



Huntington Community Primary School

PE Curriculum: Progression of Skills and Key Vocabulary

Nursery PE Curriculum: Autumn Term	Key Skills	Key Vocabulary
<p><u>Introduction to PE: Unit 1</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Physical:</u> moving safely, running, jumping, throwing, catching, following a path, rolling</p> <p><u>Social:</u> sharing, taking turns, leadership, encouraging and supporting others, responsibility</p> <p><u>Emotional:</u> perseverance, confidence, honesty and fair play</p> <p><u>Thinking:</u> decision making, selecting and applying actions, understanding and using rules</p>	<p>Follow Listen Path Safely Share Space Team Travel</p>
<p><u>Fundamentals: Unit 1</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Physical:</u> balancing, running, jumping, changing direction, hopping, traveling</p> <p><u>Social:</u> working safely, responsibility, helping others</p> <p><u>Emotional:</u> honesty, challenging myself, determination</p> <p><u>Thinking:</u> decision making, selecting and applying actions, using tactics</p>	<p><u>Balance</u> <u>Jump</u> <u>Run</u> <u>Skip</u> <u>Space</u> <u>Stop</u></p>

Nursery PE Curriculum: Spring Term	Key Skills	Key Vocabulary
<p><u>Gymnastics: Unit 1</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. <p><u>Dance: Unit 1</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Physical:</u> shapes, balances, jumps, rock and roll, barrel roll, straight roll, progression of a forward roll, travelling</p> <p><u>Social:</u> co-operation, taking turns, communication</p> <p><u>Emotional:</u> confidence, determination</p> <p><u>Thinking:</u> selecting and applying skills, creating sequences</p> <p><u>Physical:</u> travel, action, perform, copy, balance, co-ordination</p> <p><u>Social:</u> respect, co-operation</p> <p><u>Emotional:</u> working independently, confidence</p> <p><u>Thinking:</u> counting, observing and providing feedback, selecting and applying actions</p>	<p>Around Backwards Copy Forwards Move Over Rock Safely Shape Sideways Space Travel</p> <p>Around Backwards Copy Forwards Move Safely Shape Sideways Space Travel</p>
Nursery PE Curriculum: Summer Term	Key Skills	Key Vocabulary
<p><u>Ball Skills: Unit 1</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. 	<p><u>Physical:</u> rolling a ball, stopping a rolling ball, throwing at a target, tracking a ball, bouncing a ball, dribbling a ball with feet, kicking a ball</p> <p><u>Social:</u> co-operation, supporting others, sharing and taking turns</p> <p><u>Emotional:</u> honesty, perseverance, determination</p> <p><u>Thinking:</u> using tactics, decision making</p>	<p>Aim Backwards Balance Bounce Catch Forwards Jump Pass Push Safely Space Stop Tag Team</p>

<ul style="list-style-type: none"> • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. <p><u>Games: Unit 1</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Physical:</u> running, balancing, changing direction, striking a ball, throwing</p> <p><u>Social:</u> communication, cooperation, taking turns, supporting others, respect</p> <p><u>Emotional:</u> honesty and fair play, managing emotions, perseverance</p> <p><u>Thinking:</u> using tactics, decision making</p>	<p>Throw</p> <p>Aim Backward Balance Bounce Catch Follow Forward Jump Listen Pass Path Push Safely Share Space Stop Tag Team Team Throw</p>
<p>Reception PE Curriculum: Autumn Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Introduction to PE: Unit 2</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. <p><u>Fundamentals: Unit 2</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. 	<p><u>Physical:</u> moving safely, running, jumping, throwing, catching, following a path, rolling</p> <p><u>Social:</u> sharing, taking turns, leadership, encouraging and supporting others, responsibility</p> <p><u>Emotional:</u> perseverance, confidence, honesty and fair play</p> <p><u>Thinking:</u> decision making, selecting and applying actions, understanding and using rules</p> <p><u>Physical:</u> balancing, running, jumping, changing direction, hopping, traveling</p>	<p>Follow Listen Path Safely Share Space Team Travel</p> <p><u>Balance</u> <u>Jump</u> <u>Run</u> <u>Skip</u></p>

<ul style="list-style-type: none"> • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Social:</u> working safely, responsibility, helping others</p> <p><u>Emotional:</u> honesty, challenging myself, determination</p> <p><u>Thinking:</u> decision making, selecting and applying actions, using tactics</p>	<p><u>Space</u> <u>Stop</u></p>
<p>Reception PE Curriculum: Spring Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Gymnastics: Unit 2</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. <p><u>Dance: Unit 2</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Physical:</u> shapes, balances, jumps, rock and roll, barrel roll, straight roll, progression of a forward roll, travelling</p> <p><u>Social:</u> co-operation, taking turns, communication</p> <p><u>Emotional:</u> confidence, determination</p> <p><u>Thinking:</u> selecting and applying skills, creating sequences</p> <p><u>Physical:</u> travel, action, perform, copy, balance, co-ordination</p> <p><u>Social:</u> respect, co-operation</p> <p><u>Emotional:</u> working independently, confidence</p> <p><u>Thinking:</u> counting, observing and providing feedback, selecting and applying actions</p>	<p>Around Backwards Copy Forwards Move Over Rock Safely Shape Sideways Space Travel</p> <p>Around Backwards Copy Forwards Move Safely Shape Sideways Space Travel</p>
<p>Reception PE Curriculum: Summer Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>

<p><u>Ball Skills: Unit 2</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Physical:</u> rolling a ball, stopping a rolling ball, throwing at a target, tracking a ball, bouncing a ball, dribbling a ball with feet, kicking a ball</p> <p><u>Social:</u> co-operation, supporting others, sharing and taking turns</p> <p><u>Emotional:</u> honesty, perseverance, determination</p> <p><u>Thinking:</u> using tactics, decision making</p>	<p>Aim Backwards Balance Bounce Catch Forwards Jump Pass Push Safely Space Stop Tag Team Throw</p>
<p><u>Games: Unit 2</u></p> <ul style="list-style-type: none"> • I am confident to try new activities. • I ask for help if needed. • I can handle equipment effectively. • I can move confidently in a range of ways. • I can safely negotiate space. • I can show good control and co-ordination in small and large movements. • I can talk about ways to keep healthy and safe. • I know the importance for good health and physical exercise. • I am sensitive to others' feelings. • I play co-operatively, taking turns. • I can talk about my own ideas and use them in response to a task. • I understand and follow rules. 	<p><u>Physical:</u> running, balancing, changing direction, striking a ball, throwing</p> <p><u>Social:</u> communication, cooperation, taking turns, supporting others, respect</p> <p><u>Emotional:</u> honesty and fair play, managing emotions, perseverance</p> <p><u>Thinking:</u> using tactics, decision making</p>	<p>Aim Backward Balance Bounce Catch Follow Forward Jump Listen Pass Path Push Safely Share Space Stop Tag Team Team Throw</p>
<p>Year One Curriculum: Autumn Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Yoga</u></p> <ul style="list-style-type: none"> • I can work with others to create poses. • I can say what I liked about someone else's flow. • I can recognise changes in my body when I do exercise. • I can remember and repeat actions, linking poses together. • I show an awareness of space when travelling. 	<p><u>Physical:</u> breathing, balance, flexibility, strength</p> <p><u>Social:</u> sharing ideas, leadership</p> <p><u>Emotional:</u> calmness, patience, understanding</p> <p><u>Thinking:</u> selecting actions, creating poses, focus, providing feedback</p>	<p>Move Safely Shape Space Still Travel</p>

