







# RC Primary Curriculum Map

RC Primary Curriculum Map		 <b>TERM 1</b> <b>Autumn 1</b>	 <b>TERM 2</b> <b>Autumn 2</b>	 <b>TERM 3</b> <b>Spring 1</b>	 <b>TERM 4</b> <b>Spring 2</b>	 <b>TERM 5</b> <b>Summer 1</b>	 <b>TERM 6</b> <b>Summer 2</b>
<b>EYFS Reception</b> <i>ME in PE</i> ✓ <i>Self-Belief</i> ✓ <i>Curiosity</i> ✓ <i>Imagination</i> ✓ <i>Concentration</i>	<b>LESSON 1</b>	<b>Fundamentals Unit 1</b> <ul style="list-style-type: none"><li>• Movement experimentation</li><li>• Body control &amp; technique</li><li>• Moving with speed &amp; Changing direction safely</li><li>• Moving with equipment or objects</li><li>• Aiming, sending &amp; receiving</li><li>• Two handed catching</li><li>• Stroking with feet</li></ul>	<b>Fundamentals Unit 1</b> <ul style="list-style-type: none"><li>• Movement experimentation</li><li>• Body control &amp; technique</li><li>• Moving with speed &amp; Changing direction safely</li><li>• Moving with equipment or objects</li><li>• Aiming, sending &amp; receiving</li><li>• Two handed catching</li><li>• Stroking with feet</li></ul>	<b>Fundamentals Unit 2</b> <ul style="list-style-type: none"><li>• Speed control</li><li>• Changing direction</li><li>• Combining movements &amp; actions</li><li>• Mirror, lead &amp; follow partners</li></ul>	<b>Fundamentals Unit 2</b> <ul style="list-style-type: none"><li>• Speed control</li><li>• Changing direction</li><li>• Combining movements &amp; actions</li><li>• Mirror, lead &amp; follow partners</li></ul>	<b>Fundamentals Tennis Any Age (Age 4-7)</b> <ul style="list-style-type: none"><li>• Changing direction &amp; footwork</li><li>• Ready position &amp; recovery</li><li>• Two handed &amp; one handed throwing, catching &amp; striking</li><li>• How to hold a racket</li><li>• Forehand, backhand pushing/striking</li><li>• Aiming &amp; striking</li></ul>	<b>Fundamentals Chance to Shine (Year 1 &amp; 2)</b> <ul style="list-style-type: none"><li>• Movement skills</li><li>• Running &amp; stopping</li><li>• Throwing &amp; catching</li><li>• Bowling, feeding &amp; striking</li></ul>
	<b>LESSON 2</b>	<b>Gymnastics Unit 1</b> <ul style="list-style-type: none"><li>• Individual &amp; whole body shapes</li><li>• Developing body control</li><li>• Linking shapes &amp; movement</li><li>• Recognise &amp; use space</li><li>• Perform basic gymnastic sequences</li><li>• Watch others work</li><li>• Handle &amp; use low level apparatus safely</li></ul>	<b>Gymnastics Unit 2</b> <ul style="list-style-type: none"><li>• Learn &amp; repeat basic core gymnastic balances, movement * travel</li><li>• Link movements balance, movement &amp; travel</li><li>• Compose, remember &amp; repeat short gymnastic sequences</li><li>• Develop clear start &amp; finish to sequences</li></ul>	<b>Dance Unit 1</b> <ul style="list-style-type: none"><li>• Copy steps &amp; actions</li><li>• Develop body control &amp; coordination</li><li>• Understand &amp; work in unison</li><li>• Compose remember &amp; perform short dances</li><li>• Link dance action to music</li></ul>	<b>Dance Unit 2</b> <ul style="list-style-type: none"><li>• Develop dance action, gesture &amp; travel</li><li>• Explore compositional ideas</li><li>• Create dance motifs to music</li><li>• Work with partners to create actions &amp; motifs</li><li>• Observe others &amp; suggest ways to improve</li><li>• Compose, remember &amp; perform short dances</li></ul>	<b>*Fundamentals Athletic Activity</b> <ul style="list-style-type: none"><li>• Link fundamental movement skills to athletic activities</li><li>• Throwing for accuracy &amp; distance</li><li>• Running for speed &amp; Relay running</li><li>• Jumping for distance &amp; height</li><li>• Throwing actions</li></ul>	<b>*Fundamentals Athletic Activity</b> <ul style="list-style-type: none"><li>• Link fundamental movement skills to athletic activities</li><li>• Throwing for accuracy &amp; distance</li><li>• Running for speed &amp; Relay running</li><li>• Jumping for distance &amp; height</li><li>• Throwing actions</li></ul>
<b>YEAR 1</b> <i>ME in PE</i> ✓ <i>Self-Belief</i> ✓ <i>Gratitude</i> ✓ <i>Empathy</i> ✓ <i>Fairness</i> ✓ <i>Curiosity</i> ✓ <i>Imagination</i> ✓ <i>Concentration</i>	<b>LESSON 1</b>	<b>Fundamentals Unit 1</b> <ul style="list-style-type: none"><li>• Moving with control &amp; safely at speed</li><li>• Change direction &amp; avoid others</li><li>• Send/receive in a variety of ways with control including rolling, throwing, bouncing &amp; kicking &amp; catching/trapping</li></ul>	<b>Fundamentals Unit 1</b> <ul style="list-style-type: none"><li>• Moving with control &amp; safely at speed</li><li>• Change direction &amp; avoid others</li><li>• Send/receive in a variety of ways with control including rolling, throwing, bouncing &amp; kicking &amp; catching/trapping</li></ul>	<b>Fundamentals Unit 2</b> <ul style="list-style-type: none"><li>• Refine the skills of running &amp; agility</li><li>• Improve change of direction including side step</li><li>• Improve throwing &amp; catching</li><li>• Throw &amp; catch whilst