



Holy Trinity Primary School

PE overview

Holy Trinity CE (C) Primary School







Physical Education Skills Overview and Progression









Why do we teach Physical Education at Holy Trinity Primary School?

Physical Education at Holy Trinity aims to nurture active, healthy, and confident learners. We encourage children to be curious by exploring a wide range of sports, skills, and movement opportunities that spark interest and build a love of physical activity. Through engaging teaching, pupils are inspired to challenge themselves, develop resilience, and celebrate their progress as they grow in physical competence and confidence. PE also plays a vital role in helping children feel a sense of belonging, as they learn to work collaboratively, support one another, and demonstrate fairness and respect within team environments.






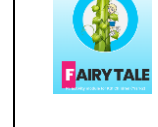
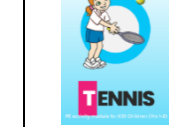







FS1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Co- ordination and Gross/motor skills 	Co- ordination and Gross/motor skills 	Co- ordination and Gross/motor skills 	Co- ordination and Gross/motor skills 	Co- ordination and Gross/motor skills 	Co- ordination and Gross/motor skills 
<p>Move in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles.</p> <p>Use basic co-ordination skills with an object and begin balancing objects on their body</p>	<p>Moving in time to happy and sad music</p> <p>Experiment with actions at different levels</p> <p>Experiment with different ways of moving</p>	<p>Moving around as different characters or animals to the music</p> <p>Show good control and co-ordination in large and small movements.</p> <p>Move confidently in a range of ways, safely negotiating space.</p> <p>Experiment with different ways of moving</p> <p>Create combinations of movement and gesture in order to express and respond to feelings</p>	<p>Experiment with different ways to move a ball in a game using hands and feet.</p> <p>Throw to self, catching a soft ball.</p> <p>Show increasing control over an object in pushing, patting, throwing, catching or kicking it.</p> <p>Moving around a spot/ area, experimenting with different ways of moving (footwork)</p>	<p>Show understanding of the need for safety when tackling new challenges and consider and manage some risks.</p> <p>Jump off an object and land appropriately.</p> <p>Negotiate space successfully.</p> <p>Travel around, under, over and through balancing and climbing equipment.</p>	<p>Negotiate space and obstacles safely, with consideration for themselves and others</p> <p>Demonstrate strength, balance and coordination</p> <p>Move energetically through dance</p>
: 3 key skills <ul style="list-style-type: none"> - Move in a variety of ways - Co-ordinate balance on different feet - Run skilfully and with thought to avoid objects 	: 3 key skills <ul style="list-style-type: none"> - Negotiate space and obstacles safely - Demonstrate strength, balance and coordination - Move energetically 	: 3 key skills <ul style="list-style-type: none"> - develop the ability to change movements and adapt a simple dance. - Demonstrate a variety of movements - Show control and balance 	: 3 key skills <ul style="list-style-type: none"> - Negotiate space and obstacles safely - Demonstrate strength, balance and coordination - Move energetically. 	: 3 key skills <ul style="list-style-type: none"> - Have control and co-ordination with a variety of movements. - Move around an obstacle course safely - Move around an obstacle course with confidence. 	: 3 key skills <ul style="list-style-type: none"> - Negotiate space and obstacles safely - Demonstrate strength, balance and coordination - Move energetically