<p><u>Fundamentals</u></p> <ul style="list-style-type: none"> • I can show hopping and jumping movements. • I can change direction when moving at speed. • I can run at different speeds. • I can select my own actions in response to a task. • I use co-ordination to turn a skipping rope. • I can work co-operatively with others to complete tasks. • I can recognise changes in my body when I do exercise. • I show balance and co-ordination when static and moving at a slow speed. <p><u>Fitness</u></p> <ul style="list-style-type: none"> • I use co-ordination to turn a skipping rope. • I show co-ordination when trying hula hoop skills. • I can change direction when running. • I can run at different speeds. • I can show hopping and jumping movements. • I can recognise changes in my body when I do exercise. • I work with others to turn a rope. • I try my hardest to keep working over longer periods of time. <p><u>Sending and Receiving</u></p> <ul style="list-style-type: none"> • I am beginning to send and receive a ball using a piece of equipment. • I am beginning to send and receive a ball with my feet. • I can catch a ball after one bounce. • I can roll a ball towards a target. • I can throw a ball to a partner. • I can track a ball that is coming towards me. • I can work co-operatively with a partner. • I can recognise changes in my body when I do exercise. 	<p><u>Physical:</u> balancing, sprinting, jogging, dodging, jumping, hopping, skipping</p> <p><u>Social:</u> taking turns, supporting and encouraging others, working safely, communication</p> <p><u>Emotional:</u> challenging myself, perseverance, honesty</p> <p><u>Thinking:</u> selecting and applying actions, identifying strengths, listening and following instructions</p> <p><u>Physical:</u> agility, balance, co-ordination, speed, stamina, skipping</p> <p><u>Social:</u> taking turns, supporting and encouraging others</p> <p><u>Emotional:</u> determination, perseverance, challenging myself</p> <p><u>Thinking:</u> identifying strengths and areas for improvement, observing and providing feedback</p> <p><u>Physical:</u> rolling, kicking, throwing, catching, tracking</p> <p><u>Social:</u> cooperation, communication, keeping others safe</p> <p><u>Emotional:</u> perseverance, challenging myself</p> <p><u>Thinking:</u> identifying how to improve, transferring skills</p>	<p>Direction Fast Hop Land Safely Slow</p> <p>Balance Bounce Direction Fast Hop Jump Slow</p> <p>Net Partner Points Ready position Score Underarm</p>
<p>Year One Curriculum: Spring Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Team Building</u></p> <ul style="list-style-type: none"> • I can follow instructions. • I can communicate simple instructions. • I can suggest ideas to solve tasks. • I can listen to others' ideas. • I understand the rules of the game. • I can work with a partner and a small group. 	<p><u>Physical:</u> balancing, travelling</p> <p><u>Social:</u> communication, sharing ideas, inclusion, encouraging and supporting others</p> <p><u>Emotional:</u> confidence, trust, honesty</p>	<p>Co-operate Instructions Lead Solve Teamwork</p>

<ul style="list-style-type: none"> • I can follow a simple diagram/map. <p><u>Dance</u></p> <ul style="list-style-type: none"> • I show some sense of dynamic and expressive qualities in my dance. • I choose appropriate movements for different dance ideas. • I can copy, remember and repeat actions. • I can move confidently and safely. • I recognise changes in my body when I do exercise. • I say what I liked about someone else's performance. • I can work with others to share ideas and select actions. • I am beginning to use counts. <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • I can link simple actions together to create a sequence. • I can remember and repeat actions and shapes. • I am confident to perform in front of others. • I can recognise changes in my body when I do exercise. • I can say what I liked about someone else's performance. • I can use apparatus safely and wait for my turn. • I can make my body tense, relaxed, stretched and curled. <p><u>Ball Skills</u></p> <ul style="list-style-type: none"> • I am beginning to catch with two hands. • I can roll and throw with some accuracy towards a target. • I can track a ball that is coming towards me. • I am beginning to dribble a ball with my hands and feet. • I can work co-operatively with a partner. • I can say when someone was successful. • I can recognise changes in my body when I do exercise. • I am beginning to understand simple tactics. 	<p><u>Thinking:</u> decision making, using tactics, providing instructions, planning, problem solving</p> <p><u>Physical:</u> travel, action, shape, perform, copy, balance, coordination</p> <p><u>Social:</u> co-operation, communication, coming to decisions with a partner, respect</p> <p><u>Emotional:</u> confidence, acceptance</p> <p><u>Thinking:</u> counting, observing and providing feedback, selecting and applying actions</p> <p><u>Physical:</u> travelling, shapes, balances, jumps, barrel roll, straight roll, progression of a forward roll</p> <p><u>Social:</u> sharing, working safely</p> <p><u>Emotional:</u> confidence</p> <p><u>Thinking:</u> observing and providing feedback, selecting and applying skills</p> <p><u>Physical:</u> rolling, kicking, throwing, catching, bouncing, dribbling, tracking</p> <p><u>Social:</u> co-operation, communication, leadership, supporting others</p> <p><u>Emotional:</u> honesty, perseverance, challenging myself</p> <p><u>Thinking:</u> using tactics, exploring actions, comprehension</p>	<p>Balance Counts Fast Level Pose Slow</p> <p>Action Balance Direction Jump Level Point Roll Speed</p> <p>Attacker Defender Dribbling Net Ready position Partner Points Score Underarm</p>
<p>Year One Curriculum: Summer Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>

<p><u>Net and Wall</u></p> <ul style="list-style-type: none"> • I can hit a ball using a racket. • I can throw a ball to land over the net and into the court area. • I can use a ready position to move to the ball. • I can track balls and other equipment sent to me. • I recognise changes in my body when I do exercise. • I know how to score points. • I show honesty and fair play when playing against an opponent. 	<p><u>Physical:</u> throwing, catching, hitting a ball, tracking a ball</p> <p><u>Social:</u> respect, communication</p> <p><u>Emotional:</u> honesty and fair play, determination</p> <p><u>Thinking:</u> decision making, using simple tactics, recalling information, comprehension</p>	<p>Net Partner Points Ready position Score Underarm</p>
<p><u>Athletics</u></p> <ul style="list-style-type: none"> • I am beginning to link running and jumping movements. • I can run at different speeds. • I am beginning to show balance and co-ordination when changing direction. • I understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest. • I am developing over arm throwing. • I am able to throw towards a target. • I can work with others and make safe choices. • I can recognise changes in my body when I do exercise. • I try my best. 	<p><u>Physical:</u> running at varying speeds, agility, balance, running over obstacles, jumping, hopping and leaping in combination and for distance, throwing for distance</p> <p><u>Social:</u> working safely, collaborating with others</p> <p><u>Emotional:</u> working independently, honesty and playing to the rules, determination</p> <p><u>Thinking:</u> exploring ideas</p>	<p>Aim Bend Direction Far Fast Hop Improve Slow Travel</p>
<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> • I can catch a beanbag and a medium-sized ball. • I can roll a ball towards a target. • I can strike a ball using my hand. • I can track a ball that is coming towards me. • I understand the rules and I am beginning to use these to play fairly. • I can recognise changes in my body when I do exercise. • I say what I liked about someone else's performance. • I show honesty and fair play when playing against an opponent. • I know how to score points. 	<p><u>Physical:</u> throwing, catching, retrieving a ball, tracking a ball, striking a ball</p> <p><u>Social:</u> communication, supporting and encouraging others, consideration of others</p> <p><u>Emotional:</u> perseverance, honesty and fair play</p> <p><u>Thinking:</u> using tactics, selecting and applying skills, decision making</p>	<p>Catch Hit Points Score Target Throw</p>
<p><u>Invasion</u></p> <ul style="list-style-type: none"> • I am beginning to dribble a ball with my hands and feet. 	<p><u>Physical:</u> throwing, catching, kicking, dribbling with hands and feet, dodging, finding space</p>	<p>Attacker Defender Dribbling</p>