moving</li><li>• Perform fundamental skills in game related activity</li></ul>	<b>Fundamentals Unit 2</b> <ul style="list-style-type: none"><li>• Refine the skills of running &amp; agility</li><li>• Improve change of direction including side step</li><li>• Improve throwing &amp; catching</li><li>• Throw &amp; catch whilst moving</li><li>• Perform fundamental skills in game related activity</li></ul>	<b>Fundamentals Tennis Any Age (Age 4-7)</b> <ul style="list-style-type: none"><li>• Changing direction &amp; footwork</li><li>• Ready position &amp; recovery</li><li>• Two handed &amp; one handed throwing, catching &amp; striking</li><li>• How to hold a racket</li><li>• Forehand, backhand, volley &amp; underarm service technique</li><li>• Aiming &amp; striking with accuracy</li></ul>	<b>Fundamentals Chance to Shine (Year 1 &amp; 2)</b> <ul style="list-style-type: none"><li>• Movement skills, changing direction, foot patterns with &amp; without equipment</li><li>• Special awareness</li><li>• Underarm throwing for accuracy</li><li>• Introduction to overarm throwing technique</li><li>• Two handed, one handed catching &amp; underarm feeding/ bowling</li><li>• Striking &amp; fielding safely</li><li>• Eye hand coordination</li><li>• Striking a static &amp; moving ball</li></ul>
	<b>LESSON 2</b>	<b>Gymnastics Unit 1</b> <ul style="list-style-type: none"><li>• Jumping &amp; leaping</li><li>• Landing safely</li><li>• Flight from low apparatus</li><li>• Link jumping action to create short sequences</li><li>• Link jumping, balance &amp; movement to create short sequences on low level apparatus</li><li>• Evaluate &amp; improve their own &amp; others performance</li></ul>	<b>Gymnastics Unit 2</b> <ul style="list-style-type: none"><li>• Rocking &amp; rolling with control</li><li>• Link rocking &amp; rolling with actions &amp; shapes</li><li>• Develop smooth transitions</li><li>• Rotation &amp; body shape</li><li>• Link rolling &amp; rotation with actions</li><li>• Create gymnastic sequences linking rocking, rolling, action &amp; shapes with smooth transitions</li><li>• Create, remember, evaluate &amp; perform sequences</li></ul>	<b>Dance Unit 1</b> <ul style="list-style-type: none"><li>• Develop dance actions, gesture &amp; travel</li><li>• Use action words as stimulus for dance</li><li>• Create &amp; develop individual dance motifs to music</li><li>• Explore &amp; develop dance motifs with a partner</li><li>• Stepping &amp; spinning actions</li><li>• Observe, evaluate &amp; describe ways to improve</li><li>• Create &amp; perform short dances based on action words including travel &amp; gesture</li></ul>	<b>Dance Unit 2</b> <ul style="list-style-type: none"><li>• Travel with control at different speeds, directions &amp; levels</li><li>• Use stimulus to create movement &amp; travel</li><li>• Link actions to music</li><li>• Follow, mirror &amp; lead a partner</li><li>• Create, develop, refine, remember &amp; perform individual &amp; partner dances</li></ul>	<b>OAA Unit KS1</b> <ul style="list-style-type: none"><li>• Follow instructions, communicate with others &amp; solve problems</li><li>• Work with &amp; direct others</li><li>• Follow trails &amp; use simple keys &amp; maps</li><li>• Develop teamwork skills</li></ul>	<b>Fundamentals Elevating Athletics (Age 5-7)</b> <ul style="list-style-type: none"><li>• Travel with control, posture &amp; balance</li><li>• Starting, accelerating stopping, change direction &amp; change of pace</li><li>• Running in lanes or straight line</li><li>• Jumping in response to instructions &amp; for height &amp; distance</li><li>• Two footed &amp; one footed jumping</li><li>• Jumping combinations</li><li>• Take off &amp; landing safely &amp; with control</li><li>• Underarm &amp; overarm throwing</li><li>• Throwing for accuracy &amp; distance</li></ul>
<b>YEAR 2</b> <i>ME in PE</i> ✓ <i>Self-Belief</i>	<b>LESSON 1</b>	<b>Fundamentals Unit 1</b> <ul style="list-style-type: none"><li>• Develop accurate throwing, bouncing &amp; rolling</li></ul>	<b>Fundamentals Unit 1</b> <ul style="list-style-type: none"><li>• Develop accurate throwing, bouncing &amp; rolling</li></ul>	<b>Fundamentals Unit 2</b> <ul style="list-style-type: none"><li>• Reinforce agility, balance &amp; coordination</li></ul>	<b>Fundamentals Unit 2</b> <ul style="list-style-type: none"><li>• Reinforce agility, balance &amp; coordination</li></ul>	<b>Fundamentals Tennis Any Age (Age 4-7)</b> <ul style="list-style-type: none"><li>• Changing direction &amp; footwork</li><li>• Ready position &amp; recovery</li></ul>	<b>Fundamentals Chance to Shine (Year 1 &amp; 2)</b>

