



Invasion Games Y1



01	Dribbling	<ul style="list-style-type: none">Travel with a variety of balls
02	Passing/Receiving	<ul style="list-style-type: none">Pass ball to partner whilst stationaryReceive ball from partner whilst stationary
03	Attacking	<ul style="list-style-type: none">Understand where the ball needs to go to score
04	Defending	<ul style="list-style-type: none">Can chase/follow an opponent
05	Other Knowledge	<ul style="list-style-type: none">Able to talk about what they can do

Movement fundamentals

Run + jump forward, backwards, sideways. Stop when required. Recognise space around them



Invasion Games Y2



01	Dribbling	<ul style="list-style-type: none">• Travel with ball and be able to stop and change direction
02	Passing/Receiving	<ul style="list-style-type: none">• Pass using more than one technique• Track a ball and get in line to receive
03	Attacking	<ul style="list-style-type: none">• Understand the word "attack"• Move ball through dribbling and passing towards a goal
04	Defending	<ul style="list-style-type: none">• Understand the word "defend"• Be able to move in to a position that makes it difficult for the opponent•
05	Other Knowledge	<ul style="list-style-type: none">• Understand how body feels during exercise• Understand basic rules• Understand have a weaker/stronger hand/foot

Movement fundamentals

Ability to change direction at pace when required



Invasion Games Y3



01	Dribbling	<ul style="list-style-type: none">• Increased speed when dribbling• Dribble under pressure in game situation
02	Passing/Receiving	<ul style="list-style-type: none">• P+R with increased speed and accuracy• P+R on the move• Understand the importance of possession
03	Attacking	<ul style="list-style-type: none">• Work on shooting / scoring technique• Movement to evade markers• Move into space to receive• Begin to communicate
04	Defending	<ul style="list-style-type: none">• Regain possession through intercepting• Introduce marking• Begin to communicate
05	Other Knowledge	<ul style="list-style-type: none">• Understand basic science behind warmup and cooldown• Know why exercise is good for you• Show respect to opponents

Movement fundamentals

Fluency when changing direction at pace and being aware of space.



Invasion Games Y4



01	Dribbling	<ul style="list-style-type: none">• Head up to observe whilst travelling• Select best direction to travel in a game situation
02	Passing/Receiving	<ul style="list-style-type: none">• P+R over longer distances• P+R consistently under pressure in a game situation
03	Attacking	<ul style="list-style-type: none">• Understand when to pass and when to shoot• Introduce feinting• Frequent communication
04	Defending	<ul style="list-style-type: none">• 1 v 1 defending techniques• Movement to get back into a defensive position• Frequent communication
05	Other Knowledge	<ul style="list-style-type: none">• Analyse own strengths/areas of improvement• Understand teamwork is vital• Be able to lead small group warm-up / cooldown• Show respect to team-mates

Movement fundamentals

Understand a change of pace is useful in game situations



Invasion Games Y5



01	Dribbling	<ul style="list-style-type: none">• Understand when to dribble and when to pass• Difference between dribbling into space or dribbling past opponent
02	Passing/Receiving	<ul style="list-style-type: none">• Select best passing technique• Select best receiver
03	Attacking	<ul style="list-style-type: none">• Effective communication linked to movement• Constant movement to support attack and get into optimum position to receive
04	Defending	<ul style="list-style-type: none">• Safe tackling techniques• Understand defending space is different to marking an opponent• Effective communication
05	Other Knowledge	<ul style="list-style-type: none">• Understand different positions within a team• Understand basic long-term effects of exercise• Lead class warm-up / cooldown• Understand rules of several sports

Movement fundamentals

Agility demonstrated by optimum body position. (low centre of gravity, knees bent etc)



Invasion Games Y6



01	Dribbling	<ul style="list-style-type: none">• Use more than one technique• Dribble in sensible areas of the pitch• Fluency between dribbling and passing
02	Passing/Receiving	<ul style="list-style-type: none">• Fluency between receiving and transitioning to dribble• Quick decisions- P+R in shortest time
03	Attacking	<ul style="list-style-type: none">• Ability to score• Impact teams performance• Instant transition from defence to attack• Constant effective communication
04	Defending	<ul style="list-style-type: none">• Alter tactics during game if not successful• Constant effective communication
05	Other Knowledge	<ul style="list-style-type: none">• Coach/ captain teams• Referee games• Analyse teams strengths and areas of improvement

