.</p> <p>Begin to grip the racket with a backhand grip.</p> <p>Control the ball when pushing or rolling it with a backhand grip.</p> <p>Start to use a backhand strike, attempting to use the correct technique.</p> <p>Continue to use the correct technique when volleying.</p> <p>Some exploration of backhand volleys.</p> <p>Continue to learn how to serve using an underarm technique (without the ball bouncing)</p> <p>Explore how footwork helps with striking.</p> <p>Start to develop an understanding of the rules of the game.</p>	<p>Use the correct stance when striking the ball.</p> <p>Competently hold the racket, using the correct technique.</p> <p>Continue to develop control of the racket, bouncing the ball for control.</p> <p>Begin to develop control of the ball on the racket while moving.</p> <p>Continue to hit the ball for accuracy, using a forehand technique.</p> <p>Begin to grip the racket with a backhand grip.</p> <p>Control the ball when pushing or rolling it with a backhand grip.</p> <p>Start to use a backhand strike, attempting to use the correct technique.</p> <p>Continue to use the correct technique when volleying.</p> <p>Further exploration of backhand volleys.</p> <p>Continue to learn how to serve using an underarm technique (without the ball bouncing)</p> <p>Use their footwork to develop their striking.</p> <p>Start to develop an understanding of the rules of the game.</p>	<p>Confidently hold the racket, using the correct stance when striking.</p> <p>Hold forehand rallies, competently striking the ball using a forehand technique.</p> <p>Confidently using footwork to help strike the ball.</p> <p>Be able to hold the racket in a backhand grip.</p> <p>Develop stance and footwork to strike the ball with a backhand technique, developing to hold a rally.</p> <p>Volley confidently; being able to hold a rally.</p> <p>Develop confidence of racket control by doing skills.</p> <p>Begin to develop the technique of an overhead serve, focusing on accuracy.</p> <p>Implement the basic rules of the game during match play.</p> <p>Explore attacking strategies to score a point.</p>	<p>Confidently hold the racket, using the correct stance when striking.</p> <p>Hold forehand rallies, competently striking the ball using a forehand technique.</p> <p>Confidently using footwork to help strike the ball.</p> <p>Be able to hold the racket in a backhand grip.</p> <p>Develop stance and footwork to strike the ball with a backhand technique, developing to hold a rally.</p> <p>Volley confidently; being able to hold a rally.</p> <p>Develop confidence of racket control by doing skills.</p> <p>Begin to develop the technique of an overhead serve, focusing on accuracy.</p> <p>Implement the basic rules of the game during match play.</p> <p>Explore attacking strategies to score a point.</p>

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Netball			<p>Perform basic netball skills such as passing using recognised throws.</p> <p>Receive a ball with increasing confidence.</p> <p>Use space effectively to build attacking play.</p> <p>Implement the basic rules of netball.</p>	<p>Begin to understand the high five netball positions.</p> <p>Confidently receive a ball from a teammate, using the correct techniques.</p> <p>Confidently pass to a teammate using multiple techniques.</p> <p>Demonstrate and implement some basic rules of high five.</p> <p>Begin to develop an understanding of marking in netball.</p> <p>Begin to find space and use footwork to benefit their team.</p>	<p>Competently use a range of passing skills, depending on the defender's position.</p> <p>Develop an understanding of pivoting.</p> <p>Begin to play effectively in different positions on the pitch in both attack and defence.</p> <p>Increase power and strength of passes, moving the ball quicker and over longer distances.</p> <p>Acquire and apply basic shooting techniques.</p> <p>Continue to find space effectively, using dodging.</p>	<p>Develop strategies to effectively attack and defend as a team.</p> <p>Competently apply the rules of netball.</p> <p>Play within the rules using blocking skills for shots and passes.</p> <p>Continue to develop defensive skills, using interceptions and marking confidently.</p> <p>Continue to develop shooting technique and ability.</p>

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<b>Batting and Fielding</b>	<p>Move fluently, changing direction and speed easily and avoid collisions.</p> <p>Intercept, retrieve and stop equipment with some consistency.</p> <p>Sometimes catch a beanbag/ball of medium size.</p> <p>Show basic accuracy with rolling, under arm throw and over arm throws. Choose from these to suit the game situation.</p> <p>Track a ball/ equipment and get in line with a ball to collect it.</p> <p>Recognise space in their games and use it to their advantage, planning where to stand to make it difficult for opponents.</p> <p>Using coordination to swing a bat to hit a ball.</p> <p>Understand the concept of aiming to hit the ball into space.</p>					

