

Marston Thorold's Charity C of E School Physical Education Curriculum

Ball Skills	Target Games (target games, golf and dodgeball)	Invasion Games (invasion, handball, netball, basketball, football, tag rugby and hockey)	Net and Wall Games Progression Ladder (net and wall, tennis, volleyball and badminton)	Striking and Fielding (striking and fielding, cricket and rounders)
Fundamental Movement Skills (fundamentals, fitness and athletics)	Body Management (gymnastics and yoga)	Dance	OAA (team building and OAA)	Swimming

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
EYFS	Get Set 4 PE EYFS Introduction to PE: Unit 2		Get Set 4PE EYFS Fundamentals: Unit 2		Get Set 4PE EYFS Gymnastics: Unit 2		Get Set 4PE EYFS Dance: Unit 2		Get Set 4PE EYFS Games: Unit 2		Get Set 4PE EYFS Ball Skills: Unit 2	
Cycle A Year 1 and 2	Get Set 4PE Fitness: Year 1	Get Set 4PE Ball Skills: Year 2	Get Set 4PE Yoga: Year 1	Get Set 4PE Fundamentals: Year 2	Get Set 4PE Gymnastics: Year 1	Get Set 4PE Team Building: Year 2	Get Set 4PE Dance: Year 1	Get Set 4PE Sending & Receiving: Year 2	Get Set 4PE Athletics: Year 1	Get Set 4PE Target games: Year 2	Get Set 4PE Striking & Fielding: Year 1	Get Set 4PE Invasion: Year 2
Cycle B Year 1 and 2	Get Set 4PE Fitness: Year 2	Get Set 4PE Ball Skills: Year 1	Get Set 4PE Yoga: Year 2	Get Set 4PE Fundamentals: Year 1	Get Set 4PE Gymnastics: Year 2	Get Set 4PE Team Building: Year 1	Get Set 4PE Dance: Year 2	Get Set 4PE Sending & Receiving: Year 1	Get Set 4PE Target games: Year 1	Get Set 4PE Athletics: Year 2	Get Set 4PE Invasion: Year 1	Get Set 4PE Net& Wall: Year 2
Cycle A Year 3 and 4	Get Set 4PE Fitness: Year 3	Get Set 4PE Netball: Year 4	Get Set 4PE Yoga: Year 3	Get Set 4PE Football: Year 3	Get Set 4PE Gymnastics: Year 3	Y4 Get Set 4PE Fundamentals: Year 4	Get Set 4PE Dance: Year 3	Y4 The PE Hub Badminton: Year 4	Get Set 4PE Cricket: Year 4	Get Set 4PE Hockey: Year 4	Get Set 4PE Rounders: Year 3	Y4 Get Set 4PE Athletics: Year 4
						Y3 Swimming		Y3 Swimming				Y3 Swimming
Cycle B Year 3 and 4	Get Set 4PE Fitness: Year 4	Get Set 4PE Tag Rugby: Year 3	Get Set 4PE Yoga: Year 4	Get Set 4PE Basketball: Year 4	Get Set 4PE Gymnastics: Year 4	Y4 Get Set 4PE Ball Skills Year 4	Get Set 4PE Dance: Year 4	Y4 Get Set 4PE Dodgeball: Year 4	Get Set 4PE OAA: Year 4	Y4 Get Set 4PE Tennis: Year 4	Get Set 4PE Rounders: Year 4	Y4 Get Set 4PE Athletics: Year 4
						Y3 Swimming		Y3 Swimming		Y3 Swimming		Y3 Swimming
Cycle A Year 5 and 6	Y5 Get Set 4PE Fitness: Year 5	Get Set 4PE Tag Rugby: Year 6	Y5 Get Set 4PE Yoga: Year 5	Get Set 4PE Football: Year 6	Get Set 4PE Gymnastics: Year 5	Get Set 4PE Handball: Year 6	Get Set 4PE Dance: Year 5	Get Set 4PE Badminton: Year 6	Get Set 4PE Cricket: Year 6	Get Set 4PE Athletics: Year 6	Get Set 4PE Rounders: Year 6	Pupil choice unit
	Y6 Swimming		Y6 Swimming									
Cycle B Year 5 and 6	Y5 Get Set 4PE Fitness: Year 5	Get Set 4PE Netball: Year 6	Y5 Get Set 4PE Yoga: Year 5	Get Set 4PE Hockey: Year 6	Get Set 4PE Gymnastics: Year 6	Get Set 4PE OAA: Year 6	Get Set 4PE Dance: Year 6	Get Set 4PE Dodgeball: Year 6	Get Set 4PE Basketball: Year 6	Get Set 4PE Tennis: Year 6	Get Set 4PE Rounders: Year 6	Pupil choice unit
	Y6 Swimming		Y6 Swimming									

