



ARK Franklin Primary Academy



PE Curriculum

Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
R.Holloway	Swimming	Swimming	Hockey	Dance	Tennis	Athletics
Exeter	Hockey	Dance	Swimming	Swimming	Tennis	Athletics
Bristol	Hockey	Dance	Tennis	Athletics	Swimming	Swimming

Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Sussex	Swimming	Swimming	Rounders	Netball	Gymnastics	Athletics
Newcastle	Netball	Gymnastics	Swimming	Swimming	Rounders	Athletics
Nottingham	Netball	Gymnastics	Rounders	Athletics	Swimming	Swimming

PE Overview

	Autumn Term		Spring Term		Summer Term	
	Coding		Creative Topics		Disciplinary Competencies	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Multiskills 	Throwing and catching 	Dance 	Gymnastics 	Football 	Athletics 
Year 2	Multiskills 	Throwing and catching 	Dance 	Gymnastics 	Football 	Athletics 
Year 3	Swimming 	Swimming 	Dance 	Hockey 	Tennis 	Athletics 
Year 4	Swimming 	Swimming 	Netball 	Gymnastics 	Rounders 	Athletics 
Year 5	Hockey 	Basketball 	Dance 	Gymnastics 	Cricket 	Athletics 
Year 6	Tag Rugby 	Handball 	Gymnastics 	Dance 	Cricket 	Athletics 

Year 1

		Autumn Term		
		Autumn 1	Autumn 2	
Overview		<p>Multiskills</p> 	<p>Throwing and catching</p> 	
Suggested Content	Developing Skills	<p><i>Move fluently, changing speed and direction easily and avoiding collisions</i></p> <p><i>Develop control and accuracy when rolling a ball</i></p> <p><i>Develop control and accuracy when throwing underarm</i></p> <p><i>Develop control and accuracy when striking a ball</i></p> <p><i>Understand the concept of tracking, getting in line with a ball to receive it</i></p>	Developing Skills	<p><i>Move fluently, changing speed and direction easily and avoiding collisions</i></p> <p><i>Develop control and accuracy when rolling a ball</i></p> <p><i>Develop control and accuracy when throwing underarm</i></p> <p><i>Develop control and accuracy when striking a ball</i></p> <p><i>Develop control and accuracy when kicking a ball</i></p> <p><i>Understand the concept of tracking, getting in line with a ball to receive it</i></p>
	Applying and Linking Skills	<p><i>Choose and use skills effectively for practical games</i></p>	Applying and Linking Skills	<p><i>Choose and use skills effectively for practical games</i></p>
	Evaluating Success	<p><i>Copy, watch and describe what others are doing</i></p> <p><i>Copy what is seen and state why it is of quality</i></p>	Evaluating Success	<p><i>Copy, watch and describe what others are doing</i></p> <p><i>Copy what is seen and state why it is of quality</i></p>
Required Resources		<p>Footballs size 3 or 4 (x15)</p> <p>Bibbs</p> <p>Cones</p> <p>Small goals x4</p> <p>Tennis rackets</p> <p>Tennis Balls</p>		<p>Footballs size 3 or 4 (x15)</p> <p>Bibbs</p> <p>Cones</p> <p>Small goals x4</p> <p>Tennis rackets</p> <p>Tennis Balls</p>
Location		<p><i>KS1 Playground</i></p>		<p><i>KS1 Playground</i></p>

