

Terms	Autumn			Spring			Summer			
Topic	Netball	Football	Athletics	Gymnastic	Hockey	Rugby	Outdoor Athletics	Tennis	Rounders	Cricket
Hierarchy linked to outcomes	<p>P1: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). I can pass, receive and shoot the ball with some control under pressure. I can pass, receive and shoot the ball with increasing control under pressure.</p> <p>P2: Work alone, or with team mates in order to gain points or possession. P5: Field, defend and attack tactically by anticipating the direction of play. I can communicate with my team and move into space to keep possession and score. I can create and use space to help my team. I can often make the correct decision of who to pass to and when. I can select the appropriate action for the situation and make this decision quickly. I can stay with an opponent and I confident to attempt to intercept. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. I know what position I am playing in and how to contribute when attacking and defending. I can use marking, and/or interception to improve my defence.</p> <p>P6: Choose the most appropriate tactics for a game. I understand the need for tactics and can identify when to use them in different situations.</p> <p>P7: Uphold the spirit of fair play and respect in all competitive situations. I understand the rules of the game and I can apply them honestly most of the time. I can use the rules of the game consistently to play honestly and fairly.</p> <p>P8: Lead others when called upon and act as a good role model within a team. I understand there are different skills for different situations and I am beginning to apply this. I can work in collaboration with others so that games run smoothly. I can use feedback provided to improve my work. I can use feedback provided to improve the quality of my work. I can identify when I was successful and what I need to do to improve. I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>	<p>P1: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). P3: Strike a bowled or volleyed ball with accuracy. I can dribble, pass, receive and shoot the ball with some control under pressure. I can dribble, pass, receive and shoot the ball with increasing control under pressure.</p> <p>P2: Work alone, or with team mates in order to gain points or possession. P5: Field, defend and attack tactically by anticipating the direction of play. I can communicate with my team and move into space to keep possession and score I can create and use space to help my team. I can often make the correct decision of who to pass to and when. I can select the appropriate action for the situation and make this decision quickly. I can use tracking and intercepting when playing in defence. I can use marking, tackling and/or interception to improve my defence. I know what position I am playing in and how to contribute when attacking and defending.</p> <p>P6: Choose the most appropriate tactics for a game. I understand the need for tactics and can identify when to use them in different situations. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>P7: Uphold the spirit of fair play and respect in all competitive situations. I understand the rules of the game and I can use them most of the time to play honestly and fairly. I can use the rules of the game consistently to play honestly and fairly.</p> <p>P8: Lead others when called upon and act as a good role model within a team. I understand there are different skills for different situations and I am beginning to apply this. I can identify when I was successful and what I need to do to improve. I recognise my own and others strengths and areas for development and can suggest ways to improve. I can use feedback provided to improve my work. I can use feedback provided to improve the quality of my work.</p>	<p>P27: Choose the best pace for running over a variety of distances. I can choose the best pace for a running event. I can select and apply the best pace for a running event.</p> <p>P28: Throw accurately and refine performance by analysing technique and body shape. I show accuracy and power when throwing for distance. I can show accuracy and good technique when throwing for distance.</p> <p>P29: Show control in take off and landings when jumping. I can perform a range of jumps showing some technique. I can show control at take-off and landing in jumping activities. I can perform jumps for height and distance using good technique.</p> <p>P30: Compete with others and keep track of personal best performances, setting targets for improvement I can take on the role of coach, official and timer when working in a group. I persevere to achieve my personal best. I can use feedback to improve my sprinting technique. I can understand how stamina and power help people to perform well in different athletic activities. I can identify good athletic performance and explain why it is good. I use different strategies to persevere to achieve my personal best. I can help others to improve their technique using key teaching points. I can identify my own and others' strengths and areas for development and can suggest ways to improve.</p>	<p>P15: Create complex and well-executed sequences that include a full range of movements including: travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching and twisting, gestures ,linking skills. P17: Include in a sequence set pieces, choosing the most appropriate linking elements. I can create and perform sequences using apparatus, individually and with a partner. I can work collaboratively with others to create a sequence. I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance. I can create and perform sequences using compositional devices to improve the quality.