

# Long Term Plan 2021/22 – Physical Education

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<b>Intro to PE</b> <b>Topic:</b> People who help us	<b>Dance</b> <b>Topic:</b> Places	<b>Gymnastics</b> <b>Topic:</b> Animals and their habitats	<b>Ball Skills</b> <b>Topic:</b> Minibeasts	<b>Gymnastics</b> <b>Topic:</b> Traditional Tales	<b>Games</b> <b>Topic:</b> Around the World
	<b>Books:</b> Zog Zog and the Flying Doctors Room on the Broom	<b>Books:</b> Rama and Sita The Gunpowder Plot Owl Babies Kipper's Birthday The First Christmas The Nativity Story	<b>Books:</b> Percy the Park Keeper: One Snowy Night Lost and Found	<b>Books:</b> What the Ladybird Heard I Don't Want to be a Frog We're Going on an Egg Hunt The Easter Story	<b>Books:</b> Jack and the Beanstalk Jasper's Beanstalk The Three Little Pigs The Three Little Wolves and the Big Bad Pig The Three Billy Goats Gruff The Troll	<b>Books:</b> What the Ladybird Heard at the Seaside The Lighthouse Keeper's Lunch The Rainbow Fish Commotion in the Ocean
<b>EYFS</b>	Pupils will be introduced to Physical Education through the topic of 'people who help us'. They will learn 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. Following this they will participate in activities which will develop fundamental movement skills such as running, jumping and skipping. They will play simple games and begin to understand and use rules. This will promote honesty and fair play within the context of sport and physical activity.	Pupils will develop expressive movement through the topic of 'places'. They will continue to explore space and how to use space safely. They will explore travelling actions, shapes and balance choosing their own actions in response to a stimulus. Pupils will copy, repeat and remember actions and use counting to keep in time with the music. They will then perform to others and begin to provide simple feedback will allow them to show respect for one another and develop confidence when performing in front of each other.	Pupils will be introduced to basic gymnastic skills through the topic of 'animals and their habitats'. They will explore basic movements, creating shapes, balances, and jumps and begin to develop rocking and rolling. This will develop their resilience and determination as they try to master these skills. Pupils should now show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. They will copy, create, remember and repeat short sequences and begin to understand use levels and directions when travelling and balancing.	Pupils will develop ball skills through the topic of 'minibeasts' such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. They will develop fine and gross motor skills through a range of game play using a variety of equipment. They will work independently and with a partner showing good teamwork and support for one another.	Pupils will develop further their basic gymnastic skills through the topic of 'traditional tales', to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. They will explore basic movements, create shapes and balances, jumps and rolls. They will perform basic skills on both floor and apparatus learning how to take turns and understand how to use levels and directions when travelling and balancing. They copy, create, remember and repeat short sequences helping others in their group to do the same.	Pupils will practice and further develop fundamental movement skills through the topic of 'around the world'. They will learn and develop these skills by playing a variety of games. This will give opportunities to practice managing their emotions in competitive situations. They will develop an understanding of how to work as a team, take turns, keep the score, play against an opponent and play by the rules.

# Year 1

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<b>Fitness</b>	<b>Sending and Receiving</b>	<b>Ball Skills</b>	<b>Invasion Games</b>	<b>Striking and Fielding</b>	<b>Athletics</b>
	<b>Book:</b> But Why Can't I?	<b>Book:</b> The Tiger Who Came to Tea	<b>Book:</b> The Gruffalo	<b>Book:</b> Rosie Revere, Engineer	<b>Book:</b> The Hunter	<b>Book:</b> Rainforest Adventure
	<p>Pupils will take part in a range of fitness activities to develop components of fitness. They will explore and develop agility, balance, co-ordination, speed and stamina, developing an understanding into what they mean. They will work independently and with others developing perseverance and determination to work for longer periods of time.</p>	<p>Pupils will develop sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will use equipment to send and receive a ball with a range of different sized balls. They will apply skills individually, in pairs and in small groups and start to understand the importance of abiding by rules to keep themselves and others safe.</p>	<p>Pupils will continue to develop fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. They will work independently, in pairs and small groups to develop teamwork. Pupils will explore ideas in response to tasks so will need to work hard to develop their communication skills.</p>	<p>Pupils will apply the skills from 'sending and receiving' and 'ball skills' and use them in a range of invasion games. They will develop their understanding of attacking and defending and what being 'in possession' means. They have the opportunity to play uneven and even sided games showing mental toughness and learning how to score points in these types of games and the rules. They will 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.</p>	<p>Pupils will develop a basic understanding of striking and fielding games such as Rounders and Cricket. They will learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They will play one against one, one against two, and one against three learning how to score points and how to use simple tactics and the rules of the games to play fairly. They will show respect towards others when playing competitively and develop their communication skills.</p>	<p>Pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing and learn how to perform these safely. They will perform skills and measure performance, competing to improve on their own score and against others which will require determination to perform to their best. They will have opportunities to work collaboratively as well as independently showing self-motivation.</p>