Year 1

		Spring Term	
		Spring 1	Spring 1
Overview		Dance 	Gymnastics 
Suggested Content	Developing Skills	<p><i>Copy and explore basic body actions (e.g. travel, jump, turn, gesture)</i></p> <p><i>Respond to a range of stimuli with different actions</i></p> <p><i>Use different parts of the body to respond to stimuli</i></p> <p><i>Copy movement and movement patterns</i></p> <p><i>Travel in different directions and at different levels</i></p>	<p><i>Sequencing</i></p> <p><i>Perform a gymnastic sequence with a balance, a travelling action, a jump and a roll</i></p>
	Applying and Linking Skills	<p><i>Compose and link movement phrases to make simple dances with a clear beginning, middle and end</i></p> <p><i>Perform movement phrases using a range of body actions and body parts</i></p>	<p><i>Balance</i></p> <p><i>Explore the 5 basic shapes: straight/tucked/star/straddle/pike</i></p> <p><i>Develop arch and dish shapes that see arms and legs extended off the floor</i></p> <p><i>Develop tension in the core and tension and extension in the arms, legs, hands and feet</i></p> <p><i>Pike, tuck, arch and dish shapes</i></p>
	Evaluating Success	<p><i>Watch and talk about different dances</i></p> <p><i>Explain how dances make us feel</i></p> <p><i>Describe qualities of movement</i></p>	<p><i>Travel</i></p> <p><i>Taking weight on hands and feet</i></p> <p><i>Monkey walk</i></p> <p><i>Caterpillar walk</i></p> <p><i>Bunny hop</i></p>
			<p><i>Jump</i></p> <p><i>Explore shapes in the air when jumping</i></p>
Required Resources		<p><i>Sound system</i></p> <p><i>Related music</i></p>	<p><i>Benches x5</i></p> <p><i>Mats x15</i></p> <p><i>Hoops x15</i></p>
Location		<i>Dining Hall</i>	<i>Top Hall</i>

Year 1

	Summer Term	
	Summer 1	Summer 2
Overview	<p>Football</p> 	<p>Athletics</p> 
Suggested Content	<p><i>Dribble the ball in different directions</i></p> <p><i>Stop the ball using a stated part of the body</i></p> <p><i>Maintain control over the ball when dribbling</i></p> <p><i>Pass the ball accurately to a partner</i></p> <p><i>Control a pass when sent by a partner</i></p> <p><i>Strike the ball towards a target</i></p> <p><i>Block or catch a shot towards goal</i></p> <p><i>Tackle an opponent when they are dribbling</i></p>	<p><i>Running</i></p> <p><i>Run a flat sprint</i></p> <p><i>Run a spring using hurdles</i></p>
		<p><i>Jumping</i></p> <p><i>Jump from a stationary position</i></p> <p><i>Jump upwards</i></p>
		<p><i>Throwing</i></p> <p><i>Throw bean bags to a set target</i></p>
Required Resources	<p>Footballs size 3 or 4 (x15)</p> <p>Bibbs</p> <p>Cones</p> <p>Small goals x4</p>	<p>Bean bags x15</p> <p>Hoops</p> <p>Hurdles</p> <p>Javelins x25</p>
Location	<p><i>KS1 Playground</i></p>	<p><i>KS1 Playground</i></p>

Year 2

		Autumn Term		
		Autumn 1	Autumn 1	
Overview		<p>Multiskills</p> 	<p>Throwing and catching</p> 	
Suggested Content	Developing Skills	<p><i>Perform a range of rolling, throwing, striking, kicking, catching and gathering skills with control</i></p> <p><i>Develop an awareness of others in running, chasing and avoiding games</i></p> <p><i>Make simple decisions about when and where to run</i></p> <p><i>Practise accuracy in throwing and hitting skills</i></p>	Developing Skills	<p><i>Perform a range of rolling, throwing, striking, kicking, catching and gathering skills with control</i></p> <p><i>Develop an awareness of others in running, chasing and avoiding games</i></p> <p><i>Make simple decisions about when and where to run</i></p> <p><i>Practise accuracy in throwing and hitting skills</i></p>
	Applying and Linking Skills	<p><i>Choose and use skills effectively for practical games</i></p>	Applying and Linking Skills	<p><i>Choose and use skills effectively for practical games</i></p>
	Evaluating Success	<p><i>Copy, watch and describe what others are doing</i></p> <p><i>Copy what is seen and state why it is of quality</i></p>	Evaluating Success	<p><i>Copy, watch and describe what others are doing</i></p> <p><i>Copy what is seen and state why it is of quality</i></p>
Required Resources		<p>Footballs size 3 or 4 (x15)</p> <p>Bibbs</p> <p>Cones</p> <p>Small goals x4</p> <p>Tennis rackets</p> <p>Tennis Balls</p>		<p>Bean bags x15</p> <p>Hoops</p> <p>Hurdles</p> <p>Javelins x25</p>
Location		<p><i>KS1 Playground</i></p>		<p><i>KS1 Playground</i></p>