<ul style="list-style-type: none"> • I can send and receive a ball with hands and feet. • I can change direction to move away from a defender. • I can recognise space when playing games. • I move my feet to stay with another player when defending. • I recognise changes in my body when I do exercise. • I can use simple rules to play fairly. • I understand when I am a defender and when I am an attacker. • I know when I am successful. 	<p><u>Social:</u> co-operation, communication, supporting and encouraging others, respect and kindness</p> <p><u>Emotional:</u> honesty, fair play, managing emotions</p> <p><u>Thinking:</u> connecting information, decision making, recalling information</p>	Partner Points Score
Year Two Curriculum: Autumn Term	Key Skills	Key Vocabulary
<p><u>Yoga</u></p> <ul style="list-style-type: none"> • I can work with others to create simple flows showing some control. • I am beginning to provide feedback using key words. • I can describe how my body feels during exercise. • I can copy, remember and repeat yoga flows. • I can use clear shapes when performing poses. • I can move from one pose to another thinking about my breath. <p><u>Fitness</u></p> <ul style="list-style-type: none"> • I can describe how my body feels during exercise. • I can link different hoop skills to create a routine. • I can show hopping and jumping movements with some balance and control. • I persevere with new challenges. • I show determination to continue working over a longer period of time. • I understand that running at a slower speed will allow me to run for a longer period of time. • I work with others to turn a rope and encourage others to jump at the right time. <p><u>Dance</u></p> <ul style="list-style-type: none"> • I can show a character and idea through the actions and dynamics I choose. • I can copy, remember and repeat a series of actions. • I show confidence to perform. • I can describe how my body feels during exercise. 	<p><u>Physical:</u> breathing, balance, flexibility, strength</p> <p><u>Social:</u> sharing ideas, leadership</p> <p><u>Emotional:</u> calmness, patience, understanding</p> <p><u>Thinking:</u> selecting actions, creating poses, focus, providing feedback</p> <p><u>Physical:</u> agility, balance, co-ordination, speed, stamina, skipping</p> <p><u>Social:</u> taking turns, supporting and encouraging others</p> <p><u>Emotional:</u> determination, perseverance, challenging myself</p> <p><u>Thinking:</u> identifying strengths and areas for improvement, observing and providing feedback</p> <p><u>Physical:</u> travel, action, shape, perform, copy, using speed, using pathways, balance, coordination</p> <p><u>Social:</u> respect, consideration, sharing ideas, decision making with others</p>	Choose Create Flow Focus Pose Position Jog Pace Race Speed Sprint Steady Strong Action Direction Mirror Pathway Speed Timing

<ul style="list-style-type: none"> • I am beginning to provide feedback using key words. • I can work with a partner using mirroring and unison in our actions. • I can use counts to stay in time with music. <p><u>Sending and Receiving</u></p> <ul style="list-style-type: none"> • I am beginning to trap and cushion a ball that is coming towards me. • I can accurately kick a ball to a partner. • I can catch a ball passed to me, with and without a bounce. • I can roll a ball to hit a target. • I can accurately throw a ball to a partner. • I can track a ball and stop it using my hands and feet. • I am beginning to provide feedback using key words. • I can work safely to send a ball towards a partner using a piece of equipment. • I can describe how my body feels during exercise. • I can work co-operatively with a partner and a small group. 	<p><u>Emotional:</u> confidence, acceptance</p> <p><u>Thinking:</u> observing and providing feedback, selecting and applying actions, creating, counting</p> <p><u>Physical:</u> rolling, kicking, throwing, catching, tracking</p> <p><u>Social:</u> cooperation, communication, keeping others safe</p> <p><u>Emotional:</u> perseverance, challenging myself</p> <p><u>Thinking:</u> identifying how to improve, transferring skills</p>	<p>Against Collect Defend Quickly Receive Return Trap</p>
<p>Year Two Curriculum: Spring Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Team Building</u></p> <ul style="list-style-type: none"> • I can follow instructions carefully. • I can share my ideas and listen to others to help to solve tasks. • I can say when I was successful at solving challenges. • I can work co-operatively with a partner and a small group. • I show honesty and can play fairly. • I understand how to use, follow and create a simple diagram/map. <p><u>Target Games</u></p> <ul style="list-style-type: none"> • I can use an underarm throw to hit a target with some success. • I can use an overarm throw to hit a target with some success. • I am beginning to select the appropriate throw for the target. • I understand what good technique looks like and can use key words in the feedback I provide. • I can describe how my body feels during exercise. • I can work cooperatively with a partner and a small group. 	<p><u>Physical:</u> balancing, travelling, jumping</p> <p><u>Social:</u> communication, listening, inclusion, leading</p> <p><u>Emotional:</u> trust, honesty, fair play, acceptance</p> <p><u>Thinking:</u> decision making, planning, problem solving</p> <p><u>Physical:</u> throwing, catching, retrieving a ball, striking a ball</p> <p><u>Social:</u> communication, supporting and encouraging others, leadership</p> <p><u>Emotional:</u> perseverance, honesty and fair play</p> <p><u>Thinking:</u> using tactics, selecting and applying skills, decision making</p>	<p>Communicate Direction Map Successful Support</p> <p>Accurate Against Overarm Release Send Target Teammate Underarm</p>

<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> I can plan and repeat simple sequences of actions. I can perform the basic gymnastic actions with some control and balance. I am proud of my work and confident to perform in front of others. I can describe how my body feels during exercise. I am beginning to provide feedback using key words. I can work safely with others and apparatus. I can use shapes when performing other skills. I can use directions and levels to make my work look interesting. <p><u>Ball Skills</u></p> <ul style="list-style-type: none"> I can send and receive a ball using both kicking and throwing and catching skills. I can roll and throw a ball to hit a target. I can track a ball and collect it. I can dribble a ball with my hands and feet with some control. I can work co-operatively with a partner and a small group. I am beginning to provide feedback using key words. I can describe how my body feels during exercise. I am beginning to understand and use simple tactics. 	<p><u>Physical:</u> shapes, balance, shape jumps, take-off and landing, travelling, barrel roll, straight roll, forwards roll</p> <p><u>Social:</u> sharing equipment, working safely</p> <p><u>Emotional:</u> confidence, independence</p> <p><u>Thinking:</u> observing and providing feedback, selecting and applying skills</p> <p><u>Physical:</u> rolling, kicking, throwing, catching, dribbling, bouncing</p> <p><u>Social:</u> co-operation, communication, leadership, supporting others</p> <p><u>Emotional:</u> honesty, perseverance, challenging myself</p> <p><u>Thinking:</u> using tactics, exploring actions</p>	<p>Link Pathway Pike Sequence Speed Star Straddle Tuck</p> <p>Against Batter Bounce pass Bowler Chest pass Collect Defend Distance Dodge Fielder Goal Height Jog Landing Overarm Possession Quickly Received Return Runs Send Sprint Take off Teammate Trap Underarm</p>
<p>Year Two Curriculum: Summer Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Net and Wall</u></p> <ul style="list-style-type: none"> I can hit a ball over the net and into the court area. I can throw accurately to a partner. 	<p><u>Physical:</u> throwing, catching, hitting a ball, tracking a ball</p> <p><u>Social:</u> respect, communication</p>	<p>Against Collect Defend Quickly</p>