Movement fundamentals

Revise all movement patterns at maximum pace



Striking+Fielding Y1

01	Striking	<ul style="list-style-type: none">• Strike ball with hand• Explore striking with bat
02	Throwing/Catching	<ul style="list-style-type: none">• Explore under and overarm throw• Introduce catching technique
03	Attacking (batting)	<ul style="list-style-type: none">• Strike a ball for others to collect
04	Defending (fielding)	<ul style="list-style-type: none">• Track and stop a moving ball
05	Other Knowledge	<ul style="list-style-type: none">• Able to talk about what they can do

Movement fundamentals

Run + jump forward, backwards, sideways. Stop when required. Recognise space around them



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Striking+Fielding Y2

01	Striking	<ul style="list-style-type: none">Some consistency when striking ball with bat
02	Throwing/Catching	<ul style="list-style-type: none">Develop power of underarm and overarm throwsSome consistency with 2 handed catch
03	Attacking (batting)	<ul style="list-style-type: none">Understand what a successful strike looks like and how it can be turned into points
04	Defending (fielding)	<ul style="list-style-type: none">Basic understanding of the role of a fielding team
05	Other Knowledge	<ul style="list-style-type: none">Understand how body feels during exerciseUnderstand basic rulesUnderstand have a weaker/stronger hand/foot

Movement fundamentals

Ability to change direction at pace when required



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Striking+Fielding Y3

01	Striking	<ul style="list-style-type: none">• Strike ball that is bowled
02	Throwing/Catching	<ul style="list-style-type: none">• Correct throwing technique to match game situation• Make simple catches in game situation
03	Attacking (batting)	<ul style="list-style-type: none">• Understanding where to strike ball to give best chance of scoring
04	Defending (fielding)	<ul style="list-style-type: none">• Create barriers to stop ball• Quick pick-up and throw
05	Other Knowledge	<ul style="list-style-type: none">• Understand basic science behind warmup and cooldown• Know why exercise is good for you• Show respect to opponents

Movement fundamentals

Fluency when changing direction at pace and being aware of space



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Striking+Fielding Y4

01	Striking	<ul style="list-style-type: none">• Strike ball with greater consistency• Strike ball with correct technique
02	Throwing/Catching	<ul style="list-style-type: none">• Throw overarm over greater distance• Develop one-handed catch
03	Attacking (batting)	<ul style="list-style-type: none">• Choose correctly when and where to run• Observe the fielding positions
04	Defending (fielding)	<ul style="list-style-type: none">• Develop bowling technique• Cover space and adjust position
05	Other Knowledge	<ul style="list-style-type: none">• Analyse own strengths/areas of improvement• Understand teamwork is vital• Be able to lead small group warm-up / cooldown• Show respect to team-mates

Movement fundamentals

Understand a change of pace can be useful in game situations



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Striking+Fielding Y5

01	Striking	<ul style="list-style-type: none">• Demonstrate technique differences between attacking shots and defensive shots
02	Throwing/Catching	<ul style="list-style-type: none">• Throw accurately in game situation• Develop difficult catches- high balls, sprint and catch etc
03	Attacking (batting)	<ul style="list-style-type: none">• Understand different options regarding direction/ type of strike• Fully understand the rules
04	Defending (fielding)	<ul style="list-style-type: none">• Team communication• Develop back-stop/wicket-keeper• Fully understand methods of getting out
05	Other Knowledge	<ul style="list-style-type: none">• Understand different positions within a team• Understand basic long-term effects of exercise• Lead class warm-up / cooldown• Understand rules of different sports

Movement fundamentals

Agility demonstrated by optimum body position. (low centre of gravity, knees bent etc)



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Striking+Fielding Y6

01	Striking	<ul style="list-style-type: none">Strike ball with power + direction
02	Throwing/Catching	<ul style="list-style-type: none">Make difficult catches under pressure in game situation
03	Attacking (batting)	<ul style="list-style-type: none">Team communication to aid decision making regarding attempting to run
04	Defending (fielding)	<ul style="list-style-type: none">Make correct decisions regarding areas to throw to
05	Other Knowledge	<ul style="list-style-type: none">Coach/ captain teamsUmpire gamesAnalyse teams strengths and areas of improvement