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<b>Rounders</b>		<p>Develop ability to throw a ball for distance.</p> <p>Develop catching skills, attempting to use the correct technique.</p> <p>Practise throwing skills in a circuit.</p> <p>Practise throwing in a team for speed.</p> <p>Develop some fielding skills to play a game.</p> <p>Learn to position the body correctly to strike a ball with a large bat (tennis racket).</p> <p>Some understanding of how to strike a ball.</p> <p>Begin to understand the rules of a basic, throwing rounders match.</p>	<p>Be able to play a simple rounders game.</p> <p>Develop their understanding of the rules, implementing them into a game.</p> <p>Develop and investigate different ways of throwing and to begin to use them in the correct context.</p> <p>Practise the correct techniques for catching a ball.</p> <p>Begin to use the correct batting technique.</p> <p>Continue to develop fielding skills and applying them within a game context.</p> <p>Begin to strike the ball for distance.</p>	<p>Be able to play a simple rounders game.</p> <p>Develop their understanding of the rules, implementing them into a game.</p> <p>Develop and investigate different ways of throwing and to use them in the correct context.</p> <p>Practise the correct techniques for catching a ball.</p> <p>Begin to use the correct batting technique.</p> <p>Continue to develop fielding skills and applying them within a game context.</p> <p>Begin to strike the ball for distance.</p>	<p>Throw and catch confidently when under pressure.</p> <p>Throw and catch confidently for speed.</p> <p>Use fielding skills to stop the ball effectively, understanding the roles confidently.</p> <p>Learn batting for distance and control.</p> <p>Learn the role of the backstop.</p> <p>Begin to use attacking and defending tactics in a game.</p> <p>Begin to develop the correct technique to bowl accurately.</p>	<p>Throw and catch confidently when under pressure.</p> <p>Throw and catch confidently for speed.</p> <p>Use fielding skills to stop the ball effectively, understanding the roles confidently.</p> <p>Learn batting for distance and control.</p> <p>Learn the role of the backstop.</p> <p>Develop attacking and defending tactics in a game.</p> <p>Use the bowling technique accurately and competently.</p>

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Cricket		<p>To developing hitting skills with a variety of bats.</p> <p>Practice feeding/bowling skills.</p> <p>Hit and run to score points in games.</p> <p>Work on a variety of ways to score runs in the different hit, catch, run games.</p>	<p>Hold a cricket bat correctly.</p> <p>Begin to understand the basic rules of cricket.</p> <p>Hit a ball from an underarm throw.</p> <p>Bowl underarm accurately towards stumps.</p> <p>Develop catching from a short distance.</p> <p>Stop the ball from reaching a target.</p>	<p>Begin to understand the basic rules of cricket.</p> <p>Hit a ball from an underarm throw towards a target.</p> <p>Bowl underarm accurately towards stumps with one bounce.</p> <p>Develop catching from a variety of distances.</p> <p>Stop the ball from reaching a target.</p> <p>Throw the ball accurately towards a target.</p>	<p>Understand the basic rules of cricket.</p> <p>Hit a ball from a bowl with accuracy away from fielders.</p> <p>Begin to bowl over arm.</p> <p>Develop catching from a variety of distances.</p> <p>Stop the ball from reaching a target.</p> <p>Throw the ball accurately towards a target.</p> <p>Recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance.</p>	<p>Understand the basic rules of cricket.</p> <p>Hit a ball from a bowl with accuracy away from fielders.</p> <p>Develop bowling over arm.</p> <p>Develop catching from a variety of distances.</p> <p>Stop the ball from reaching the boundary.</p> <p>Throw the ball accurately towards a target for the benefit of a game.</p> <p>Recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance.</p> <p>Use a range of tactics for attacking and defending in the role of bowler, batter and fielder.</p>

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<b>Swimming and Water Safety</b>			<p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively including front crawl, backstroke and breaststroke.</p> <p>Perform safe self-rescue in different water-based situations.</p> <p>Safely enter and exit the pool.</p> <p>Show breath control.</p> <p>Retrieve objects from within the water.</p> <p>Balance in the water.</p>			