<i>Dance</i>	<i>Fundamentals</i>	<i>Gymnastics</i>	<i>Team Building</i>	<i>Target Games</i>	<i>Net and Wall</i>
<b>Book:</b> But Why Can't I?	<b>Book:</b> The Tiger Who Came to Tea	<b>Book:</b> The Gruffalo	<b>Book:</b> Rosie Revere, Engineer	<b>Book:</b> The Hunter	<b>Book:</b> Rainforest Adventure
<p>Pupils explore travelling actions, movement skills and balancing. They develop understanding of why it is important to count to music and use this in their dances.</p> <p>They will copy and repeat actions linking them together to make short dance phrases, working individually and with a partner to create ideas in relation to the theme. They will perform to develop their confidence and provide feedback, beginning to use dance terminology to do so, showing respect to the other members of the class.</p>	<p>Pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping.</p> <p>They will explore these skills in isolation as well as in combination and will need to show resilience to master this. There will be opportunities to identify areas of strength and areas for improvement and work collaboratively with others, taking turns and sharing ideas.</p>	<p>Pupils will practice using space safely and effectively developing their own risk management skills.</p> <p>They will explore and develop basic gymnastic actions on the floor and low apparatus to develop confidence. They will begin to understand the use of levels, directions and shapes when travelling and balancing. Pupils will practice the basic skills of jumping, rolling, balance and travelling are used individually and in combination to create movement phrases. They will have opportunities to select actions to build short sequences and develop confidence in performing.</p>	<p>Pupils will develop communication and problem-solving skills. Work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other. They will discuss and plan their ideas to try and solve problems in order to be able to apply these skills across their school life.</p>	<p>Pupils will develop aim using both underarm and overarm actions. They will 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.</p>	<p>Pupils will be introduced to the basic skills required in Net and Wall games such as throwing, catching and racket skills, learning to track and hit a ball and will understand the importance of the ready position. They will play against an opponent and over a net and begin to use rules. They will be encouraged to demonstrate good sportsmanship and show respect towards others.</p>

# Year 2

Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<b>Fitness</b>	<b>Sending and Receiving</b>	<b>Ball Skills</b>	<b>Invasion Games</b>	<b>Striking and Fielding</b>	<b>Athletics</b>
<b>Book:</b> But Why Can't I?	<b>Book:</b> The Tiger Who Came to Tea	<b>Book:</b> The Gruffalo	<b>Book:</b> Rosie Revere, Engineer	<b>Book:</b> The Hunter	<b>Book:</b> Rainforest Adventure
Pupils will continue to develop and practice the components of fitness; agility, balance, co-ordination, speed and stamina. They should have an understanding into what each of these components are. They will work independently and with others to develop perseverance and show determination to work for longer periods of time.	Pupils will practice throwing and catching, rolling, kicking, tracking and stopping a ball and use equipment to send and receive a ball. They will apply skills individually, in pairs and in small groups and begin to organise and self-manage own activities. They will understand the importance of abiding by rules to keep themselves and others safe and show honesty in order to play fairly.	Pupils will further develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. They will have the opportunity to work independently, in pairs and small groups using their cooperation skills. They will explore their own ideas in response to tasks and have the opportunity to show resilience as they try and apply skills into competitive situations.	Using the skills from the 'sending and receiving' unit and 'ball skills' unit pupils will apply these into game situations. They will develop understanding of attacking and defending and what being 'in possession' means. They will have the opportunity to play uneven and even sided games, learn how to score points in these types of games and practice how to play to the rules. They will 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.	Pupils will continue to develop and practice the skills used in Rounders and Cricket including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They will have opportunities to play against each other to learn how to score points and how to use simple tactics. They will learn the rules of the games and use these to play fairly. They should show respect towards others when playing competitively and develop their teamwork and collaboration skills.	Pupils will practice running at different speeds, changing direction, jumping and throwing focussing on correct technique. They will engage in performing skills and measuring performance, showing determination to improve on their own and others' score. They will have opportunities to work collaboratively as well as independently, learn how to improve by identifying areas of strength as well as areas to develop.