FS2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Multi Skills</p> 	<p>Gymnastics</p> 	<p>Football Fundamentals</p> 	<p>Tennis</p> 	<p>Dance</p> 	<p>Athletics</p> 
<p>Negotiates space successfully when playing with other children, adjusting speed or changing direction to avoid obstacles</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p> <p>Experiment with different ways of moving ball with different body parts (co-ordination)</p> <p>Working with friends in a team-taking turns</p>	<p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Increase the ability to move around and onto equipment.</p> <p>Combine movements together while negotiating different equipment.</p>	<p>Send and receive a ball by rolling from hand and striking with foot</p> <p>Move and stop safely with equipment</p> <p>Play a passing and target game</p>	<p>Throw and catch to self with a soft ball and to bounce catch</p> <p>Balance an object e.g. beanbag on racket</p> <p>Hand eye co-ordination passing ball to a partner</p> <p>Move the ball on floor with hand in a variety of ways</p> <p>Push ball with throw down strips to develop hand eye co-ordination</p>	<p>Experiments with different ways of moving.</p> <p>Negotiates space successfully, adjusting speed or changing direction.</p> <p>Travels with confidence and skill.</p> <p>Control's body when performing a sequence of movements.</p>	<p>Send and receive a ball</p> <p>Aim and throw</p> <p>Catch balls</p> <p>Move and stop safely with equipment</p> <p>Play a team game</p>
<p>3 key skills</p> <ul style="list-style-type: none"> - show good control and co-ordination in large and small movements. - Run skilfully and with thought to avoid objects - Use a ball with confidence 	<p>3 key skills</p> <ul style="list-style-type: none"> - Negotiate space and obstacles safely - Demonstrate strength, balance and coordination - Move energetically. 	<p>3 key skills</p> <ul style="list-style-type: none"> - Demonstrate coordination - Use a ball with confidence - Model a variety of pace and direction in games 	<p>3 key skills</p> <ul style="list-style-type: none"> - Demonstrate strength, and balance - Show good control and co-ordination - Use hand eye co-ordination 	<p>3 key skills</p> <ul style="list-style-type: none"> - develop the ability to change movements and adapt a simple dance. - Demonstrate a variety of movements - Show control and balance 	<p>3 key skills</p> <ul style="list-style-type: none"> - Negotiate space safely - show good control and co-ordination - Play as a team



Year 1											
Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
<p>Dance</p>  <p>WINTER DANCE</p>	<p>Multi</p>  <p>MULTI-SKILLS & FUNS skills</p>	<p>Yoga</p>  <p>JUNGLE YOGA</p>	<p>gymnastics</p>  <p>Gymnastics</p>	<p>Athletics</p>  <p>INDOOR ATHLETICS</p>	<p>Dance</p>  <p>FAIRY TALE</p>	<p>Tennis</p>  <p>TENNIS</p>	<p>ball skills</p>  <p>BALL SKILLS</p>	<p>Outdoor adventure</p>  <p>OUTDOOR ADVENTURE</p>	<p>Football</p>  <p>FOOTBALL FUNDAMENTALS</p>	<p>Ball games</p>  <p>BALL GAMES</p>	<p>Kwik Cricket</p>  <p>KWIK CRICKET</p>
<p>Dance Listen to the music and begin to move in time to it</p> <p>Perform basic dance movements</p> <p>Perform dance movements showing different levels</p> <p>Perform basic dance travelling movements e.g. stepping, skipping, jumping</p>		<p>Yoga Perform basic Yoga poses with some balance</p> <p>Begin to relax the body in rest pose</p> <p>Try some challenging poses</p> <p>Make up a story with some Yoga poses</p>		<p>Indoor athletics Throwing using equipment</p> <p>Jumping in various ways showing coordination</p> <p>Co-operate and compete on own and in a team in various games</p>		<p>Tennis Throwing and catching a small, ball improving control- bounce catch to self/ partner</p> <p>Balance a ball on racket Hand eye co-ordination</p> <p>Racket familiarisation- moving ball with racket in forehand/backhand position</p> <p>Begin to develop tactics in the adapted games</p>		<p>Outdoor Adventure Co-operate with a partner and give them clear instructions</p> <p>move forwards, backwards, left and right and follow instructions</p> <p>Work in a group to solve a matching task</p>		<p>Ball Games move into a space and catch the ball</p> <p>pass the ball and attempt to move forward into a space</p> <p>follow an opponent in a game</p> <p>Communicate as a team to score</p>	
<p>Multi skills Balance on lines with control and use equipment to balance</p> <p>Changing direction with some control</p> <p>Co-ordinating body whilst beginning to move with equipment</p>		<p>Gymnastics Move with control and awareness of space.</p> <p>Link two or more actions to make a sequence.</p> <p>Show contrasts (such as small/tall, straight/curved and wide/narrow)</p>		<p>Dance Listen to the music and move in time to it</p> <p>Perform basic dance movements</p> <p>Perform basic dance travelling movements e.g. stepping, skipping, jumping</p>		<p>Ball skills Catch/receive a ball safely.</p> <p>Pass a ball with some control (using either hands, feet or object)</p> <p>Introducing footwork e.g. stopping and freezing in adapted</p>		<p>Football Use the terms 'opponent' and 'teammate'</p> <p>Stop, pass and dribble a ball with the inside of feet</p> <p>Introduce tackling</p>		<p>Kwik Cricket Rolling and stopping a ball with one/two hands</p> <p>Throw and catch a ball with some control</p> <p>Bowl underarm towards a target</p>	