<ul style="list-style-type: none"> <li>✓ <i>Gratitude</i></li> <li>✓ <i>Empathy</i></li> <li>✓ <i>Fairness</i></li> <li>✓ <i>Curiosity</i></li> <li>✓ <i>Imagination</i></li> <li>✓ <i>Concentration</i></li> </ul>		<ul style="list-style-type: none"> <li>• Move at speed, into space &amp; changing direction with control</li> <li>• Move with equipment</li> <li>• Balance &amp; control in movement</li> <li>• Perform throwing, catching, receiving &amp; striking skills in small, conditioned games or competitions</li> <li>• Observe, describe &amp; improve throwing, catching, striking actions</li> </ul>	<ul style="list-style-type: none"> <li>• Move at speed, into space &amp; changing direction with control</li> <li>• Move with equipment</li> <li>• Balance &amp; control in movement</li> <li>• Perform throwing, catching, receiving &amp; striking skills in small, conditioned games or competitions</li> <li>• Observe, describe &amp; improve throwing, catching, striking actions</li> </ul>	<ul style="list-style-type: none"> <li>• Move in space, change direction, stop &amp; start safely with control</li> <li>• Develop agility, balance &amp; coordination in games</li> <li>• Throw &amp; catch whilst moving</li> <li>• Pass, receive &amp; dribble with control &amp; accuracy</li> </ul>	<ul style="list-style-type: none"> <li>• Move in space, change direction, stop &amp; start safely with control</li> <li>• Develop agility, balance &amp; coordination in games</li> <li>• Throw &amp; catch whilst moving</li> <li>• Pass, receive &amp; dribble with control &amp; accuracy</li> </ul>	<ul style="list-style-type: none"> <li>• Two handed &amp; one handed throwing, catching &amp; striking</li> <li>• How to hold a racket</li> <li>• Forehand, backhand, volley &amp; underarm service technique</li> <li>• Aiming &amp; striking with accuracy</li> </ul>	<ul style="list-style-type: none"> <li>• Movement skills, changing direction, foot patterns with &amp; without equipment</li> <li>• Underarm throwing &amp; bowling for accuracy</li> <li>• Development of overarm throwing technique</li> <li>• Two handed, one handed catching &amp; underarm feeding/ bowling under pressure</li> <li>• Stopping &amp; retrieving techniques</li> <li>• Striking &amp; fielding safely</li> <li>• Striking a static &amp; moving ball with accuracy into space</li> </ul>
	<b>LESSON 2</b>	<b>Gymnastics Unit 1</b> <ul style="list-style-type: none"> <li>• Point balances with control</li> <li>• Perform balances showing different contact points</li> <li>• Transfer weight between balances/stillness with control</li> <li>• Create, remember &amp; perform gymnastic sequences showing smooth links between balance/stillness, actions &amp; travel</li> </ul>	<b>Gymnastics Unit 2</b> <ul style="list-style-type: none"> <li>• Explore &amp; refine balance, shapes &amp; actions</li> <li>• Demonstrate a variety of balance, shape &amp; action on the floor &amp; low level apparatus</li> <li>• Explore the use of different levels</li> <li>• Show different levels in performance on the floor &amp; low level apparatus</li> <li>• Create, remember &amp; improve longer gymnastic sequences showing a variety of balance, shape, actions &amp; levels on the floor &amp; low level apparatus</li> </ul>	<b>Dance Unit 1</b> <ul style="list-style-type: none"> <li>• Copy, create, develop, combine imaginative dance actions &amp; travel in short dances</li> <li>• Create motifs &amp; dances to a theme</li> <li>• Observe partners &amp; provide feedback</li> <li>• Develop a whole dance to tell a story</li> <li>• Perform with expression, feeling &amp; good technique</li> </ul>	<b>Dance Unit 2</b> <ul style="list-style-type: none"> <li>• Explore, select, link &amp; perform imaginative &amp; contrasting dance movements from stimuli</li> <li>• Copy, remember &amp; perform taught movement phrases</li> <li>• Select &amp; perform a variety of dance actions showing changes in speed &amp; level</li> <li>• Develop the use of gesture &amp; travel</li> <li>• Create, select &amp; explore movements to express feelings</li> <li>• Create, develop &amp; perform dances showing feelings of friendship between characters</li> </ul>	<b>OAA Unit KS1</b> <ul style="list-style-type: none"> <li>• Follow instructions, communicate with others &amp; solve problems</li> <li>• Work with &amp; direct others</li> <li>• Follow trails &amp; use simple keys &amp; maps</li> <li>• Develop teamwork skills</li> </ul>	<b>Fundamentals</b> <b>Elevating Athletics (Age 5-7)</b> <ul style="list-style-type: none"> <li>• Travel with control, posture &amp; balance</li> <li>• Starting, accelerating stopping, change direction &amp; change of pace</li> <li>• Running in lanes or straight line</li> <li>• Jumping in response to instructions &amp; for height &amp; distance</li> <li>• Two footed &amp; one footed jumping</li> <li>• Jumping combinations</li> <li>• Take off &amp; landing safely &amp; with control</li> <li>• Underarm &amp; overarm throwing</li> <li>• Throwing for accuracy &amp; distance</li> </ul>