Marston Thorold's Charity C of E School Curriculum Overview - PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Introduction to PE	Fundamentals	Gymnastics	Dance	Games	Ball Skills
EYFS	Intent: To provide the foundations of the basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules.	Intent: Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space. They work independently and with a partner to complete tasks.	Intent: Children explore basic movements, creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when travelling and balancing.	Intent: Children explore traveling actions, shapes and balances. Children choose their own actions in response to a stimulus. They also are given the opportunity to copy, repeat and remember actions. They continue to use counting to help them keep in time with the music. They explore dance through the world around them. They perform to others and begin to provide simple feedback.	Intent: Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children will be able to develop their fine and gross motor skills through a range of game play with balls. Children will work independently and with a partner and will develop decision making and using simple tactics.	Intent: Children will practise and further develop their fundamental movement skills. Children will learn and develop these skills by playing a variety of games. They will also start to understand how to work as a team, take turns, keep the score, play against an opponent and play by the rules.
	Future Learning: Team Building	Future Learning: Fundamentals, Yoga Athletics	Future Learning: Yoga, Fitness, Gymnastics, Dance	Future Learning: Dance, Gymnastics	Future Learning: Target games, Striking and Fielding, Team Building, Sending and Receiving and Invasion	Future Learning: Ball Skills, Sending and Receiving
Cycle A Year 1 and 2	Fitness Year 1	Yoga Year 1	Gymnastics Year 1	Dance Year 1	Athletics Year 1	Striking and Fielding Year 1
	In this unit pupils develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They will work independently, in pairs and small groups to complete challenges in which they will sometimes need to persevere to achieve their personal best. This unit links to the following strands of the NC: master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.	Pupils learn about mindfulness and body awareness. They begin to learn poses and techniques that will help them to connect their mind and body. The unit looks to improve well-being by building strength, flexibility, co-ordination and balance. The learning includes breathing and meditation through fun and engaging activities. Pupils work independently, with a partner and small group. This unit links to the following strands of the NC: master basic movements as well as developing balance, agility and co-ordination.	In this unit pupils 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 sequences. Pupils are given opportunities to select their own actions to build short sequences and develop their confidence in performing. Pupils begin to understand the use of levels, directions and shapes when travelling and balancing. This unit links to the following strands of the NC: master basic movements as well as developing balance, agility and co-ordination	Each dance unit covers four different themes, with three lessons of planning for each theme. Pupils will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases. Pupils will work individually and with a partner to create ideas in relation to the theme. Pupils will be given the opportunity to perform and also to provide feedback, beginning to use dance terminology to do so. This unit links to the following strand of the NC: perform dances using simple movement patterns.	In this unit pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. This unit links to the following strands of the NC: master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.	Striking and fielding games are games where there are two teams, one, the batting team, try to score points and the other, the fielding team, try to stop the batting team from scoring. Examples of striking and fielding games include cricket and rounders. In this unit, pupils develop their understanding of the principles of defending (fielding) and attacking (batting) for striking and fielding games. They use and develop skills such as throwing and catching, tracking a ball and striking a ball. They learn how to score points in these types of games, how to play to the rules and use simple tactics. They show respect towards others when playing competitively and develop