<p>Co-operate, compete and challenge themselves as a team in various games</p>		<p>Perform simple dance moves with some control</p>	<p>games, landing on spots with two feet</p> <p>Begin to develop tactics for attacking and defending.</p> <p>Learn that rules are there to keep you safe and encourage fair play.</p>	<p>Scoring in a variety of ways- into goals and at targets</p> <p>Begin to understand tactics for attacking and defending</p>	<p>Begin to develop tactics for striking and fielding</p>
<p>: 3 key skills</p> <ul style="list-style-type: none"> - Develop balance, agility and co-ordination. - Develop basic movements - Coordinate body whilst moving 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - Use simple movement patterns. - Master basic movements - Develop balance, agility and co-ordination. 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - master basic movements including running, and jumping. - Develop balance, agility and co-ordination. - Perform a series of movement patterns to make a sequence. 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - Develop catching skills - Use hand eye coordination to hit a ball - Move with control 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - Participate in team games - Begin to develop simple tactics for attacking - Begin to develop simple tactics for defending 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - Participate in team games - Use a ball with skill and confidence - Work as a team












Year 2											
Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
<p>Dance</p> <p>Move in time to the music showing some expression</p> <p>Perform dance movements showing a variety of levels and control</p> <p>Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing</p> <p>Remember simple dance steps, perform with control in time to the music</p>		<p>Boccia</p> <p>Using arms and keeping head still when exploring running patterns</p> <p>Throw in correct stance ‘Usain Bolt position’</p> <p>Use arms to improve jumping technique – beating their own score</p> <p>Compete in a team in various running/obstacle games and working together to improve team performance</p>		<p>Indoor Athletics</p> <p>Throw with control using a sitting chest push</p> <p>Use arms to improve jumping technique – beating their own score</p> <p>Leaping developing co-ordination</p> <p>Vertical jump – standing side on, jumping up to target</p> <p>Compete activities in a team and work together to improve team performance</p>		<p>Ball games</p> <p>Introduce various passes (hands/feet/object) continuing to develop control of pass</p> <p>Move into a space to catch/receive a ball.</p> <p>Pass the ball to someone in a space</p> <p>Follow/mark an opponent and trying to win (intercept) the ball</p> <p>Develop tactics for attacking and defending</p>		<p>Rugby</p> <p>Move with the ball, holding it with hands-chest height</p> <p>Pass the ball sideways-with smile technique</p> <p>Dodge around a defender in a small area</p> <p>Small-sided games using various types of equipment.</p> <p>Develop tactics for attacking and defending</p>		<p>Outdoor Adventure</p> <p>Work within a team to find solutions</p> <p>Develop the ability to work with a variety of partners</p> <p>Begin to use co-ordinates and confidently navigate through a map using North, South, East and West</p> <p>Have a basic understanding of how to use a compass</p>	
<p>Multi-Skills</p> <p>Balance on low equipment with good control</p>		<p>Gymnastics</p> <p>Perform shapes with a strong body and control</p> <p>Perform jumps (straight, star, tuck jump), rolls,</p>		<p>Dance</p> <p>Move in time to the music showing some expression</p>		<p>Athletics</p> <p>Using arms and keeping head still when exploring running patterns</p>		<p>Football</p> <p>Stopping a ball with the sole and inside of feet</p> <p>Pass the ball to a partner</p>		<p>Social Dodgeball</p> <p>Stop, pass and dribble a ball with control</p> <p>Roll a ball at a target</p>	



