

Term	Autumn One	
Year R		
Project	What's your favourite fairy tale?	
PE Focus	Introduction to PE – Unit 1	
Knowledge and Skills	Crucial knowledge: Gross Motor Skills - Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Develop overall body strength, co-ordination, balance and agility. Progress more fluent movement styles – control and grace. Revisit and refine movement skills already acquired. Ball skills. Core muscles to achieve good posture good posture. Combine movement with ease. Confidently use a range of apparatus. Lining up and queuing. Fine Motor Skills – Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing. Develop foundations of handwriting.	Using knowledge as a skill: Learning Objective: LESSON 1 Theme: witches and wizards To move safely and sensibly in a space with consideration of others. LESSON 2 Theme: pirates To develop moving safely and stopping with control. LESSON 3 Theme: mythical creatures To use equipment safely and responsibly. LESSON 4 Theme: to the castle To use different travelling actions whilst following a path. LESSON 5 Theme: superheroes To work with others co-operatively and play as a group. LESSON 6 Theme: monsters To follow, copy and lead a partner. Key Skills: Physical: Moving safely, running, jumping, throwing, catching, following a path Social: Sharing, leadership Emotional: Perseverance, confidence Thinking: Decision making, selecting and applying actions
Vocab	Share, Team, Path, Listen, Space, Travel, Follow, Safely	
Year One		
Project	How have toys changed over time?	
PE Focus	Fitness and Team building	
Knowledge and Skills	Crucial knowledge: - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending	Using knowledge as a skill: Fitness Learning Objective: LESSON 1 To develop knowledge of how exercise can make you feel. LESSON 2 To develop knowledge about how exercise can make you strong and healthy. LESSON 3 To develop knowledge about how exercise relates to breathing. LESSON 4 To develop my understanding of how exercise helps my brain. LESSON 5 To develop my understanding of how exercise helps my muscles. LESSON 6 To begin to understand the importance of daily exercise.

		Key Skills: Physical: running, co-ordination, stamina, strength, agility, balance Social: co-operation, support, responsibility Emotional: kindness, perseverance, honesty, independence Thinking: comprehension, creativity, problem solving, reflection Team Building Learning Objectives: LESSON 1 To co-operate and communicate with a partner to solve challenges. LESSON 2 To explore and develop teamwork skills. LESSON 3 To develop communication skills. LESSON 4 To use communication skills to lead a partner. LESSON 5 To plan with a partner and small group to solve problems. LESSON 6 To use teamwork to solve challenges. Key Skills: Physical: balancing, travelling actions Social: communication, sharing ideas, inclusion, encouraging and supporting others Emotional: confidence, trust, honesty Thinking: decision making, using tactics, providing instructions, planning, problem solving
Vocab	Fitness - Heart, Exercise, Lungs, Mood, Body Team building – Lead, Co-operate, Team work, Solve, Instructions	
Year Two		
Project	What does a pirate need to find treasure?	
PE Focus	Fundamentals and Team building	
Knowledge and Skills	Crucial knowledge: - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending	Using knowledge as a skill: Fundamentals Learning Objective: LESSON 1 To explore how the body moves when running at different speeds. LESSON 2 To develop changing direction and dodging. LESSON 3 To develop balance, stability and landing safely. LESSON 4 To explore and develop jumping, hopping and skipping actions. LESSON 5 To develop co-ordination and combining jumps. LESSON 6 To develop combination jumping and skipping in an individual rope. Key Skills: Physical: balancing, sprinting, jogging, dodging, jumping, hopping, skipping Social: taking turns, supporting and encouraging others, respect, communication Emotional: challenging myself, perseverance, honesty Thinking: selecting and applying, identifying strengths