Year 2

		Spring Term	
		Spring 1	Spring 1
Overview		Dance 	Gymnastics 
Suggested Content	Developing Skills	<p>Repeat a range of actions with co-ordination and control</p> <p>Link a range of actions with coordination and control</p> <p>Explore actions in response to stimuli</p> <p>Development movement of the body to express emotions</p>	<p><i>Sequencing</i></p> <p>Devise a short sequence with a clear beginning, middle and an end including a balance, a travelling action, a jump and a roll</p> <p>Adapt a sequence to include apparatus</p> <p>Teach a self-created sequence to a partner and perform together</p>
	Applying and Linking Skills	<p>Choose and link actions that express a mood, idea or feeling with rhythmic and dynamic qualities</p> <p>Remember and repeat a short dance phrase</p> <p>Perform dance phrases and short dances using rhythmic and dynamic qualities that express moods, ideas and feelings</p> <p>Show greater control, coordination and spatial awareness</p>	<p><i>Balance</i></p> <p>Explore the 5 basic shapes: straight/tucked/star/straddle/pike</p> <p>Develop arch and dish shapes that see arms and legs extended off the floor</p> <p>Develop tension in the core and tension and extension in the arms, legs, hands and feet</p> <p>Pike, tuck, arch and dish shapes</p>
	Evaluating Success	<p>Talk about how a dance could be improved</p> <p>Describe and evaluate some of the compositional features.</p> <p>of dances performed with a partner and in a group.</p> <p>Understand how a dance is formed and performed.</p> <p>Evaluate, refine and develop their own and others' work.</p>	<p><i>Travel</i></p> <p>Taking weight on hands and feet</p> <p>Monkey walk, Caterpillar walk, Bunny hop</p> <p>Move smoothly from a position of stillness to a travelling movement and from one position of stillness to another</p>
			<p><i>Jump</i></p> <p>Explore shapes in the air when jumping</p>
Required Resources	<p>Sound system</p> <p>Related music</p>	<p>Benches x5</p> <p>Mats x15</p> <p>Increasing height of gymnastics equipment</p>	
Location	Dining Hall	Top Hall	

Year 2

	Summer Term	
	Summer 1	Summer 1
Overview	Football 	Athletics 
Suggested Content	<p><i>Dribble the ball in different directions</i></p> <p><i>Stop the ball using a stated part of the body</i></p> <p><i>Maintain control over the ball when dribbling</i></p> <p><i>Pass the ball accurately to a partner</i></p> <p><i>Control a pass when sent by a partner</i></p> <p><i>Pass the ball with either foot to a partner</i></p> <p><i>Strike the ball off the ground towards a target</i></p> <p><i>Block or catch a shot towards goal</i></p> <p><i>Tackle an opponent when they are dribbling</i></p>	Running <p><i>Run a flat sprint</i></p> <p><i>Run a spring using hurdles</i></p>
		Jumping <p><i>Develop use of arms and body shape to increase distance and height of jumps</i></p>
		Throwing <p><i>Maximise the distance a tennis ball can be thrown</i></p> <p><i>Throw bean bags at a set target</i></p>
Required Resources	Footballs size 3 or 4 (x15) Bibbs Cones Small goals x4	Bean bags x15 Hoops Hurdles Measuring tape Tennis Balls
Location	<i>KS1 Playground</i>	<i>KS1 Playground</i>

Year 3

	Autumn Term	
	Autumn 1	Autumn 1
Overview	<p>Swimming</p> 	<p>Swimming</p> 
Suggested Content	<p><i>Content taught by swimming coach at Moberly Sports Centre</i></p> <p><i>Develop basic pool safety skills and confidence in water</i></p> <p><i>Develop travel in vertical and horizontal position and introduce floats</i></p> <p><i>Develop push and glides, any kick action on front and back with or without support aids</i></p> <p><i>Develop entry and exit, travel further, float and submerge</i></p> <p><i>Develop balance, link activities and travel further on whole stroke.</i></p> <p><i>Show breath control</i></p> <p><i>Tread water</i></p> <p><i>To choose, use and vary strokes and skills, according to the task and the challenge</i></p>	<p><i>Content taught by swimming coach at Moberly Sports Centre</i></p> <p><i>Develop basic pool safety skills and confidence in water</i></p> <p><i>Develop travel in vertical and horizontal position and introduce floats</i></p> <p><i>Develop push and glides, any kick action on front and back with or without support aids</i></p> <p><i>Develop entry and exit, travel further, float and submerge</i></p> <p><i>Develop balance, link activities and travel further on whole stroke.</i></p> <p><i>Show breath control</i></p> <p><i>Tread water</i></p> <p><i>To choose, use and vary strokes and skills, according to the task and the challenge</i></p>
Required Resources	N/A	N/A
Location	Moberly Pool	Moberly Pool