<p>Changing direction quickly with good balance and control</p> <p>Co-ordinating body whilst beginning to move at different speeds with various equipment</p> <p>Complete challenges as a team in various running/obstacle games and working to improve performance</p>	<p>and hops with control and a strong body</p> <p>Perform a sequence on apparatus- (roll, jump and balance)</p> <p>Moving on and off apparatus with strong body and control</p>	<p>Perform dance movements with control</p> <p>Perform dance movements showing a variety of levels</p> <p>Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing</p> <p>Remember simple dance steps, perform with control in time to the music</p>	<p>Throw in correct stance 'Usain Bolt position'</p> <p>Use arms to improve jumping technique – beating their own score</p> <p>Compete in a team in various running/obstacle games and working together to improve team performance</p> <p>Leaping over hurdles beginning to compete against self and others</p>	<p>Dribble the ball with the inside of feet</p> <p>Improve tackling by using adapted games- introduce intercepting play</p> <p>Begin to include some basic tactics for attacking and defending in conditioned games</p> <p>Play an adapted and conditioned games 5v5.</p>	<p>Underarm throw to score with accuracy and control</p> <p>Catch a ball with success</p>
<p>: 3 key skills</p> <ul style="list-style-type: none"> - Perform dances using more complex actions to form a sequence. - Develop balance and apply this to various activities - Develop agility and co-ordination when using equipment. 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - Master different movements such as rolling, stretching and jumping. - Master movement patterns. - Use balance, agility and co-ordination. 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - Perform dances using more complex actions to form a sequence. - Master movement patterns. - Use balance, agility and co-ordination. 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - master throwing and catching. - Use balance, agility and co-ordination. - Participate in team games 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - Participate in team games. - Develop tactics for attacking and defending. - Show ability to lead when working as a team. 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - Show ability to lead when working as a team. - Show teamwork. - Participate in team games








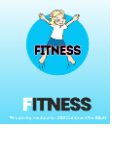




Year 3											
Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Football 	Athletics 	Handball	Dodgeball 	Tag Rugby 	Netball 	Basketball 	Gymnastics 	Swimming	Dance 	Swimming	Outdoor Adventure 
Football Control a ball using inside, outside and sole of feet Pass the ball with inside of feet with accuracy. Pass the ball to someone in a space Dribble the ball, beginning to turn with some control Shooting - Kick a stationary ball past a goal keeper		Handball Ball awareness-moving ball around different parts of body with control Dribbling and bouncing ball with control and using either hand Pass and receive, stepping into the pass Scoring into a goal.		Tag Rugby Move with control in a variety of directions holding the ball in the correct position Use speed and space to avoid a passive defender Think of tactics when attacking and defending Pass the ball backwards/ sideways with control whilst moving		Basketball Work as a team to maintain possession (attack). Work as a team to gain possession (defence) Develop shooting towards a goal. Apply previously learnt skills to a game of Hockey.		Swimming Coordinate leg and arm movements. Use more than one stroke and coordinate breathing as appropriate for the stroke being used.		Swimming Swim between 25 and 50 metres unaided Swim at the surface and below the water.	
Athletics Throw a javelin/vortex using correct stance, rotating hips forward		Dodgeball Throw the ball in different ways Catching the ball in a variety of ways and		Netball Pass and receive a netball safely (chest and bounce pass).		Gymnastics Can perform a variety of shapes with good control		Dance Collaborate to make a dance warm up Use a stimulus to create a dance		Outdoor Adventure Use a key to follow a plan	



<p>Perform a hop, step and jump (standing triple jump) in isolation and in combination</p> <p>Develop running for distance in warm ups</p> <p>Run and take off over obstacles at some speed</p>	<p>getting into 'Ready Position'</p> <p>Aiming at the opposition (below the waist) in a variety of directions, using an underarm throw</p> <p>Experiment with different ways of blocking and begin to apply some basic principles for attacking & defending</p>	<p>Perform a stride and jump stop in netball</p> <p>Perform a dodge in netball to get into a space</p> <p>Marking a player, keeping on the balls of your feet</p> <p>Shooting the ball high and bending knees-into hoop/target</p>	<p>Perform a Teddy bear roll, a bunny hop across a mat run and onto/across low benches and apparatus</p> <p>Perform a short sequence on mats (using levels directions control)</p>	<p>Dance in unison with a partner</p> <p>Perform in canon with a group</p> <p>Move in a variety of ways and levels</p>	<p>Communicate with peers to complete challenges</p> <p>Know the eight points of the compass</p> <p>Use co-ordinates (letter, number)</p> <p>Collaborate with members of a team to begin to solve problems</p> <p>Continue to develop leadership qualities while completing tasks as part of a team</p>
<p>: 3 key skills</p> <ul style="list-style-type: none"> - Develop technique - Use controlling a ball in isolation from travelling. - Use controlling the ball in combination with travelling. 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - play competitive games - apply basic principles suitable for attacking and defending - develop technique 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - use throwing and catching in isolation and in combination - develop technique, control and balance - apply some basic principles for attacking & defending 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - develop flexibility, strength, technique, control and balance - use running and jumping in isolation and in combination - play competitive games as a team 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - swim competently up to 25 metres - Use a range of strokes - Control breathing 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - take part in outdoor and adventurous activity challenges both individually and within a team - Show teamwork - swim competently up to 25 metres.