<i>Dance</i>	<i>Fundamentals</i>	<i>Gymnastics</i>	<i>Yoga</i>	<i>Target Games</i>	<i>Net and Wall</i>
<b>Book:</b> But Why Can't I?	<b>Book:</b> The Tiger Who Came to Tea	<b>Book:</b> The Gruffalo	<b>Book:</b> Rosie Revere, Engineer	<b>Book:</b> The Hunter	<b>Book:</b> Rainforest Adventure
Pupils will explore space and how their body can move to express and idea, mood, character or feeling developing confidence to share ideas. They will expand knowledge of travelling actions and use them in relation to a stimulus. They will develop on their understanding of dynamics and expression and use counts of 8 consistently to keep in time with the music and a partner, using teamwork skills. They explore pathways, levels, shapes, directions, speeds and timing and have the opportunity to work independently and with others to perform and provide respectful feedback using key terminology.	Pupils will practice and develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will have opportunities to work with a range of different equipment offering different challenges. They will observe and recognise improvements for their own and others' skills and identify areas of strength and have the opportunity to work collaboratively with others, taking turns and sharing ideas.	Pupils will explore basic gymnastic actions on the floor and using apparatus. They will practice gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases. They will develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions. They will work safely, managing risk, with and around others and whilst using apparatus. They will have the opportunity to respectfully provide feedback to others and recognise elements of high quality performance.	Pupils will develop understanding of mindfulness and body awareness. They will begin to learn yoga poses and techniques that will help them to connect their mind and body showing calmness and patience. They will build strength, flexibility and balance developing this from gymnastics and fitness. They will work independently and with others, sharing ideas and creating their own poses in response to a theme.	Pupils will develop aim using both underarm and overarm actions. They will have opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They will apply 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.	Pupils will develop throwing, catching and racket skills, learning to track and hit a ball. They will play against an opponent and over a net showing honesty when scoring. They will use rules and simple tactics when playing against a partner showing leadership and communication. They will be encouraged to demonstrate good sportsmanship and show respect towards others.

# Year 3

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<b>Fundamentals</b>	<b>Football</b>	<b>Ball Skills</b>	<b>Tag Rugby</b>	<b>Cricket</b>	<b>Rounders</b>
	<b>Book:</b> George's Marvellous Medicine	<b>Book:</b> Operation Gadget Man	<b>Book:</b> Homework on Pluto	<b>Book:</b> The Chocolate Tree	<b>Book:</b> The Accidental Prime Minister	<b>Book:</b> The Explorer
	<p>Pupils will refresh the fundamental skills of balancing, running, jumping, hopping and skipping. They will develop ability to change direction with balance and control. They will have the opportunity to explore how the body moves at different speeds as well as how to accelerate and decelerate. They will observe and recognise improvements for their own and others' performances and identify areas of strength and areas for development. They will work on their own and with others, taking turns and sharing ideas showing both good communication and listening skills.</p>	<p>Pupils will persevere when developing the key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. They will play uneven and then move onto even sided games working one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. They will have opportunities to select and apply tactics to try and outwit the opposition.</p>	<p>Pupils will have the opportunity to develop accuracy and consistency when tracking a ball, exploring 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, applying skills from football, and fundamentals. They will have the opportunity to take on different roles and work both individually and with others showing teamwork and respect for one another.</p>	<p>Pupils learn to keep possession of the ball using attacking skills in uneven and then even sided games, developing strategies and social skills to self-manage games. They will understand the importance of playing fairly and keeping to the rules and use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own performance using key words.</p>	<p>Pupils will learn how to strike the ball, catch, throw and bowl the ball. They will gain an understanding into how to score runs and how to stop the opposition from scoring. They will have 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.</p>	<p>Pupils will learn how to score points by striking a ball into space and running around cones or bases. When fielding they focus on developing throwing and catching used in cricket. They will consider the skills, strategies and tactics to outwit the opposition reflecting on the similarities and differences from cricket. They will need to apply the rules of rounders into small sided games and use conflict management skills to solve disagreements.</p>