Movement fundamentals

Revise all movement patterns at maximum pace



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Net Games Y1

01

Playing strokes

- Explore hitting a dropped ball

02

Serving

- Throw ball over net to land in court

03

Rallying in game situation

- Explore underarm throw for partner to hit

04

Footwork in game situation

- Track and move towards the ball

05

Other Knowledge

- Able to talk about what they can do

Movement fundamentals

Run + jump forward, backwards, sideways. Stop when required. Recognise space around them



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Net Games Y2

01	Playing strokes	Hit dropped ball over net towards target
02	Serving	<ul style="list-style-type: none">• Accurately throw ball over net for partner
03	Rallying in game situation	<ul style="list-style-type: none">• Able to play stroke so partner can catch ball after one bounce
04	Footwork in game situation	<ul style="list-style-type: none">• Have a ready position before tracking ball
05	Other Knowledge	<ul style="list-style-type: none">• Understand how body feels during exercise• Understand basic rules

Movement fundamentals

Ability to change direction at pace when required





Net Games Y3

01	Playing strokes	<ul style="list-style-type: none">Return ball back to partnerExplore backhand technique
02	Serving	<ul style="list-style-type: none">Explore underarm serving
03	Rallying in game situation	<ul style="list-style-type: none">Co-operative forehand rally making it as easy as possible for partner to return
04	Footwork in game situation	<ul style="list-style-type: none">Instantly return to ready position after playing a stroke
05	Other Knowledge	<p>Understand basic science behind warmup and cooldown</p> <ul style="list-style-type: none">Know why exercise is good for youShow respect to opponents

Movement fundamentals

Fluency when changing direction at pace and being aware of space



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Net Games Y4

01	Playing strokes	Show some consistency using backhand, forehand and volley
02	Serving	<ul style="list-style-type: none">Underarm serve with accuracy regarding target area
03	Rallying in game situation	<ul style="list-style-type: none">Develop co-operative rally using full range of strokes
04	Footwork in game situation	<ul style="list-style-type: none">Return to optimum receiving position and be set in ready position
05	Other Knowledge	<ul style="list-style-type: none">Analyse own strengths/areas of improvementUnderstand teamwork is vitalBe able to lead small group warm-up / cooldownShow respect to team-mates

Movement fundamentals

Understand a change of pace can be useful in game situations





Net Games Y5

01	Playing strokes	Demonstrate all strokes with a level of consistency
02	Serving	<ul style="list-style-type: none">• Explore alternative serving techniques
03	Rallying in game situation	<ul style="list-style-type: none">• Understand difference between shot selection for co-operative and competitive rally
04	Footwork in game situation	<ul style="list-style-type: none">• Use efficient footwork patterns to move into position
05	Other Knowledge	<ul style="list-style-type: none">• Understand different positions on a court• Understand basic long-term effects of exercise• Lead class warm-up / cooldown• Understand rules of several sports

Movement fundamentals

Agility demonstrated by optimum body position. (low centre of gravity, knees bent etc)





Net Games Y6

01	Playing strokes	Demonstrate all strokes with a level of consistency under pressure
02	Serving	<ul style="list-style-type: none">• Serve making it difficult for opponent to return
03	Rallying in game situation	<ul style="list-style-type: none">• Making correct stroke selection in competitive rally
04	Footwork in game situation	<ul style="list-style-type: none">• Use efficient footwork patterns to move into position at pace
05	Other Knowledge	<ul style="list-style-type: none">• Umpire games• Analyse others strengths and areas of improvement

Movement fundamentals

Revise all movement patterns at maximum pace



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Athletics Y1



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01	Running	<ul style="list-style-type: none">• Explore running different speeds and distances• Explore running over obstacles
02	Jumping	<ul style="list-style-type: none">• Explore throwing objects for distance
03	Throwing	<ul style="list-style-type: none">• Explore hopping, leaping and jumping for distance
04	Other Knowledge	<ul style="list-style-type: none">• Able to talk about what they can do

Movement fundamentals

Run + jump forward, backwards, sideways. Stop when required. Recognise space around them



Athletics Y2



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01	Running	<ul style="list-style-type: none">• Develop sprinting action• Explore hurdling technique• Understand jog for distance, sprint for speed
02	Jumping	<ul style="list-style-type: none">• Develop jumping action with controlled landing technique
03	Throwing	<ul style="list-style-type: none">• Develop overarm throwing technique
04	Other Knowledge	<ul style="list-style-type: none">• Understand how body feels during exercise• Understand different events