		Team Building Learning Objective: LESSON 1 To follow instructions and work with others. LESSON 2 To co-operate and communicate in a small group to solve challenges. LESSON 3 To create a plan with a group to solve the challenges. LESSON 4 To communicate effectively and develop trust. LESSON 5 To use teamwork skills to work as a group to solve problems. LESSON 6 To work with a group to copy and create a basic map. Key Skills: Physical: travelling actions, jumping, balancing Social: communication, listening, leading, inclusion Emotional: trust, honesty and fair play, acceptance Thinking: planning, decision making, problem solving
Vocab	Fundamentals – Dodge, Jog, Hurdle, Speed, Steady, Sprint Team building – Support, Successful, Map, Direction, Communication	
Year Three		
Project	Stone Age Britain - Did it rock to live in Stone Age Britain?	
PE Focus	Dance and Fundamentals	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Dance Learning Objective: LESSON 1 THEME: Machines To create actions in response to a stimulus and move in unison with a partner. LESSON 2 THEME: Machines To create actions to move in contact with a partner or interact with a partner. LESSON 3 THEME: Machines To select and link appropriate actions and dynamics to show our dance idea. LESSON 4 THEME: A Trip to... To remember, repeat and create actions to represent an idea. LESSON 5 THEME: A Trip to... To share ideas of actions and dynamics to create a dance that shows a location. LESSON 6 THEME: A Trip to... To use choreographing ideas to develop our dance. Key Skills: Physical: using canon, unison, formation, dynamics, pathways, direction, copying and performing actions, control, balance Social: sharing ideas, respect, inclusion of others, leadership, working safely Emotional: confidence, acceptance Thinking: selecting and applying actions, creating, observing and providing feedback

		Fundamentals Learning Objective: LESSON 1 To develop balancing and understand the importance of this skill. LESSON 2 To demonstrate good technique when running at different speeds. LESSON 3 To develop agility using a change of speed and direction. LESSON 4 To develop technique and control when jumping, hopping and landing. LESSON 5 To develop skipping with a rope. LESSON 6 To apply fundamental skills to a variety of challenges. Key Skills: Physical: balancing, running, hopping, jumping, dodging, skipping Social: supporting and encouraging others, respect, communication, taking turns Emotional: challenging myself, perseverance, honesty Thinking: selecting and applying skills, observing others and providing feedback, identifying strengths and areas for development
Vocab	Dance – Perform, Flow, Explore, Match, Feedback, Create, Expression Fundamentals – Distance, Technique, Control, Tension, Co-ordination, Rhythm	
Year Four		
Project	Why do so many people settle in Megacities?	
PE Focus	Fitness and OAA	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Fitness Learning Objective: LESSON 1 To develop an awareness of what your body is capable of. LESSON 2 To develop speed and strength. LESSON 3 To complete actions to develop co-ordination. LESSON 4 To complete actions to develop agility. LESSON 5 To complete actions to develop balance. LESSON 6 To complete actions to develop stamina. Key Skills: Physical: strength, speed, power, agility, coordination, balance, stamina Social: supporting others, working safely Emotional: perseverance, determination Thinking: identifying areas of strength and areas for development

		OAA Learning Objective: LESSON 1 To develop co-operation and teamwork skills. LESSON 2 To be able to orientate a map and navigate around a grid. LESSON 3 To develop observational skills, listening to others and following instructions. LESSON 4 To develop trust whilst listening to others and following instructions. LESSON 5 To be able to identify objects on a map, draw and follow a simple map. LESSON 6 To be able to orientate and navigate around a map and draw a route using directions. Key Skills: Physical: balance, dodging, running Social: communication, teamwork, trust, inclusion, listening Emotional: confidence, resilience, determination, honesty, integrity Thinking: planning, map reading, decision making, tactics, problem solving
Vocab	Fitness – Progress, Technique, Muscle, Co-ordination, Stamina, Healthy OAA – Leader, Inclusive, Effectively, Orientate, Symbol	
Year Five		
Project	What was the greatest achievement for each early civilisation?	
PE Focus	Dance and Tag rugby	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - perform dances using a range of movement patterns - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Dance Learning Objective: LESSON 1 THEME: Dance by Chance To create a dance using a random structure and perform the actions showing quality and control. LESSON 2 THEME: Dance by Chance To understand how changing dynamics changes the appearance of the performance. LESSON 3 THEME: Dance by Chance To understand and use relationships and space to change how a performance looks. LESSON 4 THEME: Rock ‘n’ Roll To copy and repeat movements in the style of rock ‘n’ roll. LESSON 5 THEME: Rock ‘n’ Roll To work with a partner to copy and repeat actions keeping in time with the music. LESSON 6 THEME: Rock ‘n’ Roll To work collaboratively with a group to create a dance in the style of Rock ‘n’ Roll. Key Skills: Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions Social: collaboration, consideration and awareness of others, inclusion, respect, leadership Emotional: empathy, confidence