<i>Dance</i>	<i>Fitness</i>	<i>Gymnastics</i>	<i>OAA</i>	<i>Athletics</i>	<i>Tennis</i>
<b>Book:</b> George's Marvellous Medicine	<b>Book:</b> Operation Gadget Man	<b>Book:</b> Homework on Pluto	<b>Book:</b> The Chocolate Tree	<b>Book:</b> The Accidental Prime Minister	<b>Book:</b> The Explorer
Pupils will create dances in relation to an idea including historical and scientific stimuli i.e. machines, seasons and Romans. They will be working individually, with a partner and in small groups, sharing their ideas. They will develop their use of counting and rhythm and learn to use canon, unison, formation and levels in their dances. They will be given the opportunity to perform to others and provide feedback using key terminology.	Pupils will take part in a range of fitness activities to develop components of fitness. Pupils will develop agility, balance, co-ordination, speed and stamina and should be able to explain what each of these are. Pupils will be given the opportunity to work independently and with others taking responsibility and reflecting on their own fitness levels. Pupils will develop perseverance and show determination to work for longer periods of time.	Pupils focus on improving the quality of their gymnastic movements. They are introduced to the terms 'extension' and 'body tension.' They develop the basic skills of rolling, jumping and balancing and use them 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 confidence to perform.	Pupils develop problem solving skills through a range of challenges. They will work as a pair and small group to plan, solve, reflect and improve on strategies. They learn to be inclusive and respectful of others and work collaboratively to overcome challenges. Pupils learn to orientate a map, identify key symbols and follow routes.	Pupils will learn the 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. Pupils will consider how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. Pupils are also given the responsibility to measure, time and record scores showing honesty.	Pupils develop the key skills required for tennis such as the ready position, racket control and hitting a ball. They learn how to score points and how to apply skills into an adapted game. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.

# Year 4

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<b>Ball Skills</b>	<b>Football</b>	<b>Ball Skills</b>	<b>Tag Rugby</b>	<b>Cricket</b>	<b>Rounders</b>
	<b>Book:</b> George's Marvellous Medicine	<b>Book:</b> Operation Gadget Man	<b>Book:</b> Homework on Pluto	<b>Book:</b> The Chocolate Tree	<b>Book:</b> The Accidental Prime Minister	<b>Book:</b> The Explorer
	Pupils will further develop their accuracy and consistency when tracking a ball. They will explore a variety of throwing techniques and will learn to select the appropriate throw for the situation. They will practice catching with one and two hands as well as dribbling with feet and hands. These skills will then be applied to small group games. Pupils will have the opportunity to take on different roles and work both individually and with others applying communication and teamwork skills effectively.	Pupils develop further in in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball using skills from the 'ball skills' unit. They will start by playing uneven and then move onto even sided games. They learn to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will be given opportunities to select and apply tactics to outwit the opposition and be cable to explain their choices.	Pupils will have the opportunity to develop their accuracy and consistency when tracking a ball. They will explore a variety of throwing techniques and will 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 will then be applied to small group games. Pupils will have the opportunity to take on different roles and work both individually and with others.	Pupils will develop the ability to keep possession of the ball using attacking skills. They will play uneven and then even sided games, developing strategies and social skills to self-manage games. Pupils will understand the importance of playing fairly and keeping to the rules. Pupils will think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances and suggest improvements.	Pupils learn how to strike the ball into space so that they can score runs. When fielding, they develop their catching/ throwing and barriers to get the ball back to teammates. 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.	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 applying their throwing and catching skills. Pupils will start to apply 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.