<b>YEAR 3</b> <b>ME in PE</b> <ul style="list-style-type: none"> <li>✓ <i>Self-Belief</i></li> <li>✓ <i>Gratitude</i></li> <li>✓ <i>Empathy</i></li> <li>✓ <i>Fairness</i></li> <li>✓ <i>Curiosity</i></li> <li>✓ <i>Imagination</i></li> <li>✓ <i>Concentration</i></li> </ul>	<b>LESSON 1</b>	<b>Games Unit 1</b> <b>Ball Handling</b> <ul style="list-style-type: none"> <li>• Improve accuracy &amp; consistency of throwing &amp; catching</li> <li>• Throw &amp; catch in a variety of ways &amp; on the move</li> <li>• Improve ball handling skills &amp; control whilst travelling</li> <li>• Apply &amp; develop a range of ball handling skills in small games</li> <li>• Scoring &amp; shooting</li> <li>• Play games showing an awareness of space &amp; team mates</li> <li>• Observe &amp; evaluate handling skills</li> </ul>	<b>Games Unit 2</b> <b>Ball Handling</b> <ul style="list-style-type: none"> <li>• Improve accuracy &amp; consistency of throwing &amp; catching</li> <li>• Throw &amp; catch in a variety of ways &amp; on the move</li> <li>• Improve ball handling skills &amp; control whilst travelling</li> <li>• Apply &amp; develop a range of ball handling skills in small games</li> <li>• Scoring &amp; shooting</li> <li>• Play games showing an awareness of space &amp; team mates</li> <li>• Observe &amp; evaluate handling skills</li> </ul>	<b>OAA Unit KS1</b> <ul style="list-style-type: none"> <li>• Develop communication &amp; cooperation &amp; trust skills through problem solving</li> <li>• Understand safe practice &amp; recognise hazards</li> <li>• Discuss actions, listen too &amp; give instructions</li> <li>• Follow &amp; design a range of trails</li> <li>• Understand, read, orientate &amp; follow a simple map</li> </ul>	<b>Games</b> <b>Tennis Any Age (Age 7-9)</b> <ul style="list-style-type: none"> <li>• Changing direction &amp; footwork</li> <li>• Ready position &amp; recovery</li> <li>• Two handed &amp; one handed throwing, catching &amp; striking</li> <li>• Racket familiarisation &amp; control</li> <li>• Forehand, backhand, volley &amp; underarm service technique</li> <li>• Aiming &amp; striking with accuracy</li> <li>• Individual &amp; partner rallying</li> <li>• Cooperative rally</li> <li>• Conditioned competitive rallying &amp; games</li> </ul>	<b>Games Unit 3</b> <b>Striking/Fielding</b> <ul style="list-style-type: none"> <li>• Refine underarm throwing &amp; develop overarm throwing</li> <li>• Observe, evaluate &amp; suggest what needs to be practiced to improve throwing actions</li> <li>• Introduce fielding, receiving/stopping techniques</li> <li>• Grip hold &amp; swing a bat to Strike from a batting tee</li> <li>• Aiming whilst striking/batting</li> <li>• Use a range of skills in small sided games to hit, field &amp; throw</li> <li>• Understand, score &amp; develop tactics in small sided games</li> <li>•</li> </ul>	<b>Games</b> <b>Chance to Shine (Year 3 &amp; 4)</b> <ul style="list-style-type: none"> <li>• Running between wickets</li> <li>• Throwing, bowling, fielding &amp; batting under pressure</li> <li>• Underarm &amp; overarm bowling with line &amp; length</li> <li>• Striking a static &amp; moving ball</li> <li>• Bat control &amp; manipulation</li> <li>• Hitting accuracy &amp; placement</li> <li>• Playing competitive conditioned games</li> <li>• Decision making &amp; selecting &amp; applying the appropriate skills in games</li> </ul>
	<b>LESSON 2</b>	<b>Gymnastics Unit 1</b> <ul style="list-style-type: none"> <li>• Develop travel &amp; balance actions and link to make gymnastic sequences</li> <li>• Developing &amp; link arm action &amp; patterns</li> <li>• Explore movement patterns</li> <li>• Create, remember &amp; perform gymnastic sequences showing travel, balance, pathways, movement patterns &amp; arm patterns</li> </ul>	<b>Gymnastics Unit 2</b> <ul style="list-style-type: none"> <li>• Introduction &amp; development of rhythmic gymnastics</li> <li>• Explore, incorporate &amp; develop the use of equipment in gymnastic sequences</li> <li>• Create, remember, perform &amp; improve longer movement phrases with selected equipment showing changes in speed, level &amp; direction</li> </ul>	<b>Dance Unit 1</b> <ul style="list-style-type: none"> <li>• Create, develop, refine &amp; perform short movement phrases demonstrating different shapes, contrasting speeds &amp; levels</li> <li>• Create &amp; perform pair &amp; group dances using stimuli &amp; showing compositional principles</li> <li>• Observe, evaluate &amp; comment on performance</li> </ul>	<b>Dance Unit 2</b> <ul style="list-style-type: none"> <li>• Create, develop, refine &amp; perform short movement phrases demonstrating different shapes, contrasting speeds, levels &amp; travel</li> <li>• Observe &amp; evaluate performance</li> <li>• Develop &amp; use dance vocabulary</li> <li>• Link small group motifs to create a whole class dance</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• Running at different paces, at speed &amp; over barriers</li> <li>• Jumping for distance &amp; height</li> <li>• Pulling, pushing &amp; sling throwing actions</li> <li>• Improve personal performance in running, jumping &amp; throwing</li> <li>• Measure &amp; compare personal performance</li> <li>• Relay running</li> <li>• Experience competition</li> </ul>	<b>Athletics</b> <b>Elevating Athletics (Age 7-9)</b> <ul style="list-style-type: none"> <li>• Walking &amp; Running with good technique &amp; posture</li> <li>• Adjusting pace smoothly &amp; accelerating rapidly</li> <li>• Sprinting quickly over short distances as an individual &amp; as part of a team</li> <li>• Running over obstacles</li> <li>• Jumping for height &amp; distance</li> <li>• Introduction to long, triple &amp; high (vertical) jump</li> <li>• Hope, step, jump combination</li> <li>• Introduction to run ups</li> <li>• Throwing &amp; retrieving implements safely</li> <li>• Understanding of flight</li> </ul>