						communication skills to manage small sided games. This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.
	Future Learning: Fundamental Movement Skills, Athletics, Fitness	Future Learning: Body Management: Yoga, Gymnastics	Future Learning: Body Management: Yoga, Gymnastics	Future Learning: Dance	Future Learning: Fundamental Movement Skills, Athletics, Fitness	Future Learning: Striking and Fielding Cricket, Rounders
	Ball Skills Year 2	Fundamentals Year 2	Team Building Year 2	Sending and Receiving Year 2	Target Games Year 2	Invasion Games Year 2
	In this unit pupils will develop their fundamental ball skills such as throwing, catching, rolling, hitting a target, dribbling with both hands and feet and kicking. They will look to perform these skills with increasing control and accuracy using co-ordination and balance. Pupils will have the opportunity to work independently, in pairs and small groups. This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	In this unit pupils will develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Pupils will be given opportunities to work with a range of different equipment. Pupils will be asked to observe and recognise improvements for their own and others' skills and identify areas of strength. Pupils will be given the opportunity to work collaboratively with others, taking turns and sharing ideas. This unit links to the following strands of the NC: master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.	In this unit pupils develop their teamwork skills. They develop key skills of communication and problem solving. They learn to discuss, plan and reflect on ideas and strategies. They lead a partner whilst considering safety. Pupils have the opportunity to show honesty and fair play. They also begin to use basic map skills. This unit links to the following strands of the NC: participate in team games, developing simple tactics.	In this unit pupils develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will also use equipment to send and receive a ball. Pupils will be given opportunities to work with a range of different sized balls. They will apply their skills individually, in pairs and in small groups and begin to organise and self manage their own activities. They will build on their knowledge of sending and receiving by applying their skills in different situations. This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending	Target games are games where players send an object towards a target. In this unit, pupils develop their understanding of the principles of defending and attacking for target games. They develop the skills of throwing, rolling and striking towards a target and are given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe, learn how to score points and use simple tactics. This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	Invasion games are games where there are two teams and two goals. Teams try to score in the opposition's goal. Examples include football, handball, rugby, netball, basketball, hockey. In this unit, pupils develop their understanding of the principles of defending and attacking for invasion games. They use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with both feet and hands. They have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and learn to play to the rules. This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.
	Future Learning: Ball Skills, Invasion Games (handball, netball, basketball, football, tag rugby and hockey), Net and Wall Games (tennis, volleyball and badminton), Striking and Fielding (cricket and	Future Learning: Fundamental Movement Skills, Athletics, Fitness	Future Learning: Team Building, OAA	Future Learning: Ball Skills, Invasion Games (handball, netball, basketball, football, tag rugby and hockey), Net and Wall Games (tennis, volleyball and badminton), Striking and	Future Learning: Ball Skills, Dodgeball	Future Learning: Ball Skills, Handball, Netball, Basketball, Football, Tag Rugby, Hockey