Movement fundamentals

Ability to change direction at pace when required



Athletics Y3



01	Running	<ul style="list-style-type: none">Combine sprint technique with relayRhythm when hurdling
02	Jumping	<ul style="list-style-type: none">Develop technique standing long jumpDevelop technique vertical jump
03	Throwing	<ul style="list-style-type: none">Explore javelin techniqueOverarm throw for distance
04	Other Knowledge	<p>Understand basic science behind warmup and cooldown</p> <ul style="list-style-type: none">Know why exercise is good for youUnderstand speed, stamina, strength

Movement fundamentals

Fluency when changing direction at pace and being aware of space



Athletics Y4



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01	Running	<ul style="list-style-type: none">Co-ordinated arms/legs in syncPowerful sprinting techniquePacing for long distance
02	Jumping	<ul style="list-style-type: none">Develop technique for triple jump
03	Throwing	<ul style="list-style-type: none">Develop javelin techniqueExplore technique with discus, shot
04	Other Knowledge	<ul style="list-style-type: none">Identify how attempt was performed and suggest improvementsSet realistic targets

Movement fundamentals

Control and coordinated movement during all actions



Athletics Y5



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01	Running	<ul style="list-style-type: none">• Develop sprint start• Demonstrate long run stamina• Enjoy competing for personal bests
02	Jumping	<ul style="list-style-type: none">• Develop powerful triple jump with fluency between phases• Enjoy competing for personal bests
03	Throwing	<ul style="list-style-type: none">• Increase distance using powerful technique• Enjoy competing for personal bests
04	Other Knowledge	<ul style="list-style-type: none">• Understand basic long-term effects of exercise• Lead class warm-up / cooldown• Accurately measure and record results

Movement fundamentals

Agility demonstrated by optimum body position. (low centre of gravity, knees bent etc)



Athletics Y6



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01	Running	<ul style="list-style-type: none">• Develop sprint acceleration phase• Develop baton exchange technique• Use pacing to beat personal bests• Lead leg hurdle technique
02	Jumping	<ul style="list-style-type: none">• Make adaptations to own technique after observing others• Enjoy competing with others
03	Throwing	<ul style="list-style-type: none">• Make adaptations to own technique after observing others• Enjoy competing with others
04	Other Knowledge	<ul style="list-style-type: none">• Set up equipment and run event stations• Analyse body positions of others performing successfully

Movement fundamentals

Revise all movement patterns at maximum pace



Gymnastics Y1

01

Shapes + Balancing

- Explore simple balances using front, back and side
- Explore shapes using words such as stretch, curl etc

02

Rolling

- Explore simple rolling techniques (pencil, egg etc)

03

Jumping

- Explore jumping from one foot and two
- Explore making shapes in the air

04

Travelling

- Explore different ways to travel (bunny hop, skipping etc)

05

Performing routine/sequence

- Remember and perform a sequence including more than one action
- Describe actions of others



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Gymnastics Y2

01

Shapes + Balancing

- Explore balances using 1, 2, 3, 4 points
- Work with partner to mirror balances

02

Rolling

- Develop rolling techniques
- Introduce forward roll technique

03

Jumping

- Develop variety of jumps
- Focus on safe landing technique

04

Travelling

- Demonstrate posture and control whenever travelling

05

Performing routine/sequence

- Perform routine with partner including all 4 actions
- "Be a gymnast"- leg and arm extension to signal start and end of routine
- Evaluate routines of others





Gymnastics Y3

01

Shapes + Balancing

Explore balances considering body parts and levels

- Work with partner to mirror and contrast balances

02

Rolling

- Demonstrate a range of rolls
- Develop forward roll technique

03

Jumping

- Develop variety of jumps and include twists with focus on safe landing

04

Travelling

- Travel with partner in a synchronised manner

05

Performing routine/sequence

- Perform routine with partner including more than 4 actions
- Develop routine independently
- Evaluate own routines
- Awareness of safety when moving apparatus





Gymnastics Y4

01

Shapes + Balancing

Explore balancing with partner using apparatus

02

Rolling

- Demonstrate a range of rolls whilst synchronised with partner

03

Jumping

- Explore jumping from apparatus using safe landing technique

04

Travelling

- Travel with partner considering different levels, speeds and angles

05

Performing routine/sequence

- Perform routine with partner including 8 actions
- Clear planning when creating routine
- Evaluate routines of others
- Display creativity and expression