Year 4											
Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Football 	Dance 	Handball 	Gymnastics 	Swimming	Handball 	Swimming	Outdoor Adventure 	Basketball 	Fitness 	Athletics 	Tag Rugby 
Football Control a ball using inside, outside and sole of feet Pass the ball with inside of feet with accuracy. Pass the ball to someone in a space Dribble the ball, beginning to turn with some control Shooting - Kick a stationary ball past a goal keeper		Handball Ball awareness-moving ball around different parts of body with control Dribbling and bouncing ball with control and using either hand Pass and receive, stepping into the pass Scoring into a goal.		Swimming Coordinate leg and arm movements. Use more than one stroke and coordinate breathing as appropriate for the stroke being used.		Swimming Swim between 25 and 50 metres unaided Swim at the surface and below the water.		Basketball Dribble and bounce a ball with control and using either hand Pass and receive, stepping into the pass Dodge around a player with the ball Use the pivot to protect the ball.		Athletics Perform FAST technique confidently when sprinting Throw a javelin/vortex with height and distance Perform a hop, step, jump Develop running for distance in warm ups, increasing with each lesson	
Dance Cooperate to make a dance warm up and take on a leadership role Respond imaginatively to a stimulus Dance in unison with a partner/group performing		Gymnastics Perform a variety of shapes with good control when performing various skills Perform various jumps and develop travelling across the mat		Handball Move a ball around different parts of the body with control Dribbling and bouncing a ball with control Pass and receive		Outdoor Adventure Use a key to accurately place things in the correct locations according to a plan Develop different methods of communication to achieve a goal		Fitness Be able to change direction quickly, accelerating in a game situation Attempt various dodges to create space to receive the ball		Tag Rugby Move with control in a variety of directions holding the ball in the correct position Use speed and space to avoid a passive defender	



<p>a range of movement patterns</p> <p>Perform in canon showing a range of movement patterns</p> <p>Perform a variety of levels and pathways in a dance</p>	<p>Teddy bear roll with a partner/group in sequence with pointed toes</p> <p>Perform matching and mirroring balance routines on apparatus</p> <p>Perform a short sequence on mats and apparatus showing levels, unison, and pointed toes</p>	<p>Scoring into a goal, Bringing in footwork and travelling rules into a game situation</p> <p>Dodging around a player with the ball</p>	<p>Give and follow directions using the eight points of the compass</p> <p>Use co-ordinates on a plan to correctly place and locate different objects</p>	<p>Mark a player, standing side on, sticking to player</p> <p>Develop tactics - begin to use them in a variety of games</p> <p>Understand rules of a game.</p>	<p>Think of tactics when attacking and defending</p> <p>Pass the ball backwards/ sideways with control whilst moving</p>
<p>3 key skills</p> <ul style="list-style-type: none"> - Develop technique - Perform dances using a range of movement patterns. - Communicate, collaborate and compete with each other. 	<p>3 key skills</p> <ul style="list-style-type: none"> - use running and jumping in isolation and in combination - play competitive games - develop flexibility, strength, technique, control and balance 	<p>3 key skills</p> <ul style="list-style-type: none"> - Use a range of strokes effectively - swim confidently over a distance of at least 25 metres or over - Confidently swim at the surface and below the water 	<p>3 key skills</p> <ul style="list-style-type: none"> - Confidently swim at the surface and below the water - take part in outdoor and adventurous activity challenges both individually and within a team - Show teamwork 	<p>3 key skills</p> <ul style="list-style-type: none"> - Travel with the ball maintaining control - Pass the ball - Pass the ball whilst moving 	<p>3 key skills</p> <ul style="list-style-type: none"> - play competitive games - apply basic principles suitable for attacking and defending - develop technique