<ul style="list-style-type: none"> • I can defend space on my court using the ready position. • I can describe how my body feels during exercise. • I can use simple tactics to make it difficult for an opponent. • I know how to score points and can remember the score. • I show good sportsmanship when playing against an opponent. 	<p><u>Emotional:</u> honesty and fair play, determination</p> <p><u>Thinking:</u> decision making, using simple tactics, recalling information, comprehension</p>	<p>Receive Return Trap</p>
<p><u>Athletics</u></p> <ul style="list-style-type: none"> • I can link running and jumping movements with some control and balance. • I show balance and co-ordination when running at different speeds and in different directions. • I can jump and land with control. • I can use an overarm throw to help me to throw for distance. • I can work with others, taking turns and sharing ideas. • I can identify good technique. • I can describe how my body feels during exercise. • I try my best. 	<p><u>Physical:</u> running at varying speeds, agility, co-ordination, combining running and jumping, throwing for distance</p> <p><u>Social:</u> working safely, collaborating with others</p> <p><u>Emotional:</u> working independently, determination</p> <p><u>Thinking:</u> exploring ideas, observing and providing feedback</p>	<p>Distance Height Jog Landing Overarm Sprint Take off Underarm</p>
<p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> • I am developing underarm and overarm throwing skills. • I can roll a ball to hit a target. • I can sometimes hit a ball using a racket. • I can track a ball and collect it. • I understand the rules of the game and can use these to play fairly in a small group. • I can use simple tactics. • I can describe how my body feels during exercise. • I am beginning to provide feedback using key words. • I know how to score points and can remember the score. 	<p><u>Physical:</u> throwing, catching, retrieving a ball, tracking a ball, striking a ball</p> <p><u>Social:</u> communication, supporting and encouraging others, consideration of others</p> <p><u>Emotional:</u> perseverance, honesty and fair play</p> <p><u>Thinking:</u> using tactics, selecting and applying skills, decision making</p>	<p>Batter Bowler Fielder Received Runs Send Teammate</p>
<p><u>Invasion</u></p> <ul style="list-style-type: none"> • I can dribble a ball with my hands and feet with increasing control. • I can send and receive a ball with increasing consistency with hands and feet. • I can move with a ball towards my goal. • I can find space away from others when playing games. 	<p><u>Physical:</u> throwing, catching, kicking, dribbling with hands and feet, dodging, finding space</p> <p><u>Social:</u> co-operation, communication, supporting and encouraging others, respect and kindness</p>	<p>Bounce pass Chest pass Dodge Goal Possession Received Send Teammate</p>

<ul style="list-style-type: none"> • I can stay close to another player to try to stop them from getting the ball. • I can describe how my body feels during exercise. • I understand the rules and can use them to keep a game going. • I understand what to do when I am an attacker and a defender. • I am beginning to provide feedback using key words. 	<p><u>Emotional:</u> honesty, fair play, managing emotions</p> <p><u>Thinking:</u> connecting information, decision making, recalling information</p>	
<p>Year Three Curriculum: Autumn Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Fitness</u></p> <ul style="list-style-type: none"> • I can collect and record personal fitness data and I can recognise my strengths. • I can complete exercises with control. • I can persevere when I find a challenge is hard. • I can provide feedback using key words. • I can use key points to help me to improve my sprinting technique. • I can work safely with others. • I show balance when changing direction. • I understand the benefits of exercise. <p><u>Tennis</u></p> <ul style="list-style-type: none"> • I can return a ball to a partner. • I am learning the rules of the game and I am beginning to use them to play honestly. • I understand the benefits of exercise. • I can provide feedback using key words. • I work cooperatively with my group to self-manage games. • I can use basic racket skills. • I understand the aim of the game. <p><u>Yoga</u></p> <ul style="list-style-type: none"> • I can work with others to create a flow including a number of poses. • I can provide feedback using key words. • I can describe how yoga makes me feel. • I can copy and link yoga poses together to create a short flow. • I show some stability when holding my yoga poses. • I can move from one pose to another in time with my breath. <p><u>Football</u></p> <ul style="list-style-type: none"> • I can dribble, pass, receive and shoot the ball with some control. 	<p><u>Physical:</u> agility, balance, co-ordination, speed, stamina, strength, power</p> <p><u>Social:</u> supporting others, working safely</p> <p><u>Emotional:</u> perseverance, determination</p> <p><u>Thinking:</u> identifying areas of strength and areas for development</p> <p><u>Physical:</u> forehand, backhand, throwing, catching, ready position</p> <p><u>Social:</u> respect, collaboration, supporting others</p> <p><u>Emotional:</u> honesty, perseverance</p> <p><u>Thinking:</u> decision making, using tactics, understanding rules</p> <p><u>Physical:</u> breathing, balance, flexibility, strength, co-ordination</p> <p><u>Social:</u> working safely, sharing ideas, leadership</p> <p><u>Emotional:</u> calmness, focus, confidence</p> <p><u>Thinking:</u> selecting actions, poses and flow, providing feedback</p>	<p>Accurately Balance Control Distance Strength</p> <p>Accurately Control Opponent Racket Rally Serve Track</p> <p>Flexibility Link Perform Strength Technique Try</p> <p>Footwork Interception</p>

<ul style="list-style-type: none"> • I can find space away from others and near to my goal. • I can move with a ball towards goal with increasing control. • I can track an opponent to slow them down. • I understand the benefits of exercise. • I work cooperatively with my group to self-manage games. • I can provide feedback using key words. • I understand my role as an attacker and as a defender. • I am learning the rules of the game and I am beginning to use them to play honestly and fairly. • I am beginning to use simple tactics. 	<p><u>Physical:</u> dribbling, passing, ball control, tracking, jockeying, turning, receiving</p> <p><u>Social:</u> communication, collaboration, cooperation</p> <p><u>Emotional:</u> honesty, perseverance</p> <p><u>Thinking:</u> selecting and applying tactics, decision making</p>	<p>Mark Playing area Rebound Receiver Tracking Travelling</p>
<p>Year Three Curriculum: Spring Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • I can choose actions that flow well into one another. • I can adapt sequences to suit different types of apparatus. • I use a greater number of my own ideas for movements in response to a task. • I can choose and plan sequences of contrasting actions. • I can complete actions with increasing balance and control. • I understand the benefits of exercise. • I can provide feedback using key words. • With help, I can recognise how performances could be improved. • I can move in unison with a partner. <p><u>Netball</u></p> <ul style="list-style-type: none"> • I can pass, receive and shoot the ball with some control. • I can communicate with my team and move into space to support them. • I can move with a ball towards goal with increasing control. • I can defend an opponent and try to win the ball. • I understand the benefits of exercise. • I work cooperatively with my group to self-manage games. • I can provide feedback using key words. • I understand my role as an attacker and as a defender. • I am learning the rules of the game and I am beginning to use them to play honestly and fairly. • I am beginning to use simple tactics. 	<p><u>Physical:</u> individual point and patch balances, straight roll, barrel roll, forwards roll, straight jump, tuck jump, star jump, rhythmic gymnastics</p> <p><u>Social:</u> collaboration, communication, respect</p> <p><u>Emotional:</u> confidence</p> <p><u>Thinking:</u> observing and providing feedback, selecting and applying skills, evaluating and improving</p> <p><u>Physical:</u> passing, catching, footwork, intercepting, shooting, dribbling</p> <p><u>Social:</u> working safely, communication, collaboration</p> <p><u>Emotional:</u> honesty, perseverance</p> <p><u>Thinking:</u> planning strategies and using tactics, observing and providing feedback</p>	<p>Contrasting Control Create Explore Flow Interesting Matching</p> <p>Footwork Interception Mark Playing area Rebound Receiver Tracking Travelling</p>