Cycle B Year 1 and 2

	rounders), Target Games (dodgeball)			Fielding (cricket and rounders)		
	Fitness Year 2	Yoga Year 2	Gymnastics Year 2	Dance Year 2	Athletics Year 2	Invasion Games Year 1
	In this unit pupils will take part in a range of activities to develop components of fitness. Pupils will begin to explore and develop agility, balance, co-ordination, speed and stamina. Pupils will be given the opportunity to work independently and with others. Pupils will develop perseverance and show determination to work for longer periods of time. This unit links to the following strands of the NC: master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.	Pupils learn about mindfulness and body awareness. They begin to learn poses and techniques that will help them to connect their mind and body. The unit looks to improve well-being by building strength, flexibility, co-ordination and balance. The learning includes breathing and meditation through fun and engaging activities. Pupils work independently, with a partner and small group. This unit links to the following strands of the NC: master basic movements as well as developing balance, agility and co-ordination.	In this unit pupils learn explore and develop basic gymnastic actions on the floor and using apparatus. They 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. They learn to work safely with and around others and whilst using apparatus. Pupils are given opportunities to provide feedback to others and recognise elements of high-quality performance. This unit links to the following strands of the NC: master basic movements as well as developing balance, agility and co-ordination	Pupils explore space and how their body can move to express and idea, mood, character or feeling. They expand their knowledge of travelling actions and use them in relation to a stimulus. They will build on their understanding of dynamics and expression. They will use counts of 8 consistently to keep in time with the music and a partner. Pupils will also explore pathways, levels, shapes, directions, speeds and timing. They will be given the opportunity to work independently and with others to perform and provide feedback beginning to use key terminology. This unit links to the following strand of the NC: perform dances using simple movement patterns.	In this unit pupils will develop skills required in athletic activities such as running at different speeds, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. They learn how to improve by identifying areas of strength as well as areas to develop. This unit links to the following strands of the NC: master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.	Invasion games are games where there are two teams and two goals. Teams try to score in the opposition's goal. In this unit, pupils develop their understanding of attacking and defending and what being 'in possession' means. They use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with both feet and hands. They have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and how to play to the rules. They work independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards their teammates and opponents. This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.
	Future Learning: Fundamental Movement Skills, Athletics, Fitness	Future Learning: Body Management: Yoga, Gymnastics	Future Learning: Body Management: Yoga, Gymnastics	Future Learning: Dance	Future Learning: Fundamental Movement Skills, Athletics, Fitness	Future Learning: Striking and Fielding Cricket, Rounders
	Ball Skills Year 1	Fundamentals Year 1	Team Building Year 1	Sending and Receiving Year 1	Target Games Year 1	Net and Wall Year 2
	In this unit pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve	In this unit pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in isolation as well as in combination. Pupils will be given opportunities to identify areas of strength and areas for improvement. Pupils will work collaboratively with others, taking turns and	In this unit pupils develop their teamwork skills. They work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other. They develop key skills of communication and problem solving, They are given the opportunity to discuss and plan their ideas and reflect on their success.	In this unit pupils develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. Pupils will be given opportunities to work with a range of different sized balls. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will	Target games are games where players send an object towards a target. In this unit, pupils develop their understanding of the principles of defending and attacking for target games. Pupils use both underarm and overarm actions and are given opportunities to select and apply the appropriate	Net and wall games are games where either a net separates the players or a wall is used. The object of these games is to hit the ball over the net and into the court space or against a wall to make it difficult for a partner to return. Examples include tennis, badminton, volleyball, squash. In this unit, pupils develop their understanding of attacking and defending