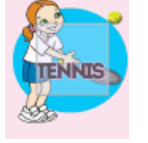


Year 5											
Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Tag Rugby 	Gymnastics 	Multi Skills 	Dance 	Handball 	Athletics 	Dodgeball 	Outdoor adventure 	Swimming 	Swimming 	Tennis 	Tennis 
Tag Rugby Move with control in a variety of directions holding the ball in the correct position Use speed and space to avoid a passive defender Think of tactics when attacking and defending Pass the ball backwards/ sideways with control whilst moving		Multi-skills In combination with different skills, balance equipment while moving and co-ordinating another action Change direction quickly and efficiently with equipment Test and measure balance, agility and co-ordination confidently and accurately.		Handball Copy a partner and moving with the ball Dribble the ball, change direction, and turn, using either hand Pass, receive and move with the ball (chest and bounce pass) Dodge around your partner in a variety of ways Introduce blocking techniques		Dodgeball Throw the ball overarm and underarm in a variety of directions with control and some speed Catch the ball at different levels Aim at the opposition with some precision and control Dodge in a variety of ways Blocking the ball from a variety of directions and protecting others		Swimming Swim over 50 and aim to swim 100 metres unaided. Use breast stroke, front crawl and back stroke, ensuring that breathing is correct.		Swimming Swim fluently with controlled strokes. Turn efficiently at the end of a length. Explore safe self-rescue in different water-based situations.	
Gymnastics Perform complex shapes with control and some flexibility		Dance Co-operate and collaborate to create a warm up		Athletics React quickly and accelerate over short distances		Outdoor adventure Use a key to identify orienteering landmarks on a map		Athletics React quickly and accelerate over short distances		Tennis Move to hit a ball with some control Hit/bounce a ball with control when	



<p>Perform more complex jumps, tuck, rolls and balances.</p> <p>Use apparatus</p> <p>Co-operate, communicate and collaborate with others</p> <p>Cartwheel on the floor using various apparatus</p>	<p>using a variety of movement patterns</p> <p>Dance in unison in a group keeping in time with each other</p> <p>Dance in canon showing good timing</p> <p>Perform using a variety of levels and using the space</p>	<p>Throw a javelin/vortex/ tennis ball using correct stance</p> <p>Perform a variety of jumps and measure for distance</p> <p>Develop pace when running longer distance</p> <p>Pass a relay baton with control and timing in a pairs change over</p>	<p>Communicate and listen clearly to other members of the team to complete challenges in isolation</p> <p>Use compass directions to navigate around a grid</p> <p>Use 4-figure grid references</p> <p>Work efficiently as part of a team to complete a challenge</p> <p>Effectively lead a team to complete a task</p>	<p>Throw a javelin/vortex/ tennis ball using correct stance</p> <p>Perform a variety of jumps and measure for distance</p> <p>Develop pace when running longer distance</p> <p>Pass a relay baton with control and timing in a pairs change over</p>	<p>moving at different speeds</p> <p>Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target</p> <p>Moving into position to hit a ball with forehand/backhand in skills practice game</p>
<p>: 3 key skills</p> <ul style="list-style-type: none"> - play competitive games individually and as a team - Use a variety of movements to keep a ball moving. - Use tactics - 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - Create dance sequences - Show flexibility, strength, technique, control and balance - Compare performances with previous ones and demonstrate improvement 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - develop flexibility, strength, technique, control and balance - play competitive games - apply basic principles suitable for attacking and defending 	<p>: 3 key skills</p> <ul style="list-style-type: none"> - Take part in outside activities individually and as a team - play competitive games - apply basic principles suitable for attacking and defending 	<p>3 key skills</p> <ul style="list-style-type: none"> - swim competently, confidently and proficiently over a distance of over 50 metres - Control breathing with a variety of strokes - Explore safe self-rescue 	<p>3 key skills</p> <ul style="list-style-type: none"> - Use a variety of movements to keep a ball moving. - Use tactics - Explore safe self-rescue