<ul style="list-style-type: none"> • I work cooperatively with my group to self-manage games. • I understand the aim of the game. <p><u>Athletics</u></p> <ul style="list-style-type: none"> • I can use key points to help me to improve my sprinting technique. • I can take part in a relay activity, remembering when to run and what to do. • I am developing jumping for distance and height. • I can use different take off and landings when jumping. • I can throw a variety of objects, changing my action for accuracy and distance. • I can work with a partner and in a small group, sharing ideas. • I can identify when I was successful. • I understand why it is important to warm up. <p><u>Dodgeball</u></p> <ul style="list-style-type: none"> • I am learning the rules of the game and I am beginning to use them to play honestly. • I understand the benefits of exercise. • I can provide feedback using key words. • I can throw with some accuracy and I am beginning to catch with some consistency. • I work cooperatively with my group to self-manage games. • I understand the aim of the game. <p><u>Dance</u></p> <ul style="list-style-type: none"> • I can use dynamic and expressive qualities in relation to an idea. • I create short dance phrases that communicate the idea. • I am respectful of others when watching them perform. • I can repeat, remember and perform a dance phrase. • I understand the benefits of exercise. • I can provide feedback using key words. • I can work with a partner and in a small group, sharing ideas. • I can use counts to keep in time with a partner and group. 	<p><u>Thinking:</u> observing and providing feedback, decision making, using tactics</p> <p><u>Physical:</u> sprinting, running over obstacles, jumping for distance and height, push and pull throw for distance</p> <p><u>Social:</u> working collaboratively, working safely</p> <p><u>Emotional:</u> perseverance, determination</p> <p><u>Thinking:</u> observing and providing feedback</p> <p><u>Physical:</u> throwing, catching, dodging, blocking</p> <p><u>Social:</u> respect, collaboration, communication</p> <p><u>Emotional:</u> honesty, perseverance</p> <p><u>Thinking:</u> decision making, selecting and applying skills</p> <p><u>Physical:</u> copying and performing actions, using canon, unison, formation, dynamics, pathways, direction, control, balance</p> <p><u>Social:</u> sharing ideas, respect, inclusion of others, leadership, working safely</p> <p><u>Emotional:</u> confidence, acceptance</p> <p><u>Thinking:</u> observing and providing feedback, selecting and applying actions, creating</p>	<p>Accurately Control Faster Further Higher Pace Power Speed Strength</p> <p>Footwork Interception Mark Playing area Rebound Receiver Tracking Travelling</p> <p>Create Explore Expression Feedback Flow Match Perform</p>
Year Four Curriculum: Autumn Term	Key Skills	Key Vocabulary

<p><u>Fitness</u></p> <ul style="list-style-type: none"> • I can collect and record personal fitness data and identify areas I need to improve. • I can explain what happens to my body when I exercise and how this helps to make me healthy. • I can use key points to help me to improve my sprinting technique. • I share ideas and work with others to manage activities. • I show balance when changing direction at speed. • I show control when completing activities to improve balance. • I show determination to continue working at over a period of time. • I understand there are different areas of fitness and that each area challenges my body differently. 	<p><u>Physical:</u> agility, balance, co-ordination, speed, stamina, strength, power</p> <p><u>Social:</u> supporting others, working safely</p> <p><u>Emotional:</u> perseverance, determination</p> <p><u>Thinking:</u> identifying areas of strength and areas for development</p>	<p>Co-ordination Healthy Muscle Progress Stamina Technique</p>
<p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> • I can pass and receive the ball with increasing control. • I can help my team keep possession and score tries when I play in attack. • I can delay an opponent and help prevent the other team from scoring. • I can explain what happens to my body when I exercise and how this helps to make me healthy. • I share ideas and work with others to manage our game. • I can provide feedback using key terminology and understand what I need to do to improve. • I am learning the rules of the game and I am beginning to use them to play honestly and fairly. • I can use simple tactics to help my team score or gain possession. 	<p><u>Physical:</u> passing, catching, dodging, tagging, scoring</p> <p><u>Social:</u> communication, collaboration, inclusion</p> <p><u>Emotional:</u> honesty, perseverance, confidence</p> <p><u>Thinking:</u> planning strategies and using tactics, observing and providing feedback, selecting and applying skills</p>	<p>Contact Court Field Opponent Opposition Outwit Pitch Pivot</p>
<p><u>Yoga</u></p> <ul style="list-style-type: none"> • I can work collaboratively and effectively with others. • I can provide feedback using key terminology and understand what I need to do to improve. • I can describe how yoga makes me feel and can talk about the benefits of yoga. • I can link poses together to create a yoga flow. 	<p><u>Physical:</u> breathing, balance, flexibility, strength, co-ordination</p> <p><u>Social:</u> working safely, sharing ideas, leadership</p> <p><u>Emotional:</u> calmness, focus, confidence</p> <p><u>Thinking:</u> selecting actions, creating poses and flow, providing feedback</p>	<p>Control Down dog Grounded Mindfulness Relax Stable</p>

<ul style="list-style-type: none"> • I demonstrate yoga poses which show clear shapes. • I show increasing control and balance when moving from one pose to another. • I can transition from pose to pose in time with my breath. <p><u>Hockey</u></p> <ul style="list-style-type: none"> • I can dribble, pass, receive and shoot the ball with increasing control. • I can move to space to help my team to keep possession and score goals. • I can delay an opponent and help to prevent the other team from scoring. • I can explain what happens to my body when I exercise and how this helps to make me healthy. • I share ideas and work with others to manage our game. • I can provide feedback using key terminology and understand what I need to do to improve. • I am learning the rules of the game and I am beginning to use them to play honestly and fairly. • I can use simple tactics to help my team score or gain possession. 	<p><u>Physical:</u> dribbling, passing, receiving, intercepting, tackling</p> <p><u>Social:</u> communication, collaboration, inclusion</p> <p><u>Emotional:</u> honesty, perseverance, empathy</p> <p><u>Thinking:</u> planning strategies and using tactics, observing and providing feedback, decision making</p>	<p>Contact Court Field Opponent Opposition Outwit Pitch Pivot</p>
<p>Year Four Curriculum: Spring Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Basketball</u></p> <ul style="list-style-type: none"> • I can dribble, pass, receive and shoot the ball with increasing control. • I can move to space to help my team to keep possession and score goals. • I can delay an opponent and help to prevent the other team from scoring. • I can explain what happens to my body when I exercise and how this helps to make me healthy. • I share ideas and work with others to manage our game. • I can provide feedback using key terminology and understand what I need to do to improve. • I am learning the rules of the game and I am beginning to use them to play honestly and fairly. • I can use simple tactics to help my team score or gain possession. <p><u>Tennis</u></p> <ul style="list-style-type: none"> • I can sometimes play a continuous game. 	<p><u>Physical:</u> throwing, catching, dribbling, intercepting, changing direction and speed, shooting</p> <p><u>Social:</u> working safely, communication, collaboration</p> <p><u>Emotional:</u> honesty and fair play, perseverance</p> <p><u>Thinking:</u> planning strategies, using tactics, observing and providing feedback</p>	<p>Contact Court Field Opponent Opposition Outwit Pitch Pivot</p>

<ul style="list-style-type: none"> • I am learning the rules of the game and I am beginning to use them to play honestly and fairly. • I can communicate with my teammates to apply simple tactics. • I can explain what happens to my body when I exercise and how this helps to make me healthy. • I can provide feedback using key terminology and understand what I need to do to improve. • I share ideas and work with others to manage our game. • I can use a range of basic racket skills. • I can return to the ready position to defend my own court. 	<p><u>Physical:</u> forehand, backward, throwing, catching, ready position</p> <p><u>Social:</u> respect, collaboration, supporting others</p> <p><u>Emotional:</u> honesty, perseverance</p> <p><u>Thinking:</u> decision making, selecting and applying skills and tactics, understanding rules</p>	<p>Backhand Court Forehand Outwit Receiver</p>
<p><u>Swimming (intermediate)</u></p> <ul style="list-style-type: none"> • I can swim competently, confidently and proficiently over a distance of at least 25 metres. • I can perform safe self-rescue in different water-based situations. • I can use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). 	<p><u>Physical:</u> rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, H.E.L.P and huddle positions</p> <p><u>Social:</u> communication, supporting and encouraging others</p> <p><u>Emotional:</u> determination</p> <p><u>Thinking:</u> creating, decision making, using tactics</p>	<p>Alternate Buoyancy Huddle Stroke Survival Treading water</p>
<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • I can plan and perform sequences with a partner that include a change of level and shape. • I understand how body tension can improve the control and quality of my movements. • I can explain what happens to my body when I exercise and how this helps to make me healthy. • I can identify some muscle groups used in gymnastic activities. • I can watch, describe and suggest possible improvements to others' performances and my own. • I can provide feedback using appropriate language relating to the lesson. • I can safely perform balances individually and with a partner. 	<p><u>Physical:</u> individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand</p> <p><u>Social:</u> collaboration, communication, respect, responsibility</p> <p><u>Emotional:</u> confidence</p> <p><u>Thinking:</u> observing and providing feedback, selecting and applying skills, evaluating and improving</p>	<p>Apparatus Extension Inverted Perform Quality Technique</p>
<p>Year Four Curriculum: Summer Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>

Cricket

- I am able to bowl a ball with some accuracy, and consistency.
- I can strike a bowled ball after a bounce.
- I can use overarm and underarm throwing, and catching skills with increasing accuracy.
- I am learning the rules of the game and I am beginning to use them to play honestly and fairly.
- I can communicate with my teammates to apply simple tactics.
- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I share ideas and work with others to manage our game.
- I can persevere when learning a new skill.