	on their own score and against others. They are given opportunities to work collaboratively as well as independently. This unit links to the following strands of the NC: master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.	sharing ideas. This unit links to the following strands of the NC: master basic movements including running, jumping and throwing. Develop balance, agility and co-ordination, and begin to apply these in a range of activities.	This unit links to the following strands of the NC: participate in team games, developing simple tactics.	understand the importance of abiding by the rules to keep themselves and others safe. This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending	action for the target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe, learn how to score points and use simple tactics. They show respect towards others when playing competitively and develop communication skills. This unit links to the following strands of the NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.	principles in net games such as using a ready position to defend their court and placement of a ball into space. They use and develop skills such as throwing, catching, tracking and hitting a ball. They learn how to score points in these types of games and how to play to the rules. They work independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards their teammates and opponents. This unit links to the following strands of the NC: KS1: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.
	Future Learning: Ball Skills, Invasion Games (handball, netball, basketball, football, tag rugby and hockey), Net and Wall Games (tennis, volleyball and badminton), Striking and Fielding (cricket and rounders), Target Games (dodgeball)	Future Learning: Fundamental Movement Skills, Athletics, Fitness	Future Learning: Team Building, OAA	Future Learning: Ball Skills, Invasion Games (handball, netball, basketball, football, tag rugby and hockey), Net and Wall Games (tennis, volleyball and badminton), Striking and Fielding (cricket and rounders)	Future Learning: Ball Skills, Dodgeball	Net and Wall Games, Tennis, Badminton
	Fitness Year 3	Yoga Year 3	Gymnastics Year 3	Dance Year 3	Cricket Year 4	Rounders Year 3
	In this unit, pupils are exposed to a range of activities that explore and develop different areas of their health and fitness. Pupils will learn that being fit means having strong, healthy bodies and more energy for everyday life activities. They will practice various activities using fundamental movement skills, such as running and jumping to	Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve wellbeing by building strength, flexibility and balance. The learning includes breathing and meditation. Pupils will work independently and with others to create their own yoga flows.	In this unit pupils develop balancing, rolling and jumping. They use these skills individually and in combination. Pupils develop their sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. Pupils develop their	Pupils create dances in relation to an idea. Pupils work individually, with a partner and in small groups, sharing their ideas. Pupils develop their use of counting and rhythm. Pupils learn to use canon, unison, formation and levels in their dances. They will be given the opportunity to perform to others	In this unit pupils explore their understanding of the principles of striking and fielding. They expand on their knowledge of the different roles of bowler, wicket keeper, fielder and batter. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In cricket, pupils achieve this by	In this unit pupils explore their understanding of the principles of striking and fielding. Pupils learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding roles. They focus on developing throwing, catching and batting skills. In all games activities,

Cycle A Year 3 and 4

improve their strength and fitness. This unit will also highlight how regular physical activity boosts their focus in school and overall happiness. This unit links to the following strands of the NC: use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.	This unit links to the following strands of the NC: develop flexibility, strength, technique, control and balance.	confidence to perform, considering the quality and control of their actions. This unit links to the following strands of the NC: develop flexibility, strength, technique, control and balance.	and provide feedback using key terminology. This unit links to the following strand of the NC: perform dances using a range of movement patterns.	striking a ball and trying to avoid fielders, so that they can run between wickets to score runs. Pupils are given opportunities to 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. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to 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. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Future Learning: Fundamental Movement Skills, Athletics, Fitness	Future Learning: Body Management: Yoga, Gymnastics	Future Learning: Body Management: Yoga, Gymnastics	Future Learning: Dance	Future Learning: Cricket and Rounders	Future Learning: Cricket and Rounders
Netball Year 4	Football Year 3	Fundamentals Year 4	Badminton Year 4	Hockey Year 4	Athletics Year 4
In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In netball pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	Football is an invasion game. In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In football pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	In this unit pupils will develop the fundamental skills of balancing, running, jumping, hopping and skipping. Pupils will develop their ability to change direction with balance and control. They will be given the opportunity to explore how the body moves at different speeds as well as how to accelerate and decelerate. Pupils will be asked to observe and recognise improvements for their own and others' performances and identify areas of strength and areas for development. Pupils will be given the opportunity to work on their own and with others, taking turns and sharing ideas. This unit links to the following strands of the NC: use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.	This unit pupils develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In badminton, they do this by placing an object away from an opponent to make it difficult for them to return. Pupils are given opportunities to 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. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	Hockey is an invasion game. In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In hockey pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. This unit links to the following strands of the NC: use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.