Year 6											
Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
Swimming	Gymnastics 	Swimming	Indoor Athletics 	Basketball 	Dance 	Handball 	Outdoor Adventure 	Tag Rugby 	Football 	Athletics 	Tennis 
<p>Swimming</p> <p>Swim over 50 metres and aim to swim 100 metres unaided.</p> <p>Use breast stroke, front crawl and back stroke, ensuring that breathing is correct.</p>		<p>Swimming</p> <p>Swim fluently with controlled strokes.</p> <p>Turn efficiently at the end of a length.</p> <p>Explore safe self-rescue in different water-based situations.</p>		<p>Basketball</p> <p>Copy a partner and keeping control while moving the ball</p> <p>Dribble the ball in various directions at speed</p> <p>Perform a variety of passes within a game with precision and control</p> <p>Dribble the ball and perform the correct footwork when stopping in a competitive game situation</p> <p>Apply basic principles for attacking</p> <p>Apply defensive techniques in a competitive game situation.</p>		<p>Handball</p> <p>Copy a partner and moving with the ball</p> <p>Dribble the ball, change direction, and turn, using either hand</p> <p>Pass, receive and move with the ball (chest and bounce pass)</p> <p>Dodge around your partner in a variety of ways</p> <p>Introduce blocking techniques</p>		<p>Tag Rugby</p> <p>Tag a player using either hand when moving at full speed in a game situation</p> <p>Dodge around a defender at speed with a ball in hands avoiding being tagged</p> <p>Work together as a team to score a try in a tag rugby game</p> <p>Use techniques learned and apply in a game situation.</p> <p>Apply basic principles for attacking and defending</p> <p>In a team, discuss tactics of attacking and defending</p>		<p>Athletics</p> <p>React quickly and accelerate over short distances</p> <p>Throw a javelin/vortex/ tennis ball using correct stance</p> <p>Perform a variety of jumps and measure for distance</p> <p>Develop pace when running longer distance</p> <p>Pass a relay baton with control and timing in a pairs change over</p>	



		Use techniques learned and apply in a game situation.			
<p>Gymnastics</p> <p>Perform complex shapes when performing</p> <p>Perform more complex jumps and travelling on and off apparatus</p> <p>Perform various balances</p> <p>Compete in teams to win points with sequences</p>	<p>Indoor Athletics</p> <p>Chest push with accuracy and power, bending knees through to feet, extends arms to increase distance</p> <p>Perform a Triple jump for distance varying techniques to improve performance</p> <p>Speed bounce with speed, fluency and rhythm</p> <p>Pass a relay baton in competitive situations</p>	<p>Dance</p> <p>Demonstrate new 'relationship' elements- contact, contrast, complement, proximity</p> <p>Perform a variety of 'dynamic' elements in the dance- perform with control</p> <p>Demonstrate more complex 'space' elements</p> <p>Collaborate to create a dance performance displaying a range of dance elements</p>	<p>Outdoor Adventure</p> <p>Use a key to follow a route on an orienteering map</p> <p>Use clear and concise communication skills to achieve a challenge</p> <p>Use compass directions to navigate around a familiar area</p> <p>Use 6-figure grid references to read an OS map</p> <p>Work as a team to ensure all members are able to complete a challenge at a competitive pace</p> <p>Effectively lead a team to complete a task and evaluate their own leadership skills</p>	<p>Football</p> <p>Move into space to receive the ball and control</p> <p>Select the correct pass for various distances in a game</p> <p>Dribble the ball around a defender</p> <p>Communicate with team when defending in a game</p> <p>To work as a team to score, shooting from various angles</p> <p>In a team, discuss tactics and how to win as a team</p> <p>Apply basic principles for attacking and defending</p> <p>Understanding the positions and rules of the game</p>	<p>Tennis</p> <p>Move in a variety of directions when hitting a ball</p> <p>Hit/bounce ball to a partner with control</p> <p>Serve diagonally under/overarm in a game of mini tennis</p> <p>Keep on toes using quick feet to hit a ball in a forehand/backhand position</p> <p>Use techniques and apply in a game situation</p> <p>In pairs, discuss tactics of attacking and defending</p>



<p>: 3 key skills</p> <ul style="list-style-type: none">- Swim fluently with a variety of controlled strokes- Efficiently turn in the pool- Explore safe self-rescue	<p>: 3 key skills</p> <ul style="list-style-type: none">- develop flexibility, strength, technique, control and balance- use running, jumping, throwing and catching in isolation and in combination- Swim fluently with a variety of controlled strokes	<p>: 3 key skills</p> <ul style="list-style-type: none">- Compare and improve performances/sequences- Use well thought-out tactics- Uphold positive and high spirit in competitive situation	<p>: 3 key skills</p> <ul style="list-style-type: none">- Take part in outside activities individually and as a team- play competitive games- apply basic principles suitable for attacking and defending	<p>: 3 key skills</p> <ul style="list-style-type: none">- play competitive games individually and as a team- work successfully and fairly as a team- Understand respect in competitive games	<p>: 3 key skills</p> <ul style="list-style-type: none">- play competitive games individually and as a team- work successfully and fairly as a team- Understand respect in competitive games
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