Year 3

		Spring Term	
		Spring 1	Spring 1
Overview		<p>Dance (Suggested: Bollywood)</p> 	<p>Hockey</p> 
Suggested Content	Developing Skills	<p>Create dance phrases to communicate an idea</p> <p>Develop movement using actions, space, relationships and dynamics</p> <p>Understand choreographic devices such as motif, a repetition</p> <p>Develop a sense of musicality in movements</p> <p>Introduce mirroring, unison, canon, complementary and contrasting moves</p>	<p>Understanding the parts of the stick</p> <p>Developing the hockey stance</p> <p>Dribble the ball using the open side of the stick with control and accuracy</p> <p>Send and receive the ball using a push pass with control and accuracy</p> <p>Strike the ball accurately into a target area using the push shot with control and accuracy whilst under pressure from opponents</p> <p>Strike the ball accurately into a target area using the slap shot with control and accuracy whilst under pressure from opponents</p>
	Applying and Linking Skills	<p>Connect different ideas to structure a dance phrase</p> <p>Link phrases to music</p> <p>Showcase a clear beginning, middle and end</p>	
	Evaluating Success	<p>Describe and evaluate compositional features of dances performed with a partner and in a group</p> <p>Talk about how to improve a dance</p>	
Required Resources		<p>Sound system</p> <p>Related music</p>	<p>30 hockey sticks</p> <p>30 hockey balls</p> <p>Cones</p> <p>Bibs</p> <p>Pop-up goals</p>
Location		Top Hall	Ball Court

Year 3

	Summer Term	
	Summer 1	Summer 2
Overview	<p>Tennis</p> 	<p>Athletics</p> 
Suggested Content	<p>Strike the ball into a set area</p> <p>Strike a fast moving ball into a set area</p> <p>Hit the ball on the volley into a set area</p> <p>Strike a bouncing ball into a set area</p> <p>Strike a ball moving towards you into a set area</p> <p>Develop striking the ball on the backhand</p> <p>Serve underarm to an opponent</p> <p>Serve overarm to an opponent</p> <p>Develop team skills when playing in doubles against an opponent</p>	<p>Running</p> <p>Develop a running stride when running a flat sprint</p> <p>Run a spring using hurdles</p> <p>Begin to run lengthier distances</p>
		<p>Jumping</p> <p>Perform combinations of jumps e.g. hop, step, jump showing control and consistency</p> <p>Choose different styles of jumping</p>
		<p>Throwing</p> <p>Throw a javelin from a standing position</p> <p>Maximise the distance a tennis ball can be thrown</p> <p>Throw bean bags at a set target</p>
Required Resources	<p>Bucket of tennis balls</p> <p>Tennis rackets x30</p> <p>Tennis nets x5</p>	<p>Bean bags x15</p> <p>Hoops</p> <p>Hurdles</p> <p>Measuring tape</p> <p>Tennis Balls</p> <p>Foam Javelins</p>
Location	<p>KS2 Playground</p>	<p>KS2 Playground</p>

Year 4

	Autumn Term	
	Autumn 1	Autumn 1
Overview	<p>Swimming</p> 	<p>Swimming</p> 
Suggested Content	<p><i>Content taught by swimming coach at Moberly Sports Centre</i></p> <p><i>Develop basic pool safety skills and confidence in water</i></p> <p><i>Develop travel in vertical and horizontal position and introduce floats</i></p> <p><i>Develop push and glides, any kick action on front and back with or without support aids</i></p> <p><i>Develop entry and exit, travel further, float and submerge</i></p> <p><i>Develop balance, link activities and travel further on whole stroke.</i></p> <p><i>Show breath control</i></p> <p><i>Tread water</i></p> <p><i>To choose, use and vary strokes and skills, according to the task and the challenge</i></p>	<p><i>Content taught by swimming coach at Moberly Sports Centre</i></p> <p><i>Develop basic pool safety skills and confidence in water</i></p> <p><i>Develop travel in vertical and horizontal position and introduce floats</i></p> <p><i>Develop push and glides, any kick action on front and back with or without support aids</i></p> <p><i>Develop entry and exit, travel further, float and submerge</i></p> <p><i>Develop balance, link activities and travel further on whole stroke.</i></p> <p><i>Show breath control</i></p> <p><i>Tread water</i></p> <p><i>To choose, use and vary strokes and skills, according to the task and the challenge</i></p>
Required Resources	N/A	N/A
Location	Moberly Pool	Moberly Pool