Cycle B Year 3 and 4	Future Learning: Handball, Netball, Basketball, Football, Tag Rugby and Hockey	Future Learning: Handball, Netball, Basketball, Football, Tag Rugby and Hockey	Future Learning: Fundamental Movement Skills, Athletics, Fitness	Future Learning: Tennis and Badminton	Future Learning: Handball, Netball, Basketball, Football, Tag Rugby and Hockey	Future Learning: Fundamental Movement Skills, Athletics, Fitness
			Swimming Year 3	Swimming Year 3	Swimming Year 3	Swimming Year 3
			These units are aimed at developing swimmers. Pupils will be introduced to specific swimming strokes on their front and on their back. They will learn how to travel, float and submerge with increasing confidence. They will learn and use different kicking and arm actions. As pupils progress, the units will focus on swimming more fluently and with increased confidence and control. Pupils work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water.			
			Future Learning: Y6 Swimming			
	Fitness Year 4	Yoga Year 4	Gymnastics Year 4	Dance Year 4	OAA Year 4	Rounders Year 4
Cycle B Year 3 and 4	In this unit, pupils will take part in a range of activities that explore and develop different areas of their health and fitness. Pupils will be given opportunities to work at their maximum and improve their fitness levels, recognising how the activities make them feel. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control. This unit links to the following strands of the NC: use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.	Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve wellbeing by building strength, flexibility and balance. The learning includes breathing and meditation. Pupils will work independently and with others to create their own yoga flows. This unit links to the following strands of the NC: develop flexibility, strength, technique, control and balance.	In this unit pupils develop balancing, rolling, jumping and inverted movements and use these skills to create more complex sequences. Pupils are taught to demonstrate control in their behaviour to create a safe environment for themselves and others to work in. They work independently and in collaboration with others to create and develop sequences. Pupils are given opportunities to receive and provide feedback in order to make improvements on their performances. In gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions. This unit links to the following strands of the NC: develop flexibility, strength, technique, control and balance.	Pupils focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of stimuli, working individually, in pairs and small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Pupils will develop confidence in performing and will be given the opportunity to provide feedback and utilise feedback to improve their own work. This unit links to the following strand of the NC: perform dances using a range of movement patterns.	OAA (outdoor adventurous activities) allows pupils to develop problem solving skills through a range of challenges. Pupils work independently, as a pair and in a small group to plan, explore, solve, reflect and improve on strategies. Pupils develop communication skills, taking on the role of a leader and working within a team. Pupils develop navigation skills including orientating a map, identifying key symbols and drawing and following a route. This unit links to the following strands of the NC: take part in outdoor and adventurous activity challenges both individually and within a team.	In this unit pupils explore their understanding of the principles of striking and fielding. Pupils learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding roles. They focus on developing throwing, catching and batting skills. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to 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. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
	Future Learning: Fundamental Movement Skills, Athletics, Fitness	Future Learning: Body Management: Yoga, Gymnastics	Future Learning: Body Management: Yoga, Gymnastics	Future Learning: Dance	Future Learning: OAA	Future Learning: Cricket and Rounders
	Tag Rugby Year 3	Basketball Year 4	Ball Skills Year 4	Dodgeball Year 4	Tennis Year 4	Athletics Year 4
	In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games	In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games	In this unit pupils have opportunities to develop a variety of ball skills without the restrictions of specific rules	In this unit pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to	In this unit pupils develop their understanding of the principles of net and wall games. In all	In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and

	activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In tag rugby pupils do this by maintaining possession and moving the ball towards the try line to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others’ performances. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In basketball pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as valuating their own and others’ performances. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	related to well known games. They will develop their accuracy and consistency when tracking a ball, explore a variety of throwing techniques and learn to select the appropriate throw for the situation. They will develop catching with one and two hands as well as dribbling with feet and hands. These skills are applied to small group games. Pupils will have the opportunity to take on different roles and work both individually and with others. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	apply simple tactics to outwit their opponents. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. This unit links to the following strands of the NC: use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.
	Future Learning: Handball, Netball, Basketball, Football, Tag Rugby and Hockey	Future Learning: Handball, Netball, Basketball, Football, Tag Rugby and Hockey	Future Learning: Handball, Netball, Basketball, Football, Tag Rugby, Hockey, Tennis, Badminton, Cricket, Rounders and Dodgeball	Future Learning: Dodgeball	Future Learning: Badminton and Tennis	Future Learning: Fundamental Movement Skills, Athletics, Fitness
			Swimming Year 3	Swimming Year 3	Swimming Year 3	Swimming Year 3
			These units are aimed at developing swimmers. Pupils will be introduced to specific swimming strokes on their front and on their back. They will learn how to travel, float and submerge with increasing confidence. They will learn and use different kicking and arm actions. As pupils progress, the units will focus on swimming more fluently and with increased confidence and control. Pupils work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water.			
			Future Learning: Y6 Swimming			
	Tag Rugby Year 6	Football Year 6	Gymnastics Year 5	Dance Year 5	Cricket Year 6	Rounders Year 6
	In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In tag rugby pupils do this by	In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In football pupils do this by maintaining	In this unit pupils develop balancing, rolling, jumping and inverted movements. They explore partner relationships such as canon and synchronisation and matching and mirroring. Pupils are	Pupils learn different styles of dance, working individually, as a pair and in small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they	In this unit pupils develop their understanding of the principles of striking and fielding. They expand on their knowledge of the different roles of bowler, wicket keeper, fielder and batter. In all games activities, pupils have to think about how	In this unit pupils develop their understanding of the principles of striking and fielding. Pupils develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching

Cycle A Year 5 and 6

maintaining possession and moving the ball towards the try line to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	given opportunities to receive and provide feedback in order to make improvements on their performances. In gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions. This unit links to the following strands of the NC: develop flexibility, strength, technique, control and balance.	work, they develop an awareness of the historical and cultural origins of different dances. Pupils will be provided with the opportunity to create and perform their work. They will be asked to provide feedback using the correct dance terminology and will be able to use this feedback to improve their work. Pupils will work safely with each other and show respect towards others.	they use skills, strategies and tactics to outwit the opposition. In cricket, pupils achieve this by striking a ball and trying to avoid fielders, so that they can run between wickets to score runs. Pupils are given opportunities to 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. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	and retrieving a ball. They expand on their knowledge of how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils work with a partner and group to organise and self-manage their own games. Pupils play with honesty and fair play when playing competitively. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
Apply F.M.S., tactics and skills in future games units.	Apply F.M.S., tactics and skills in future games units.	Future Learning: Body Management: Yoga, Gymnastics	Future Learning: Body Management: Yoga, Gymnastics	Future Learning: Dance	Apply F.M.S., tactics and skills in future games units.
Fitness Year 5	Yoga Year 5	Handball Year 6	Badminton Year 6	Athletics Year 6	Pupil Choice
In this unit, pupils will take part in a range of activities that explore and develop their strength, stamina, speed, co-ordination, balance, and agility. They will learn how each component of fitness will help them in other games. They will be given opportunities to apply these components of fitness in small games and practice each one through targeted exercises. Pupils will be given opportunities to assess their progress using the skills and knowledge acquired. This unit links to the following strands of the NC: use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.	Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils will be given the opportunity to work collaboratively with others and be given the opportunity to create their own flows and lead others. This unit links to the following strands of the NC: develop flexibility, strength, technique, control and balance.	Handball is an invasion game. In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In handball pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and	In this unit pupils develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In badminton, they do this by placing an object away from an opponent to make it difficult for them to return. Pupils are given opportunities to 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. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	In this unit, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others. In this unit pupils learn the following athletic activities: long distance running, short distance running, triple jump, discus and shot put. This unit links to the following strands of the NC: use running,	