</p> <p>P16: Hold shapes that are strong, fluent and expressive. P18: Vary speed, direction, level and body rotation during floor performances P20: Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). P19: Practise and refine the gymnastic techniques used in performances (listed above). I can use strength and flexibility to improve the quality of a performance. I can combine and perform gymnastic actions, shapes and balances with control and fluency. I understand what counter balance and counter tension is and can show examples with a partner.</p> <p>P8: Lead others when called upon and act as a good role model within a team. I can lead a partner through short warm-up routines. I can lead a small group through a short warm-up routine. I can use feedback provided to improve my work. I can use feedback provided to improve the quality of my work. I can use set criteria to make simple judgments about performances and suggest ways they could be improved. I can use appropriate language to evaluate and refine my own and others' work. I can work safely when learning a new skill to keep myself and others safe. I understand how to work safely when learning a new skill.</p>	<p>P1: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). I can dribble, pass, receive and shoot the ball with some control under pressure. I can dribble, pass, receive and shoot the ball with increasing control under pressure.</p> <p>P2: Work alone, or with team mates in order to gain points or possession. P5: Field, defend and attack tactically by anticipating the direction of play. I can communicate with my team and move into space to keep possession and score. I can often make the correct decision of who to pass to and when. I can use tracking, tackling and intercepting when playing in defence. I know what position I am playing in and how to contribute when attacking and defending. I can use marking, tackling and/or interception to improve my defence.</p> <p>P6: Choose the most appropriate tactics for a game. I can select the appropriate action for the situation and make this decision quickly. I understand the need for tactics and can identify when to use them in different situations. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>P7: Uphold the spirit of fair play and respect in all competitive situations. I understand the rules of the game and I can use them most of the time to play fairly and honestly. I can use the rules of the game consistently to play honestly and fairly.</p> <p>P8: Lead others when called upon and act as a good role model within a team. I can identify when I was successful and what I need to do to improve. I recognise my own and others strengths and areas for development and can suggest ways to improve. I can use feedback provided to improve my work. I can use feedback provided to improve the quality of my work. I understand there are different skills for different situations and I am beginning to apply this. I can work in collaboration with others so that games run smoothly.</p>	<p>P1: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). I can pass and receive the ball with some control under pressure. I can pass and receive the ball with increasing control under pressure.</p> <p>P2: Work alone, or with team mates in order to gain points or possession. P5: Field, defend and attack tactically by anticipating the direction of play. P6: Choose the most appropriate tactics for a game. I can communicate with my team and move into space to keep possession and score. I can create and use space to help my team. I can often make the correct decision of who to pass to and when. I can select the appropriate action for the situation and make this decision quickly. I can tag opponents and close down space. I can tag opponents individually and when working within a unit. I know what position I am playing in and how to contribute when attacking and defending. I understand the need for tactics and can identify when to use them in different situations. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>P7: Uphold the spirit of fair play and respect in all competitive situations. I understand the rules of the game and I can apply them honestly most of the time I can use the rules of the game consistently to play honestly and fairly.</p> <p>P8: Lead others when called upon and act as a good role model within a team. I can use feedback provided to improve my work. I can identify when I was successful and what I need to do to improve. I recognise my own and others strengths and areas for development and can suggest ways to improve. I can work in collaboration with others so that games run smoothly.</p>	<p>P26: Combine sprinting with low hurdles over 60 metres. P27: Choose the best pace for running over a variety of distances. I can choose the best pace for a running event. I can select and apply the best pace for a running event. I can use feedback to improve my sprinting technique. I can understand how stamina and power help people to perform well in different athletic activities.</p> <p>P28: Throw accurately and refine performance by analysing technique and body shape. I show accuracy and power when throwing for distance. I can show accuracy and good technique when throwing for distance.