Year 4

		Spring Term	
		Spring 1	Spring 1
Overview	<p>Netball</p> 	<p>Gymnastics</p> 	
Suggested Content	<p>Pass to teammates using a chest pass</p> <p>Pass to teammates using a bounce pass</p> <p>Pass to teammates using a shoulder pass</p> <p>Send and receive the ball to and from a teammate on the move whilst under pressure from opponents</p> <p>Develop the skill of shooting into a hoop</p> <p>Shoot into a hoop whilst under pressure from an opponent</p> <p>Create space on the pitch to receive a pass from a teammate</p> <p>Pivot to change facing direction when holding the ball</p> <p>Defending; picking an opponent, based on position and sticking with them</p>	<p><i>Sequencing</i></p> <p>Link 3 different balances with 3 different ways of travelling showing clear changes of speed.</p> <p>Create a sequence containing four elements travelling in an "L" shaped pathway</p>	
		<p><i>Balance</i></p> <p>Explore balancing on combinations of 1/2/3/4 "points"</p> <p>Balance on floor and apparatus exploring which body parts are the safest to use.</p> <p>Explore balancing with a partner: facing, beside, behind and on different levels.</p> <p>Move in and out of balance fluently.</p>	
		<p><i>Travel</i></p> <p>Bunny hop</p> <p>Use a variety of rolling actions to travel on the floor and along apparatus.</p> <p>Travel with a partner; move away from and together on the floor and on apparatus.</p> <p>Travel at different speeds</p> <p>Travel in different pathways on the floor and using apparatus, explore different entry and exit points other than travelling in a straight line on apparatus.</p>	
		<p><i>Jump</i></p> <p>Demonstrate control of straight, star and tucked shapes, perform from a bench – stress keeping body upright, strong core, tension and extension in limbs.</p> <p>Stag Jump (on floor into apparatus)</p> <p>Quarter or half term jumps (on floor into apparatus)</p>	
		<p><i>Roll</i></p> <p>Continue to develop control in the Pencil, Dish, Teddy Bear & Rock and Roll rolling actions on the floor, off and along apparatus or in time with a partner.</p> <p>Combine the phases of earlier rolling actions to perform the full forward roll.</p> <p>Backward rolls</p>	
Required Resources	<p>15 netballs</p> <p>4 netball hoops</p> <p>Bibs</p> <p>Cones</p>	<p>Benches x5</p> <p>Mats x15</p> <p>Increasing height of gymnastics equipment</p>	
Location	<p>Ball Court</p>	<p>Top Hall</p>	

Year 4

	Summer Term	
	Summer 1	Summer 2
Overview	<p>Rounders</p> 	<p>Athletics</p> 
Suggested Content	<p>Throw the ball overarm to a designated base</p> <p>Consistently catch the ball at various heights and speeds</p> <p>Gather a bouncing ball</p> <p>Move and gather a ball travelling low to the ground</p> <p>Bowl underarm to a set height to a batter</p> <p>Bowl at pace underarm to a batter</p> <p>Run at pace between bases</p> <p>Strike the ball</p> <p>Strike the ball in a chosen direction away from a set field</p>	<p>Running</p> <p>Improve reaction times when running a flat sprint</p> <p>Run a sprint using hurdles</p> <p>Run a relay</p> <p>Develop pacing when distance running</p>
		<p>Jumping</p> <p>Perform combinations of jumps e.g. hop, step, jump showing control and consistency</p> <p>Choose different styles of jumping</p> <p>Develop a run up when jumping for distance</p>
		<p>Throwing</p> <p>Throw a shot put from a static position</p> <p>Throw a javelin from a standing position</p> <p>Maximise the distance a tennis ball can be thrown</p> <p>Throw bean bags at a set target</p>
Required Resources	<p>Rounders bats x10</p> <p>Tennis balls</p> <p>Cones</p> <p>Bibbs</p>	<p>Bean bags x15</p> <p>Hoops</p> <p>Hurdles</p> <p>Measuring tape</p> <p>Tennis Balls</p> <p>Foam Javelins</p> <p>Shot Puts</p>
Location	KS2 Playground	KS2 Playground