							<ul style="list-style-type: none"> <li>• Introduction to push, pull, sling &amp; heave techniques</li> </ul>
<b>YEAR 4</b> <b>ME in PE</b> <ul style="list-style-type: none"> <li>✓ <i>Self-Belief</i></li> <li>✓ <i>Gratitude</i></li> <li>✓ <i>Empathy</i></li> <li>✓ <i>Fairness</i></li> <li>✓ <i>Curiosity</i></li> <li>✓ <i>Imagination</i></li> <li>✓ <i>Concentration</i></li> </ul>	<b>LESSON 1</b>	<b>Ball Games Unit 1</b> <ul style="list-style-type: none"> <li>• Practice &amp; improve dribbling, control &amp; passing skills</li> <li>• Introduction to defending &amp; tackling</li> <li>• Perform passing, dribbling &amp; controlling skills accurately in small sided games</li> <li>• Understand when &amp; where to pass</li> <li>• How to shoot &amp; score</li> <li>• Work as a team to keep possession of the ball in games</li> </ul>	<b>Ball Games Unit 1</b> <ul style="list-style-type: none"> <li>• Practice &amp; improve dribbling, control &amp; passing skills</li> <li>• Introduction to defending &amp; tackling</li> <li>• Perform passing, dribbling &amp; controlling skills accurately in small sided games</li> <li>• Understand when &amp; where to pass</li> <li>• How to shoot &amp; score</li> <li>• Work as a team to keep possession of the ball in games</li> </ul>	<b>Net Games</b> <ul style="list-style-type: none"> <li>• Ball &amp; racket familiarisation</li> <li>• Hitting &amp; moving a ball</li> <li>• Self-feed &amp; strike a ball with accuracy</li> <li>• Strike a move a ball toward a partner, target or into space accurately</li> <li>• Ready position &amp; recovery</li> <li>• Hit over a net into space &amp; know where the ball is being hit</li> <li>• Rally over a net with a partner</li> <li>• Play games against a partner or pair</li> </ul>	<b>OAA</b> <ul style="list-style-type: none"> <li>• Develop communication &amp; cooperation &amp; trust skills through problem solving</li> <li>• Understand safe practice &amp; recognise hazards</li> <li>• Discuss actions, listen too &amp; give instructions</li> <li>• Follow &amp; design a range of trails</li> <li>• Understand, read, orientate &amp; follow a simple map</li> </ul>	<b>Games</b> <b>Tennis Any Age (Age 7-9)</b> <ul style="list-style-type: none"> <li>• Changing direction &amp; footwork</li> <li>• Ready position &amp; recovery</li> <li>• Two handed &amp; one handed throwing, catching &amp; striking</li> <li>• Racket familiarisation &amp; control</li> <li>• Forehand, backhand, volley &amp; underarm service technique</li> <li>• Aiming &amp; striking with accuracy</li> <li>• Individual &amp; partner rallying</li> <li>• Cooperative rally</li> <li>• Conditioned competitive rallying &amp; games</li> </ul>	<b>Games</b> <b>Chance to Shine (Year 3 &amp; 4)</b> <ul style="list-style-type: none"> <li>• Running between wickets</li> <li>• Throwing, bowling, fielding &amp; batting under pressure</li> <li>• Underarm bowling with line &amp; length</li> <li>• Striking a static &amp; moving ball</li> <li>• Bat control &amp; manipulation</li> <li>• Hitting accuracy &amp; placement</li> <li>• Playing competitive conditioned games</li> <li>• Decision making &amp; selecting &amp; applying the appropriate skills in games</li> </ul>
	<b>LESSON 2</b>	<b>Gymnastics Unit 1</b> <ul style="list-style-type: none"> <li>• Explore balance action &amp; the principles of balance to make balances harder or easier</li> <li>• Explore &amp; develop transitions between balances performing balances at different levels &amp; on small &amp; large apparatus</li> <li>• Create, develop, remember &amp; perform movement phrases on floor &amp; apparatus showing transition in &amp; out of balances</li> </ul>	<b>Gymnastics Unit 2</b> <ul style="list-style-type: none"> <li>• Rolling &amp; rotation actions</li> <li>• Link &amp; perform basic roll, turn, twisting &amp; spin actions with control</li> <li>• Create, remember, improve &amp; perform movement phrases showing rolling, ration &amp; changes of direction</li> <li>• Incorporate changes of levels, speed &amp; direction into movement phrases</li> </ul>	<b>Dance Unit 1</b> <ul style="list-style-type: none"> <li>• Crate, remember, refine &amp; perform movements phrases showing stillness, step patterns &amp; pathways</li> <li>• Work with partners to create dance phrases</li> <li>• Show characters or animals through dance actions &amp; dance phrases</li> </ul>	<b>Dance Unit 2</b> <ul style="list-style-type: none"> <li>• Develop &amp; perform compositional principles of mirroring, unison, travel, changes of formation, action &amp; reaction &amp; contact work</li> <li>• Compose, remember &amp; perform small group dances