Athletics

- I can demonstrate the difference in sprinting and jogging techniques.
- I can jump for distance and height with balance and control.
- I can throw with some accuracy and power towards a target area.
- I support and encourage others to work to their best.
- I can identify when I was successful and what I need to do to improve.
- I can explain what happens in my body when I warm up.
- I show determination to improve my personal best.
- I can demonstrate the difference in sprinting and jogging techniques.

Outdoor Adventurous Activities

- I can accurately follow and give instructions.
- I can confidently communicate my ideas and listen to others.
- I can plan and apply strategies to solve problems.
- I can reflect on when and why I was successful at solving challenges.
- I can work collaboratively and effectively with a partner and a small group.
- I can identify key symbols on a map and use a key to help navigate around a grid.

Physical: underarm and overarm throwing, catching, over and underarm bowling, batting

Social: communication, collaboration, respect

Emotional: perseverance, honesty

Thinking: observing and providing feedback, applying strategies

Opposition
Retrieve
Short barrier
Stance
Stumped
Technique
Two-handed pick up

Physical: pacing, sprinting, jumping for distance and height, throw, heave, launch for distance

Social: working collaboratively, working safely

Emotional: perseverance, determination

Thinking: observing and providing feedback, exploring ideas

Accuracy
Determination
Officiate
Perseverance
Personal best
Power
Stamina

Physical: balance, running

Social: communication, teamwork, trust, inclusion, listening

Emotional: confidence

Thinking: planning, map reading, decision making, problem solving

Effectively
Inclusive
Leader
Orientate
Symbol

<p><u>Dance</u></p> <ul style="list-style-type: none"> • I can use changes in timing and spacing to develop a dance. • I can choose actions and dynamics to convey a character or idea. • I can respond imaginatively to a range of stimuli relating to character and narrative. • I can copy and remember set choreography. • I show respect for others when working as a group and watching others perform. • I can explain what happens to my body when I exercise and how this helps to make me healthy. • I can provide feedback using appropriate language relating to the lesson. • I can use simple movement patterns to structure dance phrases on my own, with a partner and in a group. • I can use counts to keep in time with others and the music. 	<p><u>Physical:</u> performing actions, using canon, unison, formation, dynamics, character, structure, space</p> <p><u>Social:</u> collaboration, consideration, inclusion, respect</p> <p><u>Emotional:</u> empathy, confidence</p> <p><u>Thinking:</u> observing and providing feedback, selecting and applying actions</p>	<p>Control Dynamics Reaction Represent Unison</p>
<p>Year Five Curriculum: Autumn Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Tennis</u></p> <ul style="list-style-type: none"> • I am developing a wider range of skills and I am beginning to use these under some pressure. • I understand the rules of the game and I can apply them honestly most of the time. • I understand the need for tactics and can identify when to use them in different situations. • I can identify how different activities can benefit my physical health. • I can identify when I was successful and what I need to do to improve. • I can use feedback provided to improve my work. • I can work co-operatively with others to manage our game. • I understand there are different skills for different situations and I am beginning to apply this. • I can play cooperatively with a partner. <p><u>Fitness</u></p> <ul style="list-style-type: none"> • I understand the different components of fitness and how to test them. • I can choose the best pace for a running event and maintain speed. • I can identify how different activities can benefit my physical health. • I can analyse my fitness data to identify areas of improvement. 	<p><u>Physical:</u> forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve</p> <p><u>Social:</u> respect, communication, collaboration</p> <p><u>Emotional:</u> honesty and fair play, determination</p> <p><u>Thinking:</u> decision making, selecting and applying tactics</p> <p><u>Physical:</u> agility, balance, co-ordination, speed, stamina, strength, power</p> <p><u>Social:</u> supporting and encouraging others, working collaboratively</p>	<p>Dig Continuously Co-operatively Footwork Set Tactics Volley</p> <p>Agility Drive Momentum Power Rhythm Technique</p>

- I can encourage and motivate others to work to their personal best.
- I can work with others to manage activities.
- I understand what my maximum effort looks and feels like and I am determined to achieve it.

Emotional: perseverance, determination

Thinking: analysing data

Football

- I can dribble, pass, receive and shoot the ball with some control under pressure.
- I understand there are different skills for different situations and I am beginning to apply this.
- 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 and intercepting when playing in defence.
- I can identify how different activities can benefit my physical health.
- I can identify when I was successful and what I need to do to improve.
- I can use feedback provided to improve my work.
- I know what position I am playing in and how to contribute when attacking and defending.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand the need for tactics and can identify when to use them in different situations.

Physical: dribbling, passing, ball control, tracking, jockeying, turning, goalkeeping, receiving

Social: communication, collaboration, cooperation, respect

Emotional: honesty, perseverance

Thinking: selecting and applying tactics, decision making

Control
Foul
Obstruction
Offside
Onside
Pressure
Support
Tactics

Nethall

- I can pass, receive and shoot the ball with some control under pressure.
- I understand there are different skills for different situations and I am beginning to apply this.
- 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 stay with an opponent and I confident to attempt to intercept.
- I can identify how different activities can benefit my physical health.
- I can identify when I was successful and what I need to do to improve.
- I can use feedback provided to improve my work.

Physical: passing, catching, footwork, intercepting, shooting

Social: communication, collaboration

Emotional: honesty, perseverance

Thinking: planning strategies and using tactics, observing and providing feedback, decision making

Control
Foul
Obstruction
Offside
Onside
Pressure
Support
Tactics

<ul style="list-style-type: none"> • I know what position I am playing in and how to contribute when attacking and defending. • I understand the rules of the game and I can apply them honestly most of the time. • I understand the need for tactics and can identify when to use them in different situations. 		
<p>Year Five Curriculum: Spring Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • I can use strength and flexibility to improve the quality of a performance. • I can create and perform sequences using apparatus, individually and with a partner. • 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 use set criteria to make simple judgments about performances and suggest ways they could be improved. • I can use feedback provided to improve my work. • I can work safely when learning a new skill to keep myself and others safe. • I can lead a partner through short warm-up routines. <p><u>Volleyball</u></p> <ul style="list-style-type: none"> • I am developing a wider range of skills and I am beginning to use these under some pressure. • I understand there are different skills for different situations and I am beginning to use these. • I understand the rules of the game and I can apply them honestly most of the time. • I understand the need for tactics and can identify when to use them in different situations. • I can identify how different activities can benefit my physical health. • I can identify when I was successful and what I need to do to improve. • I can use feedback provided to improve my work. • I can work co-operatively with others to manage our game. • I can use the rules to referee a game. <p><u>Dance</u></p>	<p><u>Physical:</u> symmetrical and asymmetrical balances, straight roll, forward roll, backward roll, straddle roll, cartwheel, bridge, shoulder stand, handstand</p> <p><u>Social:</u> collaboration, communication, respect, responsibility</p> <p><u>Emotional:</u> confidence</p> <p><u>Thinking:</u> observing and providing feedback, selecting and applying skills, evaluating and improving</p> <p><u>Physical:</u> volley, dig, set, serve, ready position</p> <p><u>Social:</u> respect, communication, supporting and encouraging others</p> <p><u>Emotional:</u> honesty, confidence, perseverance</p> <p><u>Thinking:</u> using tactics, selecting and applying skills, identifying strengths and areas for development</p> <p><u>Physical:</u> performing actions, using canon, unison, formation,</p>	<p>Aesthetics Asymmetrical Canon Progression Rotation Symmetrical Synchronisation</p> <p>Control Foul Obstruction Offside Onside Pressure Support Tactics</p> <p>Canon</p>