<i>Dance</i>	<i>Fitness</i>	<i>Gymnastics</i>	<i>OAA</i>	<i>Athletics</i>	<i>Tennis</i>
<b>Book:</b> George's Marvellous Medicine	<b>Book:</b> Operation Gadget Man	<b>Book:</b> Homework on Pluto	<b>Book:</b> The Chocolate Tree	<b>Book:</b> The Accidental Prime Minister	<b>Book:</b> The Explorer
Pupils focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of stimuli including 'states of matter' and 'superpowers' 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.	Pupils will take part in a range of fitness activities to develop components of fitness such as agility, balance, co-ordination, speed and stamina. Pupils should be able to explain what each of these are. 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.	In this unit, pupils create more complex sequences. They learn a wider range of travelling actions and include the use of pathways. They develop more advanced actions such as inverted movements and explore ways to include apparatus. They will demonstrate control in their behaviour to create a safe environment for themselves and others to work in. They work independently and in collaboration with a partner to create and develop sequences. Pupils are given opportunities to receive and provide feedback in order to make improvements on their performances. Pupils develop performance skills considering the quality and control of their actions.	Pupils apply problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies. They learn to be inclusive of others and work collaboratively to overcome challenges. They will have opportunities to use their negotiation skills in order to formulate a group plan. Pupils practice orienteering skills such as; how to orientate a map, identify key symbols and follow routes.	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. Pupils will apply strategies to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. They will experience running for distance, sprinting, relay, long jump, vertical jump and javelin and be able to record and measure these events in accordance with the rules.	Pupils practice and apply the key skills required for tennis such as the ready position, racket control and forehand and backhand ground strokes. They will be encouraged to use a growth mindset to be able to improve their skills. Pupils learn how to score points and how to 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.

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<b>Football</b>	<b>Tag Rugby</b>	<b>Fitness</b>	<b>Netball</b>	<b>Cricket</b>	<b>Rounders</b>
	<b>Book:</b> Cosmic		<b>Book:</b> The Boy at the Back of the Class		<b>Book:</b> Cogheart	
	<p>Pupils will improve their defending and attacking play, developing knowledge of the principles and tactics of each. Pupils will begin to develop consistency and control in dribbling, passing and receiving a ball. Pupils will evaluate their own performance suggesting improvements. They will learn the importance of playing games fairly, abiding by the rules of the game and being respectful of their teammates, opponents and referees.</p>	<p>Pupils will develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier. When defending, pupils learn how to tag and how to work as a defensive unit. They will play collaboratively in both uneven and then even sided games. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their team's performance.</p>	<p>Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn the definitions of different components of fitness including speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to show resilience 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 in which they make the most improvement using the data they have collected.</p>	<p>Pupils will develop defending and attacking play. They will learn to use a range of different passes to keep possession and attack towards a goal. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They will start to show control when passing, receiving and shooting the ball. They will learn key rules of the game such as footwork, held ball, contact and obstruction. Pupils also develop their understanding of the importance of fair play and honesty while self-managing games.</p>	<p>Pupils develop the quality of striking and fielding skills and their understanding of the game. They learn how to play the different roles of bowler, wicket keeper, fielder and batter. Pupils will consider how they use skills, strategies and tactics to outwit the opposition to score more 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.</p>	<p>Pupils develop the quality and consistency of their fielding skills (many from cricket) and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. They learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. Pupils will be able to discuss 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.</p>

<i>Dance</i>	<i>OAA</i>	<i>Gymnastics</i>	<i>Yoga</i>	<i>Athletics</i>	<i>Tennis</i>
<b>Book:</b> Cosmic		<b>Book:</b> The Boy at the Back of the Class		<b>Book:</b> Cogheart	
<p>Pupils learn different styles of dance, working individually, as a pair and in small groups. Pupils will use movement to explore and communicate ideas and issues, and their own feelings and thoughts. They will develop an awareness of the historical and cultural origins of different dances i.e. 'Rock n Roll'. Pupils will be provided with the opportunity to create and perform their work developing anxiety management skills. 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.</p>	<p>Pupils practice teamwork skills through completion of a number of challenges. Pupils work individually, collaboratively showing conflict management to solve problems. They 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 a small group. Pupils learn to orientate and navigate using a map.</p>	<p>Pupils will create longer sequences individually, with a partner and a small group. They learn a wider range of actions such as inverted movements to include cartwheels and handstands. They explore partner relationships such as canon and synchronisation and matching and mirroring. 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 and acknowledge how to manage their anxiety in performing.</p>	<p>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. Pupils will be given the opportunity to work collaboratively with others and be given the opportunity to create their own flows and lead others.</p>	<p>Pupils will develop the following athletic activities: long distance running, sprinting, relay, long jump, triple jump, shot put and javelin. Pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Pupils will apply skills to achieve their greatest possible speed, height, 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.</p>	<p>Pupils develop their competencies in racket skills such as a forehand, backhand, volley and underarm serve. Pupils are given opportunities to work cooperatively with others and show honesty and fair play when abiding by the rules. Pupils develop their tactical awareness, learning how to score points against an opponent.</p>