depicting sporting games &amp; incorporating compositional principles of mirroring, unison, travel, changes of formation, action &amp; reaction &amp; contact work</li> <li>• Perform showing rhythm &amp; timing</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• Refine sprinting, running for distance, jumping for distance, jumping for height technique</li> <li>• Refine pull, push &amp; sling throwing technique</li> <li>• Perform as an athlete &amp; an official in running, throwing &amp; jumping event</li> <li>• Refine relay running technique, tactics &amp; strategy</li> <li>• Participate in a multi-event athletics competition</li> </ul>	<b>Athletics</b> <b>Elevating Athletics (Age 7-9)</b> <ul style="list-style-type: none"> <li>• Walking &amp; Running with good technique &amp; posture</li> <li>• Adjusting pace smoothly &amp; accelerating rapidly</li> <li>• Sprinting quickly over short distances as an individual &amp; as part of a team</li> <li>• Running over obstacles</li> <li>• Jumping for height &amp; distance</li> <li>• Introduction to long, triple &amp; high (vertical) jump</li> <li>• Hope, step, jump combination</li> <li>• Introduction to run ups</li> <li>• Throwing &amp; retrieving implements safely</li> <li>• Understanding of flight</li> <li>• Introduction to push, pull, sling &amp; heave techniques</li> </ul>
<b>YEAR 5</b> <b>ME in PE</b> <ul style="list-style-type: none"> <li>✓ <i>Self-Belief</i></li> <li>✓ <i>Gratitude</i></li> <li>✓ <i>Empathy</i></li> <li>✓ <i>Fairness</i></li> <li>✓ <i>Curiosity</i></li> <li>✓ <i>Imagination</i></li> <li>✓ <i>Concentration</i></li> </ul>	<b>LESSON 1</b>	<b>Games Unit 1</b> <b>Netball</b> <ul style="list-style-type: none"> <li>• Perform ball handling skills &amp; passing with control &amp; improved consistency in games</li> <li>• Use a variety of passes &amp; understand the footwork rule</li> <li>• Develop team skills of keeping possession &amp; moving into space</li> <li>• Select &amp; apply attacking &amp; defending strategies in games</li> <li>• Accurately shoot to score points</li> <li>• Learn &amp; understand the rules of Bee Netball</li> </ul>	<b>Games Unit 1</b> <b>Netball</b> <ul style="list-style-type: none"> <li>• Perform ball handling skills &amp; passing with control &amp; improved consistency in games</li> <li>• Use a variety of passes &amp; understand the footwork rule</li> <li>• Develop team skills of keeping possession &amp; moving into space</li> <li>• Select &amp; apply attacking &amp; defending strategies in games</li> <li>• Accurately shoot to score points</li> <li>• Learn &amp; understand the rules of Bee Netball</li> </ul>	<b>Games Unit 2</b> <b>Football</b> <ul style="list-style-type: none"> <li>• Pass, receive, dribble, turn &amp; intercept with increased control &amp; accuracy</li> <li>• Shooting at a goal or target to score with placement &amp; power</li> <li>• Develop tackling &amp; tackle safety</li> <li>• Develop team play of passing to keep possession &amp; moving into space</li> <li>• Practice &amp; refine all skills learnt in game situations</li> <li>• Participate in a small sided tournament or festival</li> </ul>	<b>OAA</b> <ul style="list-style-type: none"> <li>• Develop communication &amp; cooperation &amp; trust skills through problem solving</li> <li>• Understand safe practice &amp; recognise hazards</li> <li>• Discuss actions, listen too &amp; give instructions</li> <li>• Follow &amp; design a range of trails</li> <li>• Understand, read, orientate &amp; follow a simple map</li> </ul>	<b>Games</b> <b>Tennis Any Age (Age 9-11)</b> <ul style="list-style-type: none"> <li>• Changing direction &amp; footwork</li> <li>• Ready position &amp; recovery</li> <li>• Two handed &amp; one handed throwing, catching &amp; striking</li> <li>• Racket familiarisation &amp; control</li> <li>• Forehand, backhand, volley &amp; overarm service technique</li> <li>• Aiming &amp; striking with accuracy</li> <li>• Individual &amp; partner rallying</li> <li>• Cooperative rally</li> <li>• Conditioned competitive rallying &amp; games</li> </ul>	<b>Games</b> <b>Chance to Shine (Year 5 &amp; 6)</b> <ul style="list-style-type: none"> <li>• Running between wickets &amp; backing up</li> <li>• Exploration of throwing, bowling, fielding &amp; batting techniques under pressure</li> <li>• Underarm bowling with accurate line &amp; length</li> <li>• Introduction &amp; development of overarm bowling</li> <li>• Effective &amp; consistent striking</li> <li>• Hitting accuracy &amp; striking placement</li> <li>• Playing competitive conditioned games</li> <li>• Decision making &amp; selecting &amp; applying the appropriate skills in games</li> <li>• Creating &amp; implementing fielding &amp; batting tactics &amp; strategies in games</li> </ul>