			apply basic principles suitable for attacking and defending.		jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.	
	Future Learning: Fundamental Movement Skills, Athletics, Fitness	Apply Body Management skills in future yoga, gymnastic units.	Apply F.M.S., tactics and skills in future games units.	Apply F.M.S., tactics and skills in future games units.	Apply F.M.S., tactics and skills in future games units.	
	Swimming Year 6	Swimming Year 6				
	These units aim to consolidate swimming skills. They will focus on swimming fluently and with increased confidence and control for 25m. Pupils work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water.					
Cycle B Year 5 and 6	Netball Year 6	Hockey Year 6	Gymnastics Year 6	Dance Year 6	Basketball Year 6	Rounders Year 6
	In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In netball pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others’ performances. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In hockey pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others’ performances. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending Netball Year 6 Netball is an invasion game. In this unit pupils develop	In this unit, pupils use their knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences. They build trust when working collaboratively in larger groups, using formations to improve the aesthetics of their performances. Pupils are given opportunities to receive and provide feedback in order to make improvements on performances. In gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions. This unit links to the following strands of the NC: develop flexibility, strength, technique, control and balance.	Pupils will focus on developing an idea or theme into dance choreography. They will work in pairs and groups using different choreographing tools to create dances e.g. formations, timing, dynamics. Pupils will have opportunities to choreograph, perform and provide feedback on dance. Pupils think about how to use movement to convey ideas, emotions, feelings and characters. Pupils will show an awareness of keeping others safe and will have the opportunity to lead others through short warm ups. This unit links to the following strand of the NC: perform dances using a range of movement patterns	In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In basketball pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others’ performances. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	In this unit pupils develop their understanding of the principles of striking and fielding. Pupils 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. They expand on their knowledge of how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils work with a partner and group to organise and self-manage their own games. Pupils play with honesty and fair play when playing competitively. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
	Apply F.M.S., tactics and skills in future games units.	Apply F.M.S., tactics and skills in future games units.	Future Learning: Body Management: Yoga, Gymnastics	Future Learning: Body Management: Yoga, Gymnastics	Apply F.M.S., tactics and skills in future games units.	Apply F.M.S., tactics and skills in future games units.

	Fitness Year 5	Yoga Year 5	OAA Year 6	Dodgeball Year 6	Tennis Year 6	Pupil Choice
	In this unit, pupils will take part in a range of activities that explore and develop their strength, stamina, speed, co-ordination, balance, and agility. They will learn how each component of fitness will help them in other games. They will be given opportunities to apply these components of fitness in small games and practice each one through targeted exercises. Pupils will be given opportunities to assess their progress using the skills and knowledge acquired. This unit links to the following strands of the NC: use running, jumping and throwing in isolation and in combination. Develop flexibility, strength, technique, control and balance.	Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils will be given the opportunity to work ollaboratively with others and be given the opportunity to create their own flows and lead others. This unit links to the following strands of the NC: develop flexibility, strength, technique, control and balance.	In this unit, pupils develop a skill set that is transferrable to OAA (outdoor adventurous activities). Pupils work individually, collaboratively in pairs and groups to solve problems and are encouraged to be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge. Pupils are also given the opportunity to lead groups and utilise negotiation skills. Pupils develop map reading skills, learning how to follow a more complex map including the use of controls. This unit links to the following strands of the NC: take part in outdoor and adventurous activity challenges both individually and within a team.	In this unit pupils improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to select and apply tactics to the game to outwit their opponent. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Pupils are given opportunities to evaluate and suggest improvements to their own and others' performances. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	In this unit pupils develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to work cooperatively with others as well as independently, they are able to lead and officiate showing honesty and fair play whilst abiding by the rules. Pupils develop their tactical awareness, learning how to outwit an opponent when playing individually and with a partner. This unit links to the following strands of the NC: use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.	
	Future Learning: Fundamental Movement Skills, Athletics, Fitness	Apply Body Management skills in future yoga, gymnastic units.		Apply F.M.S., tactics and skills in future games units.	Apply F.M.S., tactics and skills in future games units.	
	Swimming Year 6	Swimming Year 6				
	These units aim to consolidate swimming skills. They will focus on swimming fluently and with increased confidence and control for 25m. Pupils work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water.					