<ul style="list-style-type: none"> • I can refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus. • I can choreograph phrases individually and with others considering actions and dynamics. • I can accurately copy and repeat set choreography. • I can confidently perform different styles of dance, clearly and fluently, showing a good sense of timing. • I can identify how different activities can benefit my physical health. • I can suggest ways to improve my own and other people's work using key terminology. • I can use feedback provided to improve my work. • I can lead a group through short warm-up routines. • I can use counts when choreographing to stay in time with others and the music. 	<p>dynamics, character, structure, space, emotion, matching, mirroring, transitions</p> <p><u>Social:</u> collaboration, consideration and awareness of others, inclusion, respect</p> <p><u>Emotional:</u> empathy, confidence</p> <p><u>Thinking:</u> observing and providing feedback, selecting and applying actions, creating, using feedback to improve performance</p>	<p>Formation Performance Posture Relationship</p>
<p><u>Yoga</u></p> <ul style="list-style-type: none"> • I can work collaboratively and effectively with others. • I can provide feedback using key terminology and understand what I need to do to improve. • I can describe how yoga makes me feel and can talk about the benefits of yoga. • I can link poses together to create a yoga flow. • I demonstrate yoga poses which show clear shapes. • I show increasing control and balance when moving from one pose to another. • I can transition from pose to pose in time with my breath. 	<p><u>Physical:</u> balance, flexibility, strength, co-ordination</p> <p><u>Social:</u> working safely, sharing ideas, leadership</p> <p><u>Emotional:</u> confidence</p> <p><u>Thinking:</u> selecting and applying actions, creating poses and flow, observing and providing feedback</p>	<p>Calm Develop Fluidity High lunge Notice Quality</p>
<p>Year Five Curriculum: Summer Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Athletics</u></p> <ul style="list-style-type: none"> • I can choose the best pace for a running event. • I can use feedback to improve my sprinting technique. • I can perform a range of jumps showing some technique. • I can show control at take-off and landing in jumping activities. • I show accuracy and power when throwing for distance. • I can take on the role of coach, official and timer when working in a group. 	<p><u>Physical:</u> pacing, sprinting, relay changeovers, jumping for distance and height, push and pull throw for distance</p> <p><u>Social:</u> collaborating with others, negotiating</p> <p><u>Emotional:</u> perseverance, determination</p> <p><u>Thinking:</u> observing and providing feedback</p>	<p>Downsweep Flight Rhythm Stride Technique Upsweep</p>

- I can identify good athletic performance and explain why it is good.
- I can understand how stamina and power help people to perform well in different athletic activities.

Rounders

- I am beginning to strike a ball with a rounders bat.
- I am developing a wider range of fielding skills and I am beginning to use these under some pressure.
- I understand there are different skills for different situations and I am beginning to use this.
- I understand the rules of the game and I can apply them honestly most of the time.
- I understand the need for tactics and can identify when to use them in different situations.
- I can identify how different activities can benefit my physical health.
- I can identify when I was successful and what I need to do to improve.
- I can use feedback provided to improve my work.
- I can work co-operatively with others to manage our game.

Physical: throwing and catching tracking, fielding and retrieving a ball, batting

Social: organising and self-managing games, respect, supporting and encouraging others, communicating ideas and reflecting with others

Emotional: honesty and fair play, confident to take risks, managing emotions

Thinking: using tactics, identifying how to improve, selecting skills

Backing up
Outwit
Overtake
Pressure
Support
Tactics
Tracking

Dodgeball

- I understand the rules of the game and I can apply them honestly most of the time.
- I understand the need for tactics and can identify when to use them in different situations.
- I can identify how different activities can benefit my physical health.
- I can identify when I was successful and what I need to do to improve. I can use feedback provided to improve my work.
- I am developing a wider range of skills and I am beginning to use these under some pressure.
- I can throw accurately at a target.
- I can work co-operatively with others to manage our game.
- I understand there are different skills for different situations and I am beginning to use these.

Physical: throwing, catching, dodging, blocking

Social: respect, collaboration, leadership

Emotional: honesty, determination, confidence

Thinking: decision making, selecting and applying tactics

Control
Foul
Obstruction
Offside
Onside
Pressure
Support
Tactics

Outdoor Adventurous Activities

- I can use critical thinking skills to approach a task.

Physical: stamina, running

Social: communication, teamwork, trust, inclusion, listening

Collaborate
Collective
Control card

<ul style="list-style-type: none"> • I can reflect on when I was successful at solving challenges and alter my methods in order to improve. • I am inclusive of others and can share job roles. • I can work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy. • I can navigate around a course using a map. • I can orientate a map confidently. 	<p><u>Emotional:</u> confidence</p> <p><u>Thinking:</u> planning, map reading, decision making, problem solving</p>	<p>Navigation Orienteering Tactical</p>
<p>Year Six Curriculum: Autumn Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Fitness</u></p> <ul style="list-style-type: none"> • I can change my running technique to adapt to different distances. • I understand the different components of fitness and ways to test and develop them. • I understand that there are different areas of fitness and how this helps me in different activities. • I can collect, record and analyse data to identify areas where I have made the most improvement. • I encourage and motivate others to work to their best. • I can work with others to organise, manage and record information at a station. • I work to my maximum consistently when presented with challenges. <p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> • I can pass and receive the ball with increasing control under pressure. • I can select the appropriate action for the situation and make this decision quickly. • I can create and use space to help my team. • I can tag opponents individually and when working within a unit. • I understand that there are different areas of fitness and how this helps me in different activities. • I can work in collaboration with others so that games run smoothly. • I recognise my own and others' strengths and areas for development and can suggest ways to improve. • I can use feedback provided to improve the quality of my work. • I can use the rules of the game consistently to play honestly and fairly. • I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. 	<p><u>Physical:</u> agility, balance, co-ordination, speed, stamina, strength, power</p> <p><u>Social:</u> supporting and encouraging others, working collaboratively</p> <p><u>Emotional:</u> perseverance, determination</p> <p><u>Thinking:</u> analysing data</p> <p><u>Physical:</u> throwing, catching, running, dodging, tagging, scoring, selecting and applying skills</p> <p><u>Social:</u> communication, collaboration</p> <p><u>Emotional:</u> honesty, perseverance, confidence</p> <p><u>Thinking:</u> planning strategies and using tactics, observing and providing feedback, decision making</p>	<p>Analyse Continuous Flexibility Generate force Measure Record</p> <p>Conceding Consecutive Consistently Contest Dictate Formation Shut down Turnover</p>