	<b>LESSON 2</b>	<b>Gymnastics Unit 1</b> <ul style="list-style-type: none"> <li>• Exploration of press &amp; go actions &amp; shapes</li> <li>• Linking press &amp; go to other transition actions to create,</li> </ul>	<b>Gymnastics Unit 2</b> <ul style="list-style-type: none"> <li>• Revisit a range of gymnastic actions &amp; compositional ideas</li> <li>• Work with partners to create, develop, remember &amp; perform</li> </ul>	<b>Dance Unit 1</b> <ul style="list-style-type: none"> <li>• Create dances based on themes &amp; type of music</li> <li>• Compose movement phrases showing basic dance actions</li> </ul>	<b>Dance Unit 2</b> <ul style="list-style-type: none"> <li>• Copy repeat &amp; explore rock 'n' roll hand/arm actions &amp; steps</li> <li>• Explore travel to link hand/arm &amp; step actions</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>• Develop sprint start &amp; finish technique</li> <li>• Refine distance running strategy</li> </ul>	<b>Athletics</b> <b>Elevating Athletics (Age 9-12)</b> <ul style="list-style-type: none"> <li>• Running with speed &amp; agility</li> <li>• Starting, reactions &amp; acceleration techniques</li> </ul>

		<p>develop, remember &amp; perform continuously moving phrases</p> <ul style="list-style-type: none"> <li>Create phrases showing variations in speed, level and direction</li> <li>Explore a range of apparatus &amp; perform press &amp; go &amp; rebound actions on apparatus</li> </ul>	<p>pairs sequences showing a variety of gymnastic actions, unison, canon &amp; meeting &amp; parting</p> <ul style="list-style-type: none"> <li>Explore, create &amp; perform longer compositional sequences showing copying, contrasting &amp; complimenting, speed, level, direction</li> <li>Evaluate, discuss &amp; improve sequences</li> </ul>	<p>including gesture, travel &amp; stillness</p> <ul style="list-style-type: none"> <li>Give &amp; receive feedback &amp; use feedback to inform &amp; improve performance</li> <li>Create, practice, refine, remember &amp; perform whole dances</li> </ul>	<ul style="list-style-type: none"> <li>Create &amp; perform rock 'n' roll, twist &amp; disco dance movements with a partner showing different levels, speed &amp; direction. Use mirroring &amp; matching to develop actions into a phrase</li> <li>Copy &amp; repeat night fever motif &amp; explore disco movements with canon</li> <li>Understand the characteristics of each dance style</li> </ul>	<ul style="list-style-type: none"> <li>Develop jump approaches, take off &amp; landing</li> <li>Develop hurdle technique</li> <li>Refine pull, push &amp; sling throwing technique</li> <li>Refine relay running technique &amp; strategy</li> <li>Develop personal performance as an athlete &amp; official</li> <li>Experience a multi-event competition</li> <li>Compete, measure, record &amp; compare performances</li> </ul>	<ul style="list-style-type: none"> <li>Changing speed &amp; pacing</li> <li>Sustained continues even paced running</li> <li>Relay changeovers</li> <li>Dynamic Jumping combinations with control</li> <li>Triple jump combination with control &amp; balance</li> <li>Using run up's effectively to create distance &amp; height</li> <li>Scissor vertical jump technique</li> <li>Conditioning exercises for running, jumping &amp; throwing</li> <li>Dynamic push, sling &amp; heave throwing</li> <li>Observation, analysis &amp; feedback of techniques &amp; tactics</li> <li>Working &amp; competing in teams</li> </ul>
<b>YEAR 6</b> <b>ME in PE</b> <ul style="list-style-type: none"> <li>✓ <i>Self-Belief</i></li> <li>✓ <i>Gratitude</i></li> <li>✓ <i>Empathy</i></li> <li>✓ <i>Fairness</i></li> <li>✓ <i>Curiosity</i></li> <li>✓ <i>Imagination</i></li> <li>✓ <i>Concentration</i></li> </ul>	<b>LESSON 1</b>	<b>Games Unit 1 Hockey</b> <ul style="list-style-type: none"> <li>Use correct stance &amp; grip</li> <li>Improve passing, receiving &amp; moving with the ball</li> <li>Pass with accuracy over increasing distance &amp; stop/control the ball with increased consistency</li> <li>Develop shooting technique</li> <li>Introduce &amp; develop safe tackle technique</li> <li>Understand &amp; implement the basic rules of hockey in games</li> <li>Apply passing, dribbling, receiving, intercepting &amp; tackling skills in small sided games</li> <li>Observe &amp; evaluate individual &amp; team performance &amp; effectiveness</li> <li>Compete in a quicksticks hockey competition or festival</li> </ul>	<b>Games Unit 1 Hockey</b> <ul style="list-style-type: none"> <li>Use correct stance &amp; grip</li> <li>Improve passing, receiving &amp; moving with the ball</li> <li>Pass with accuracy over increasing distance &amp; stop/control the ball with increased consistency</li> <li>Develop shooting technique</li> <li>Introduce &amp; develop safe tackle technique</li> <li>Understand &amp; implement the basic rules of hockey in games</li> <li>Apply passing, dribbling, receiving, intercepting &amp; tackling skills in small sided games</li> <li>Observe &amp; evaluate individual &amp; team performance &amp; effectiveness</li> <li>Compete in a quicksticks hockey competition or festival</li> </ul>	<b>Games Unit 1 Tag Rugby</b> <ul style="list-style-type: none"> <li>Develop ball handling skills &amp; passing &amp; moving with the ball</li> <li>Introduce &amp; develop the tag</li> <li>Evasion