Gymnastics Y5

01

Shapes + Balancing

Develop counter-balances
Explore symmetrical and asymmetrical

02

Rolling

- Demonstrate a range of rolls whilst synchronised with partner using different starting positions

03

Jumping

- Explore jumping from and over apparatus using safe landing technique

04

Travelling

- Travel with partner considering different levels, speeds and angles select appropriate to transition to next action
- Explore cartwheeling

05

Performing routine/sequence

- Perform routine with partner including minimum 8 actions
- High standards
- In-depth analysis of own routine
- Display confidence



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Gymnastics Y6

01

Shapes + Balancing

Develop fluency when transitioning between balances
Develop partner balances on apparatus

02

Rolling

- Demonstrate synchronised rolling with fluency and clear start and end point

03

Jumping

- Explore jumping from and along apparatus creating shapes in the air and using safe landing technique

04

Travelling

- Fluency when travel with partner considering different levels, speeds and angles select appropriate to transition to next action
- Develop cartwheeling

05

Performing routine/sequence

- Perform routine with partner including minimum 8 actions including apparatus
- Fluency transitioning from floor to apparatus
- In-depth analysis of routines of others
- Refine own routine independently



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Dance Y1

01	Actions/movements (What)	<ul style="list-style-type: none">• Copy movements• Create own movements using different body parts
02	Space/levels (Where)	<ul style="list-style-type: none">• Dance in one space and move to others• Alter levels (high/low)
03	Dynamics (How)	<ul style="list-style-type: none">• Move in response to music
04	Relationships	<ul style="list-style-type: none">• Move in unison with partner
05	Performing dance	<ul style="list-style-type: none">• Link movements to perform with partner• Display clear start and end• Discuss their feelings about the dance





Dance Y2

01

Actions/movements (What)

- Remember and repeat a series of actions

02

Space/levels (Where)

- Move fluently along different pathways

03

Dynamics (How)

- Use expression to communicate mood/idea
- Alter speed

04

Relationships

- Interaction with partner showing unison and canons

05

Performing dance

- Perform with partner linking at least 4 different actions
- Discuss how to make improvements to dance





Dance Y3

01	Actions/movements (What)	<ul style="list-style-type: none">• Create actions that match idea/stimuli
02	Space/levels (Where)	<ul style="list-style-type: none">• Respond to movement of others showing differing levels/pathways
03	Dynamics (How)	<ul style="list-style-type: none">• Show sense of rhythm• Movements controlled
04	Relationships	<ul style="list-style-type: none">• Explore working collaboratively within small group
05	Performing dance	<ul style="list-style-type: none">• Perform with group showing awareness of timing• Identify strengths and areas of improvement for the group





Dance Y4

01	Actions/movements (What)	<ul style="list-style-type: none">• Create actions that match idea/stimuli and consider contrast
02	Space/levels (Where)	<ul style="list-style-type: none">• Consider fluid transition between actions• Use of available space provided
03	Dynamics (How)	<ul style="list-style-type: none">• Clear mood expressed and possible change of mood within dance
04	Relationships	<ul style="list-style-type: none">• Explore different formations• Plan with purpose and thought
05	Performing dance	<ul style="list-style-type: none">• Perform fluently with group with focus on count accuracy• Demonstrate clear start, middle, end• Analyse performance using some dance vocab





Dance Y5

01	Actions/movements (What)	<ul style="list-style-type: none">• Create actions that show creativity and match style of the dance
02	Space/levels (Where)	<ul style="list-style-type: none">• Full consideration of pathways, directions, levels, space and formations
03	Dynamics (How)	<ul style="list-style-type: none">• Understand the music/idea/stimuli of a dance will produce very different outcomes
04	Relationships	<ul style="list-style-type: none">• Constantly refine and improve as a group
05	Performing dance	<ul style="list-style-type: none">• Perform with control and confidence as a group• Describe the journey from original plan through to the end of unit performance





Dance Y6

01	Actions/movements (What)	<ul style="list-style-type: none">• Create actions (including intricate) using different body positions
02	Space/levels (Where)	<ul style="list-style-type: none">• Interesting and eye-catching change of levels and pathways
03	Dynamics (How)	<ul style="list-style-type: none">• Very clear mood/energy expressed
04	Relationships	<ul style="list-style-type: none">• Group fully interacts with purpose
05	Performing dance	<ul style="list-style-type: none">• Perform with focus and confidence as a group• Polished performance with clarity that shows successful rehearsal• Evaluate other groups with positive feedback