Year 5

	Autumn Term	
	Autumn 1	Autumn 2
Overview	<p>Hockey</p> 	<p>Basketball</p> 
Suggested Content	<p><i>Understanding the parts of the stick</i></p> <p><i>Developing the hockey stance</i></p> <p><i>Dribble the ball using the open side of the stick with control and accuracy whilst under pressure from opponents</i></p> <p><i>Dribble the ball using the open and reverse side of the stick with control and accuracy whilst under pressure from opponents</i></p> <p><i>Send and receive the ball using a push pass with control and accuracy whilst under pressure from opponents</i></p> <p><i>Send and receive the ball using a sweep pass with control and accuracy whilst under pressure from opponents</i></p> <p><i>Strike the ball accurately into a target area using the push shot with control and accuracy whilst under pressure from opponents</i></p> <p><i>Strike the ball accurately into a target area using the slap shot with control and accuracy whilst under pressure from opponents</i></p>	<p><i>Drivbble in various directions with accuracy and control</i></p> <p><i>Dribble in various directions whilst under pressure from opponents</i></p> <p><i>Pass to teammates using a chest pass</i></p> <p><i>Pass to teammates using a bounce pass</i></p> <p><i>Send and receive the ball to and from a teammate on the move whilst under pressure from opponents</i></p> <p><i>Develop the skill of shooting into a net</i></p> <p><i>Shoot into a net whilst under pressure from an opponent</i></p> <p><i>Create space on the pitch to receive a pass from a teammate</i></p> <p><i>Pivot to change facing direction when holding the ball</i></p> <p><i>Use the correct stance to defend against an opponent</i></p>
Required Resources	<p>30 hockey sticks 30 hockey balls Cones Bibs Pop-up goals</p>	<p>15 basketballs Bibs Cones Basketball hoops</p>
Location	Ball Court	Ball Court

Year 5

		Spring Term		
		Spring 1	Spring 1	
Overview		<p>Dance (Suggested: Contemporary)</p> 	<p>Gymnastics</p> 	
Suggested Content	Developing Skills	<p>explore, improvise and choose appropriate material to create new motifs in a chosen dance style</p> <p>Perform specific skills and movement patterns for different dance styles with accuracy</p> <p>Develop mirroring, unison, canon, complementary and contrasting moves</p>	<p>Sequencing</p> <p>Create a sequence of up to eight elements including asymmetrical shapes, balances and symmetrical rolling and jumping activities. Ensure the sequence includes changes of direction and level and show mirroring and matching shapes and balances.</p>	
	Applying and Linking Skills	<p>Compose dances by using, adapting and developing steps, formations and patterning from different dance styles</p> <p>Perform dances expressively, using a range of performance skills</p>	<p>Balance</p> <p>Perform balances with control, showing good body tension.</p> <p>Mirror and match partner's balance</p> <p>Explore symmetrical and asymmetrical balances on own and with a partner.</p> <p>Explore and develop control in taking some of a partner's weight using counter balance (pushing against) and counter tension (pulling away from).</p> <p>Perform a range of acrobatic balances with a partner on the floor and on different levels on apparatus.</p> <p>Perform group balances at the beginning, middle or end of a sequence.</p>	
	Evaluating Success		<p>Talk about how they might improve their dances.</p> <p>Describe and evaluate some of the compositional features of dances performed with a partner and in a group.</p> <p>Understand how a dance is formed and performed.</p> <p>Evaluate, refine and develop their own and others' work.</p>	<p>Travel</p> <p>Travel sideways in a bunny hop action</p> <p>Increase the variety of pathways, levels and speeds at which you travel.</p> <p>Travel in time with a partner, move away from and back to a partner.</p>
				<p>Jump</p> <p>Make symmetrical and asymmetrical shapes in the air.</p> <p>Jump along and off apparatus of varying height with control in the air and on landing.</p>
Required Resources		<p>Sound system</p> <p>Related music</p>	<p>Benches x5</p> <p>Mats x15</p> <p>Increasing height of gymnastics equipment</p> <p>Horse</p>	
Location		Dining Hall	Top Hall	