skills to beat defenders</li> <li>Run with the ball, keep possession &amp; make effective passes in games</li> <li>Make decision on when to pass or run</li> <li>Pass backwards &amp; run forwards</li> <li>Score tries correctly &amp; develop attacking &amp; defending strategies to apply in games</li> <li>Take part in a tag rugby competition or festival</li> </ul>	<b>Games Unit 1 Tag Rugby</b> <ul style="list-style-type: none"> <li>Develop ball handling skills &amp; passing &amp; moving with the ball</li> <li>Introduce &amp; develop the tag</li> <li>Evasion skills to beat defenders</li> <li>Run with the ball, keep possession &amp; make effective passes in games</li> <li>Make decision on when to pass or run</li> <li>Pass backwards &amp; run forwards</li> <li>Score tries correctly &amp; develop attacking &amp; defending strategies to apply in games</li> <li>Take part in a tag rugby competition or festival</li> </ul>	<b>Games</b> <b>Tennis Any Age (Age 9-11)</b> <ul style="list-style-type: none"> <li>Changing direction &amp; footwork</li> <li>Ready position &amp; recovery</li> <li>Two handed &amp; one handed throwing, catching &amp; striking</li> <li>Racket familiarisation &amp; control</li> <li>Forehand, backhand, volley &amp; overarm service technique</li> <li>Aiming &amp; striking with accuracy</li> <li>Individual &amp; partner rallying</li> <li>Cooperative rally</li> <li>Conditioned competitive rallying &amp; games</li> </ul>	<b>Games</b> <b>Chance to Shine (Year 5 &amp; 6)</b> <ul style="list-style-type: none"> <li>Running between wickets &amp; backing up</li> <li>Exploration of throwing, bowling, fielding &amp; batting techniques under pressure</li> <li>Underarm bowling with accurate line &amp; length</li> <li>Introduction &amp; development of overarm bowling</li> <li>Effective &amp; consistent striking</li> <li>Hitting accuracy &amp; striking placement</li> <li>Playing competitive conditioned games</li> <li>Decision making &amp; selecting &amp; applying the appropriate skills in games</li> <li>Creating &amp; implementing fielding &amp; batting tactics &amp; strategies in games</li> </ul>
	<b>LESSON 2</b>	<b>Gymnastics Unit 1</b> <ul style="list-style-type: none"> <li>Explore &amp; link symmetrical body shapes &amp; actions</li> <li>Create, develop, remember &amp; perform symmetrical phrases on the floor &amp; low level apparatus</li> <li>Explore &amp; asymmetrical body shapes &amp; actions</li> <li>Create, develop, remember &amp; perform asymmetrical phrases on the floor &amp; low level apparatus</li> <li>Combine symmetrical &amp; asymmetrical actions &amp; movements to create gymnastic phrases on the floor &amp; low level apparatus</li> <li>Perform routines with a partner</li> <li>Create, develop, remember &amp; perform more complex gymnastic sequences</li> </ul>	<b>Gymnastics Unit 2</b> <ul style="list-style-type: none"> <li>Explore stillness, partner work &amp; small group work</li> <li>The use of partners, group stillness to create balance</li> <li>Incorporate the compositional ideas of unison &amp; canon into routines</li> <li>Adapt pair &amp; group stillness, balance &amp; routines to incorporate a range of apparatus</li> <li>Create, develop, remember &amp; perform more complex gymnastic sequences</li> </ul>	<b>Dance Unit 1</b> <ul style="list-style-type: none"> <li>Copy, repeat &amp; develop gesture, travel, step patterns</li> <li>Explore compositional ideas of action/reaction, speed, levels, unison, mirroring &amp; canon</li> <li>Link dance performance to a character, them or story</li> <li>Compose, develop, remember &amp; perform phrases &amp; dances showing a variety of dance actions &amp; compositional ideas</li> </ul>	<b>Dance Unit 2</b> <ul style="list-style-type: none"> <li>Copy &amp; repeat taught dance motifs</li> <li>Explore feelings &amp; emotions through dance</li> <li>Create, develop, remember &amp; perform movement phrases &amp; dance based on a theme or to tell a story</li> <li>Explore compositional ideas of action/reaction, speed, levels, unison, mirroring &amp; canon</li> <li>Understand &amp; use dance terminology correctly</li> <li>Explore action/reaction &amp; crate contrasting movement phrases</li> </ul>	<b>OAA</b> <ul style="list-style-type: none"> <li>Develop communication &amp; cooperation &amp; trust skills through problem solving</li> <li>Understand safe practice &amp; recognise hazards</li> <li>Discuss actions, listen too &amp; give instructions</li> <li>Follow &amp; design a range of trails</li> <li>Understand, read, orientate &amp; follow a simple map</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>Develop knowledge of preparing for, participating in &amp; recovering from training</li> <li>Develop knowledge of interval, circuit, continuous training</li> <li>Practice &amp; refine running, relay, throwing &amp; jumping techniques</li> <li>Develop personal performance as an athlete &amp; official</li> <li>Experience a multi-event competition</li> <li>Compete, measure, record &amp; compare performances</li> </ul>