</p> <p>P29: Show control in take off and landings when jumping. I can show control at take-off and landing in jumping activities. I can take on I can perform jumps for height and distance using good technique. I can perform a range of jumps showing some technique.</p> <p>P30: Compete with others and keep track of personal best performances, setting targets for improvement I can take on the role of coach, official and timer when working in a group. I can help others to improve their technique using key teaching points. I persevere to achieve my personal best. I use different strategies to persevere to achieve my personal best. I can identify good athletic performance and explain why it is good. I can identify my own and others' strengths and areas for development and can suggest ways to improve.</p>	<p>P2: Work alone, or with team mates in order to gain points or possession. I can work cooperatively with others to manage our game. I can work in collaboration with others so that games run smoothly.</p> <p>P4: Use forehand and backhand when playing racket games. I am developing a wider range of skills and I am beginning to use these under some pressure. I can use a wider range of skills with increasing control under pressure.</p> <p>P5: Field, defend and attack tactically by anticipating the direction of play. I understand there are different skills for different situations and I am beginning to apply this. I can select the appropriate action for the situation and make this decision quickly.</p> <p>P6: Choose the most appropriate tactics for a game. I understand the need for tactics and can identify when to use them in different situations. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>P7: Uphold the spirit of fair play and respect in all competitive situations. I understand the rules of the game and I can apply them honestly most of the time. I can use the rules of the game consistently to play honestly and fairly.</p> <p>P8: Lead others when called upon and act as a good role model within a team. I can identify when I was successful and what I need to do to improve. I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>	<p>P1: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). P2: Work alone, or with team mates in order to gain points or possession. I can work co-operatively with others to manage our game. I can work in collaboration with others so that games run smoothly. I can work co-operatively with others to get batters out.</p> <p>P3: Strike a bowled or volleyed ball with accuracy. I am beginning to strike a ball with a rounders bat. I can strike a bowled ball with increasing consistency.</p> <p>P5: Field, defend and attack tactically by anticipating the direction of play. I am developing a wider range of fielding skills and I am beginning to use these under some pressure. I can use a wider range of skills with increasing control under pressure. I understand there are different skills for different situations and I am beginning to use this.</p> <p>P6: Choose the most appropriate tactics for a game. I understand the need for tactics and can identify when to use them in different situations. I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>P7: Uphold the spirit of fair play and respect in all competitive situations. I understand the rules of the game and I can apply them honestly most of the time. I can use the rules of the game consistently to play fairly.</p> <p>P8: Lead others when called upon and act as a good role model within a team. I can identify when I was successful and what I need to do to improve. I recognise my own and others strengths and areas for development and can suggest ways to improve.</p>	<p>P1: Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.). P2: Work alone, or with team mates in order to gain points or possession. I can work collaboratively with others to score runs. I can work collaboratively with others to score runs and to get batters out. I can work co-operatively with others to manage our game. I can work in collaboration with others so that games run smoothly.</p> <p>P3: Strike a bowled or volleyed ball with accuracy. I can strike a bowled ball with increasing consistency I can strike a bowled ball with increasing consistency and accuracy.</p> <p>P5: Field, defend and attack tactically by anticipating the direction of play. I am developing a wider range of fielding skills and I am beginning to use these under some pressure. I can use a wider range of fielding skills with increasing control under pressure. I understand there are different skills for different situations and I am beginning to use this.</p> <p>P6: Choose the most appropriate tactics for a game. I understand the need for tactics and can identify when to use them in different situations. I can use the rules of the game consistently to play honestly and fairly.</p> <p>P7: Uphold the spirit of fair play and respect in all competitive situations. I understand the rules of the game and I can apply them honestly most of the time. I can use the rules of the game consistently to play honestly and fairly.</p> <p>P8: Lead others when called upon and act as a good role model within a team. I can identify when I was successful and what I need to do to improve. I recognise my own and others strengths and areas for development and can suggest ways to improve. I can use feedback provided to improve my work. I can use feedback provided to improve the quality of my work.</p>