Year 5

		Summer Term		
		Summer 1	Summer 2	
Overview		Cricket 	Athletics 	
Suggested Content	Batting	<p>Consistently strike a ball towards a target area</p> <p>Place shots away from fielders</p> <p>Use defensive shots to defend the stumps</p>	Running	<p>Develop strategies for running on a bend</p> <p>Develop the ability to lean towards the line</p> <p>Run a spring using hurdles</p> <p>Run a relay using a baton</p> <p>Develop strategies for a 1km race</p>
	Fielding	<p>Consistently catch the ball at various heights and speeds</p> <p>Gather a bouncing ball</p> <p>Move and gather a ball travelling low to the ground</p> <p>Throw the ball accurately to a wicket keeper</p> <p>Throw the ball accurately directly at the stumps</p>	Jumping	<p>Demonstrate a range of jumps showing power and control and consistency at both take-off and landing</p> <p>Develop a stride pattern and foot placement when jumping for distance</p>
	Bowling	<p>Bowl the ball in a straight line at speed</p> <p>When bowling consider where the ball will bounce for the batter</p>	Throwing	<p>Throw a discuss from a standing position</p> <p>Throw a shot put using rotation to develop distance</p> <p>Throw a javelin using a run up</p> <p>Maximise the distance a tennis ball can be thrown</p>
Required Resources		<p>Quick- cricket set x4</p> <p>Cones</p> <p>Bibbs</p> <p>Plastic balls x10</p>		<p>Bean bags x15</p> <p>Hoops</p> <p>Hurdles</p> <p>Measuring tape</p> <p>Tennis Balls</p> <p>Foam Javelins</p> <p>Shot Puts</p> <p>Batons</p> <p>Discuss</p> <p>Stopwatches</p>
Location		KS2 Playground		KS2 Playground

Year 6

	Autumn Term	
	Autumn 1	Autumn 2
Overview	<p>Tag Rugby</p> 	<p>Handball</p> 
Suggested Content	<p><i>Demonstrate good ball handling skills when moving with the ball</i></p> <p><i>Pass and receive the ball (pop pass)</i></p> <p><i>Pass and receive the ball (standard pass)</i></p> <p><i>Pass and receive the ball on the move while under pressure from opponents</i></p> <p><i>Complete multiple passes as a team to move forward up the pitch</i></p> <p><i>Evade opponents and retain the tag</i></p> <p><i>use the correct stance for tackling opponents and ripping off tags</i></p> <p><i>Running into space, whilst remaining onside</i></p>	<p><i>Develop a range of passing techniques becoming familiar with the ball</i></p> <p><i>Catch the ball using the "W" shape</i></p> <p><i>Pass within a team moving towards a target</i></p> <p><i>Pass consistently and accurately whilst under pressure from an opponent</i></p> <p><i>Utilise the overhead and popping passes</i></p> <p><i>Develop shooting skills including wrist flick and feint shots</i></p> <p><i>Develop movement taking a maximum of three steps</i></p> <p><i>Develop strategies for intercepting a pass</i></p> <p><i>Develop strategies for goal keeping against a handball shot</i></p>
Required Resources	<p><i>Tags</i></p> <p><i>Rugby balls x15</i></p> <p><i>Bibbs</i></p> <p><i>Cones</i></p> <p><i>Bounce nets (x3)</i></p>	<p><i>Handballs x 15</i></p> <p><i>Bibs</i></p> <p><i>Cones</i></p> <p><i>Small Goals</i></p>
Location	<i>Ball Court</i>	<i>Ball Court</i>