# Year 6

	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	<b>Football</b>	<b>Tag Rugby</b>	<b>Fitness</b>	<b>Netball</b>	<b>Cricket</b>	<b>Rounders</b>
	<b>Book:</b> Cosmic		<b>Book:</b> The Boy at the Back of the Class		<b>Book:</b> Cogheart	
	<p>Pupils will improve their defending and attacking play, developing further knowledge of the principles and tactics of each. They will start to apply these into game situations. Pupils will begin to develop consistency and control in dribbling, passing and receiving a ball. They will also learn the basics of goalkeeping. Pupils will evaluate their own and other's performances, suggesting improvements. They will learn the importance of playing games fairly, abiding by the rules of the game and being respectful of their teammates, opponents and referees.</p>	<p>Pupils will practice key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier using width and drawing defence. When defending, pupils learn how to tag, how to track and work as a defensive unit. They will play collaboratively in both uneven and then even sided games. Pupils will be encouraged to apply strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their own and others' performances.</p>	<p>Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn the definitions of components of fitness including speed, stamina, strength, coordination, balance and agility and be able to apply these to sporting situations. Pupils will be given opportunities to work at their maximum and improve their fitness levels. 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 in which they make the most improvement using the data they have collected.</p>	<p>Pupils will develop defending and attacking play during even-sided and 5-a-side netball. Pupils will learn to use a range of different passes to keep possession and attack towards a goal. Pupils will be encouraged to work collaboratively to use skills, strategies and tactics to outwit the opposition. They will start to show control and fluency when passing, receiving and shooting. They will learn key rules of the game such as footwork, held ball, contact and obstruction. Pupils also develop their understanding of the importance of fair play and honesty while self-managing games.</p>	<p>Pupils develop the range and quality of striking and fielding skills and their understanding of cricket. They learn how to play the different roles of bowler, wicket keeper, fielder and batter. Pupils will apply the correct skills, strategies and tactics to outwit the opposition in order to score more 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.</p>	<p>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. (many the same as cricket) They learn how to play the different roles of bowler, backstop, fielder and batter and apply appropriate tactics in these positions. 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.</p>

<i>Dance</i>	<i>OAA</i>	<i>Gymnastics</i>	<i>Yoga</i>	<i>Athletics</i>	<i>Tennis</i>
<p align="center"><b>Book:</b> Cosmic</p>		<p align="center"><b>Book:</b> The Boy at the Back of the Class</p>		<p align="center"><b>Book:</b> Cogheart</p>	
<p>Pupils will focus on developing an idea or theme into dance choreography. For example, 'anti- bullying'. 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.</p>	<p>Pupils use teamwork skills to complete a number of challenges. Pupils work individually, collaboratively in pairs and groups to solve problems. They are encouraged to be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge. They will need to use conflict management strategies to be able to work collaboratively. Pupils are also given the opportunity to lead a small group. Pupils will practice using orienteering skills e.g. to orientate and navigate using a map.</p>	<p>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 and manage their performance anxiety.</p>	<p>Pupils develop their 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 through breathing and mediation as well as building strength, flexibility and balance used in previous units. Pupils will be given the opportunity to work collaboratively with others and be given the opportunity to create their own flows and lead others in this.</p>	<p>Pupils will improve the following athletic activities: long distance running, sprinting, hurdles, high jump, triple jump, discus and shot put. Pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Pupils will make adaptations to their performance to achieve their greatest possible speed, height, 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.</p>	<p>Pupils develop the quality of the forehand, backhand, volley and underarm serve. Pupils develop their tactical awareness including how to play with a partner and against another pair using a scoring system. They are encouraged to show respect for their teammates as well as their opponents when self-managing games. Pupils are also given opportunities to reflect on their own and other's performances and identify areas to improve.</p>