Knowledge	<p>To develop passing and moving. To develop passing and moving towards a goal. To be able to use the attacking principle of creating and using space. To be able to change direction and lose a defender. To be able to defend ball side and know when to go for interceptions. To develop the shooting action. To be able to change direction to get free from a defender and receive a pass. To learn the positions of 5-a-side netball. To play in a 5-a-side netball tournament.</p>	<p>To develop dribbling the ball with control. To be able to dribble the ball under pressure. To be able to pass the ball accurately to a target. To develop first touch control. To be able to turn using a drag back, inside and outside hook. To develop defending skills. To develop goalkeeping skills. To be able to apply the rules and tactics you have learnt to play in a football tournament.</p>	<p>To be able to apply different speeds over varying distances. To develop fluency and coordination when running for speed. To develop technique in relay changeovers. To develop power, control and consistency in jumping for distance. To develop technique and coordination in the triple jump. To develop throwing with force for longer distances. To develop throwing with greater control and technique. To develop officiating and performing skills.</p>	<p>To be able to perform symmetrical and asymmetrical balances. To develop the straight, forward, straddle and backward roll. To develop the straight, barrel, forward, straddle and backward roll. To be able to explore different methods of travelling, linking actions in both canon and synchronisation. To be able to perform progressions of inverted movements. To be able to perform progressions of a handstand. To explore matching and mirroring using actions both on the floor and on apparatus.</p>	<p>To develop dribbling with control. To develop dribbling to beat a defender. To develop sending the ball using a push pass. To develop receiving the ball with control. To be able to move into space to support a teammate. To develop using an open stick (block) tackle and jab tackle to gain possession of the ball. To use space effectively in game situations. To apply the rules and skills you have learnt to play in a hockey tournament.</p>	<p>To develop attacking principles, understanding when to run and when to pass. To develop throwing and catching with control. To be able to use the 'forward pass' and 'offside' rules. To be able to play games using tagging rules. To develop dodging skills to lose a defender. To develop drawing defence and understanding when to pass. To be able to work as a defending unit to prevent attackers from scoring. To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament.</p>	<p>To work collaboratively with a partner to set a steady pace. To develop your own and others sprinting technique. To develop running over obstacles with greater control and coordination. To develop take off position when jumping for height. To develop power, control and technique for the triple jump. To develop power, control and technique when throwing for distance. To develop throwing with force and accuracy for longer distances. To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</p>	<p>To develop the forehand groundstroke. To develop returning the ball using a forehand groundstroke. To develop returning the ball using a backhand groundstroke. To work cooperatively with a partner to keep a continuous rally. To develop the underarm serve and understand the rules of serving. To develop the volley and understand when to use it. To use a variety of strokes to outwit an opponent. To work collaboratively with a partner to compete against others.</p>	<p>To throw and catch with accuracy under pressure. To develop the bowling action and understand the role of the bowler. To develop batting technique. To make decisions about where and when to send the ball to stump a batter out. To develop a variety of fielding techniques and when to use them in a game. To develop long and short barriers in fielding and understand when to use them. To develop decision making and tactical awareness when playing competitively. To apply the rules and skills you have learnt to play in a rounders tournament.</p>	<p>To develop throwing accuracy and catching skills. To develop underarm bowling accuracy. To develop batting accuracy and directional batting. To develop catching skills (close/deep catching and wicket keeping). To develop overarm bowling technique and accuracy. To be able to use defensive and driving hitting techniques. To develop a variety of fielding techniques and to use them within a game. To develop long and short barriers and apply them to a game situation.</p>						
Vocabulary	<p>Passing Footwork Shooting</p>	<p>Catching Intercepting</p>	<p>Rolling Kicking Turning Goal keeping</p>	<p>Dribbling Ball Control Tracking</p>	<p>Sprinting Jumping Pull Changeover</p>	<p>Running Push Relay</p>	<p>Straight roll Forward roll Tuck jump Straddle roll</p>	<p>Barrell roll Straight jump Star jump Bridge</p>	<p>Passing Receiving Tackling Shooting</p>	<p>Dribbling Intercepting Creating space</p>	<p>Throwing Dodging Defending Tagging</p>	<p>Catching Passing Attacking Scoring</p>	<p>Running Sprinting Jumping Push Throwing Fling Throwing Pacing</p>	<p>Forehand volley Backhand volley Groundstroke Underarm serve</p>	<p>Throwing Catching Retrieving Tracking Striking Batting</p>	<p>Striking Underarm Overarm Catching Fielding Tracking Batting Long/ short barrier</p>