<p><u>Hockey</u></p> <ul style="list-style-type: none"> • I can dribble, pass, receive and shoot the ball with increasing control under pressure. • I can select the appropriate action for the situation and make this decision quickly. • I can create and use space to help my team. • I can use marking, tackling and/or interception to improve my defence. • I understand that there are different areas of fitness and how this helps me in different activities. • I can work in collaboration with others so that games run smoothly. • I recognise my own and others' strengths and areas for development and can suggest ways to improve. • I can use feedback provided to improve the quality of my work. • I can use the rules of the game consistently to play honestly and fairly. • I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. 	<p><u>Physical:</u> dribbling, passing, ball control, tracking, jockeying, turning, goalkeeping</p> <p><u>Social:</u> communication, collaboration, cooperation, respect</p> <p><u>Emotional:</u> honesty, perseverance</p> <p><u>Thinking:</u> selecting and applying tactics, decision making</p>	<p>Conceding Consecutive Consistently Contest Dictate Formation Shut down Turnover</p>
<p><u>Tennis</u></p> <ul style="list-style-type: none"> • I can use a wider range of skills with increasing control under pressure. • I can use the rules of the game consistently to play honestly and fairly. • I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. • I understand that there are different areas of fitness and how this helps me in different activities. • I recognise my own and others' strengths and areas for development and can suggest ways to improve. • I can use feedback provided to improve the quality of my work. • I can work in collaboration with others so that games run smoothly. • I can select the appropriate action for the situation and make this decision quickly. • I can play cooperatively with a partner. 	<p><u>Physical:</u> forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, split step</p> <p><u>Social:</u> respect, communication, collaboration</p> <p><u>Emotional:</u> honesty, perseverance</p> <p><u>Thinking:</u> decision making, selecting and applying tactics, evaluating and improving</p>	<p>Attacking Backcourt Consecutive Consistently Deep Defensive Forecourt</p>
<p>Year Six Curriculum: Spring Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Basketball</u></p> <ul style="list-style-type: none"> • I can dribble, pass, receive and shoot the ball with increasing control under pressure. • I can select the appropriate action for the situation and make this decision quickly. • I can create and use space to help my team. 	<p><u>Physical:</u> throwing, catching, dribbling, intercepting, shooting</p> <p><u>Social:</u> communication, collaboration</p>	<p>Conceding Consecutive Consistently Contest Dictate Formation Shut down</p>

<ul style="list-style-type: none"> • I understand when to use different styles of defence in game situations. • I understand that there are different areas of fitness and how this helps me in different activities. • I can work in collaboration with others so that games run smoothly. • I recognise my own and others' strengths and areas for development and can suggest ways to improve. • I can use feedback provided to improve the quality of my work. • I can use the rules of the game honestly and consistently. • I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. 	<p><u>Emotional:</u> honesty and fair play, perseverance</p> <p><u>Thinking:</u> planning strategies, using tactics, observing and providing feedback</p>	<p>Turnover</p>
<p><u>Badminton</u></p> <ul style="list-style-type: none"> • I can select the appropriate action for the situation and make this decision quickly. • I can use a wider range of skills with increasing control under pressure. • I can use feedback provided to improve the quality of my work. • I can use the rules of the game consistently to play honestly and fairly. • I can work collaboratively to create tactics with my team and evaluate the effectiveness of these. • I can work in collaboration with others so that games run smoothly. • I recognise my own and others' strengths and areas for development and can suggest ways to improve. • I understand that there are different areas of fitness and how this helps me in different activities. 	<p><u>Physical:</u> ready, position, grip, forehand, backhand, serve, footwork</p> <p><u>Social:</u> respect, communication, supporting and encouraging others</p> <p><u>Emotional:</u> honesty, confidence, perseverance</p> <p><u>Thinking:</u> using tactics, selecting and applying skills, identifying strengths and areas for development</p>	<p>Attacking Backcourt Consecutive Consistently Deep Defensive Forecourt</p>
<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • I can combine and perform gymnastic actions, shapes and balances with control and fluency. • I can create and perform sequences using compositional devices to improve the quality. • I can work collaboratively with others to create a sequence. • I understand what counter balance and counter tension is and can show examples with a partner. • I understand that there are different areas of fitness and how this helps me in different activities. 	<p><u>Physical:</u> straddle roll, forward roll, backward roll, counterbalance, countertension, group balances, cartwheel, bridge, shoulder stand, handstand, headstand, vault</p> <p><u>Social:</u> collaboration, communication, respect, responsibility</p> <p><u>Emotional:</u> confidence</p>	<p>Counter balance Counter tension Fluently Formation Momentum Stability</p>

<ul style="list-style-type: none"> • I can use appropriate language to evaluate and refine my own and others' work. • I can use feedback provided to improve the quality of my work. • I understand how to work safely when learning a new skill. • I can lead a small group through a short warm-up routine. <p><u>Yoga</u></p> <ul style="list-style-type: none"> • I am confident to lead others, demonstrating poses and teaching them my flow. • I recognise my own and others' strengths and areas for development and can suggest ways to improve. • I can use feedback provided to improve the quality of my work. • I choose poses which link easily from one to the other to help my sequence flow. • I can use yoga poses to improve my flexibility, strength and balance. • I can use my breath to transition from one pose to another with control. 	<p><u>Thinking:</u> observing and providing feedback, selecting and applying skills, evaluating and improving</p> <p><u>Physical:</u> balance, flexibility, strength, co-ordination</p> <p><u>Social:</u> working safely, sharing ideas, leadership</p> <p><u>Emotional:</u> confidence</p> <p><u>Thinking:</u> selecting and applying actions, creating poses and flow, observing and providing feedback</p>	<p>Aware Collaboratively Connected Practice Salutation Transition</p>
<p>Year Six Curriculum: Summer Term</p>	<p>Key Skills</p>	<p>Key Vocabulary</p>
<p><u>Athletics</u></p> <ul style="list-style-type: none"> • I can select and apply the best pace for a running event. • I can perform jumps for height and distance using good technique. • I show accuracy and good technique when throwing for distance. • 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. • I understand that there are different areas of fitness and how this helps me in different activities. • I use different strategies to persevere to achieve my personal best. • I can compete within the rules showing fair play and honesty. <p><u>Dance</u></p> <ul style="list-style-type: none"> • I can refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters. • I can choreograph a dance and work safely using a prop. • I can perform dances confidently and fluently with accuracy and good timing. 	<p><u>Physical:</u> pacing, sprinting, relay changeovers, jumping for distance and height, push and fling throw for distance</p> <p><u>Social:</u> collaborating with others, negotiating</p> <p><u>Emotional:</u> perseverance, determination</p> <p><u>Thinking:</u> observing and providing feedback</p> <p><u>Physical:</u> performing actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions</p> <p><u>Social:</u> collaboration and sharing ideas, consideration and awareness</p>	<p>Compete Continuous pace Force Momentum Rotation Trajectory Transfer of weight</p> <p>Choreograph Connect Contrast Fluently Phrase Structure</p>

- I understand that there are different areas of fitness and how this helps me in different activities.
- I can use appropriate language to evaluate and refine my own and others' work.
- I can use feedback provided to improve the quality of my work.
- I can lead a small group through a short warm-up routine.
- I can work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.
- I can use counts when choreographing to improve the quality of my work.

of others, inclusion, respect, leadership, supporting and encouraging others

Emotional: empathy, confidence

Thinking: observing and providing feedback, selecting and applying actions, creating, using feedback to improve performance

Cricket

- I can use a wider range of fielding skills with increasing control under pressure.
- I can select the appropriate action for the situation.
- I can strike a bowled ball with increasing consistency and accuracy.
- I can use the rules of the game consistently to play fairly.
- I understand and can apply some tactics in the game as a batter, bowler and fielder.
- I understand that there are different areas of fitness and how this helps me in different activities.
- I recognise my own and others strengths and areas for development and can suggest ways to improve.
- I can use feedback provided to improve the quality of my work.
- I can work collaboratively with others to score runs and to get batters out.
- I can work in collaboration with others so that games run smoothly.

Physical: underarm and overarm throwing, catching, over and underarm bowling, batting, long and short barrier

Social: communication, collaboration, respect

Emotional: honesty

Thinking: observing and providing feedback, applying strategies

Consecutive
Consistently
Co-operatively
Continuous
Defensive hit
Drive hit
Obstruction

Outdoor Adventurous Activities

- I can pool ideas within a group, selecting and applying the best method to solve a problem.
- I can use critical thinking skills to form ideas and strategies to solve challenges.
- I can reflect on when and how I successful at solving challenges and alter my methods in order to improve.
- I am inclusive of others, can share job roles and lead when necessary.
- I can work effectively with a partner and a group to solve challenges.
- I can orientate a map efficiently to navigate around a course.

Physical: stamina, running

Social: communication, teamwork, trust, inclusion, listening

Emotional: confidence

Thinking: planning, map reading, decision making, problem solving

Boundaries
Co-operatively
Critical thinking
Location
Strategy
Symbol