Year 6

		Spring Term		
		Spring 1	Spring 1	
Overview	<p>Gymnastics</p> 		<p>Dance (Suggested: Hip-hop/break dance)</p> 	
Suggested Content	Sequencing	<p>Work in a group of 4 to 6 people to create a longer more complex sequence of up to 10 elements. Your sequence may include: e.g. a combination of counter balance/counter tension, twisting/turning, travelling on hands and feet, as well as jumping and rolling. Your sequence should demonstrate different ways of working with a partner or within your group e.g. starting together/apart, moving apart/together, matching/mirroring, contrasting shape, speed, level or timing.</p>		
	Balance	<p>Perform balances with control, showing good body tension.</p> <p>Mirror and match partner's balance</p> <p>Explore symmetrical and asymmetrical balances on own and with a partner.</p> <p>Explore and develop control in taking all of a partner's weight using counter balance (pushing against) and counter tension (pulling away from).</p> <p>Perform a range of acrobatic balances with a partner on the floor and on different levels on apparatus.</p> <p>Perform group balances at the beginning, middle or end of a sequence.</p> <p>Begin to take more weight on hands when progressing bunny hop into hand stand</p>		
		Travel	<p>Travel sideways in a bunny hop and develop into cartwheeling action.</p> <p>Increase the variety of pathways, levels and speeds at which you travel.</p> <p>Travel in time with a partner, move away from and back to a partner.</p>	
			Jump	<p>Make symmetrical and asymmetrical shapes in the air.</p> <p>Jump along, over and off apparatus of varying height with control in the air and on landing.</p>
	Roll	<p>Explore different starting and finishing positions when rolling</p> <p>Begin a backward roll from standing in a straight position, ending in a straddle position on feet.</p> <p>Explore symmetry and asymmetry throughout the rolling actions.</p>		
	Developing Skills	<p>Develop movements associated with the set genre of music performing them accurately with a sense of rhythm</p> <p>Combined movement ideas fluently and effectively</p> <p>Introduce mirroring, unison, canon, complementary and contrasting moves</p>		
Applying and Linking Skills		<p>Create and structure motifs, phrases, sections and whole dances</p> <p>Use basic compositional principles when creating dances</p> <p>Create and perform dances with fluency, control and flair</p>		
	Evaluating Success	<p>Talk about how they might improve their dances.</p> <p>Describe and evaluate some of the compositional features of dances performed with a partner and in a group.</p> <p>Understand how a dance is formed and performed.</p> <p>Evaluate, refine and develop their own and others' work.</p>		
Required Resources		<p>Benches x5 Mats x15 Increasing height of gymnastics equipment Horse Vault Crashmat</p>		
Location	<p>Top Hall</p>		<p>Dining Hall</p>	

Year 6

		Summer Term		
		Summer 1	Summer 2	
Overview		Cricket 	Athletics 	
Suggested Content	Batting	<p>Consistently strike a ball towards a target area</p> <p>Showcase a variety of shot types to score runs</p> <p>Place shots away from fielders</p> <p>Use defensive shots to defend the stumps</p> <p>Gain height in shots when batting</p>	Running	<p>Develop an understanding of the block-sprint start</p> <p>Run a sprint using hurdles</p> <p>Improve times for running over 1km</p> <p>Run a relay passing the baton whilst moving</p>
	Fielding	<p>Consistently catch the ball at various heights and speeds</p> <p>Gather a bouncing ball</p> <p>Move and gather a ball travelling low to the ground</p> <p>Throw the ball accurately to a wicket keeper</p> <p>Throw the ball accurately directly at the stumps</p>	Jumping	<p>Demonstrate a range of jumps showing power and control and consistency at both take-off and landing</p> <p>Develop a stride pattern and foot placement when jumping for distance</p>
	Bowling	<p>Bowl the ball in a straight line at speed</p> <p>When bowling consider where the ball will bounce for the batter</p>	Throwing	<p>Throw a hammer</p> <p>Throw a discus using rotation to develop distance</p> <p>Throw a shot put using rotation to develop distance</p> <p>Throw a javelin using a run up</p> <p>Maximise the distance a tennis ball can be thrown</p>
Required Resources		<p>Quick- cricket set x4</p> <p>Cones</p> <p>Bibbs</p> <p>Plastic balls x10</p>		<p>Bean bags x15</p> <p>Hoops</p> <p>Hurdles</p> <p>Measuring tape</p> <p>Tennis Balls</p> <p>Foam Javelins</p> <p>Shot Puts</p> <p>Batons</p> <p>Hammer</p> <p>Stopwatches</p>
Location		KS2 Playground		KS2 Playground