		Thinking: creating, observing and providing feedback, using feedback to improve, selecting and applying skills Tag rugby Learning Objective: LESSON 1 To understand when to run and when to pass. LESSON 2 To use the ‘forward pass’ and 'offside' rules. LESSON 3 To introduce the tagging rule and apply this to game situations. LESSON 4 To develop dodging skills to lose a defender. LESSON 5 To develop drawing defence and moving towards goal. LESSON 6 To apply rules, skills and tactics learnt to play in a tag rugby tournament. Key Skills: Physical: throwing, catching, running, dodging, scoring Social: communication, collaboration Emotional: perseverance, confidence, honesty and fair play Thinking: planning strategies and using tactics, observing and providing feedback, selecting and applying skills
Vocab	Dance – Formation, Posture, Performance, Canon, Relationship Tag Rugby – Tactics, Offside, Control, Foul, Support, Pressure, Obstruction, Onside	
Year Six		
Project	Are there mountains in the UK?	
PE Focus	Swimming – Andover Leisure Centre	
Knowledge and Skills	Crucial knowledge: - swim competently, confidently and proficiently over a distance of at least 25 metres - use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - perform safe self-rescue in different water-based situations.	Using knowledge as a skill: Learning Objective: LESSON 1 To develop gliding, front crawl and backstroke. LESSON 2 To develop rotation, sculling and treading water. LESSON 3 To develop the front crawl stroke and breathing technique. LESSON 4 To develop the technique for backstroke arms and legs. LESSON 5 To develop breaststroke technique. LESSON 6 To develop breaststroke technique. LESSON 7 To develop breaststroke and breathing technique. LESSON 8 To develop basic skills of water safety and floating. LESSON 9 To develop the dolphin kick. LESSON 10 To learn techniques for personal survival. LESSON 11 To develop water safety skills and an understanding of personal survival. LESSON 12 To increase endurance in swim challenges.

		Key Skills: Physical: rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, huddle and H.E.L.P. position Social: communication, supporting and encouraging others Emotional: determination Thinking: creating, decision making, using tactics
Vocab	Streamline, Endurance, Propel, Continuous, Synchronised, Retrieve	

Term	Autumn Two	
Year R		
Project	What changes in our environment can you see?	
PE Focus	Fundamentals – Unit 1	
Knowledge and Skills	Crucial knowledge: Gross Motor Skills - Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Develop overall body strength, co-ordination, balance and agility. Progress more fluent movement styles – control and grace. Revisit and refine movement skills already acquired. Ball skills. Core muscles to achieve good posture good posture. Combine movement with ease. Confidently use a range of apparatus. Lining up and queuing. Fine Motor Skills – Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing. Develop foundations of handwriting.	Using knowledge as a skill: Learning Objective: LESSON 1 Theme: body parts To develop balancing whilst stationary and on the move. LESSON 2 Theme: feelings To develop running and stopping. LESSON 3 Theme: our senses To develop changing direction. LESSON 4 Theme: ways we look after ourselves To develop jumping and landing. LESSON 5 Theme: my favourite things To develop hopping and landing with control. LESSON 6 Theme: it's good to be me To explore different ways to travel. Key Skills: Physical: balancing, running, jumping, changing direction, hopping, travelling Social: working safely, responsibility, helping others Emotional: honesty, challenging myself, determination Thinking: decision making, selecting and applying actions, using tactics
Vocab	Balance, Muscle, Body parts, Direction, Push, Stop, Jump, Skip, Stop, Run, Space	
Year One		
Project	How does the weather change over seasons?	
PE Focus	Ball skills and Fundamentals	
Knowledge and Skills	Crucial knowledge: - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending	Using knowledge as a skill: Ball skills Learning Objective: LESSON 1 To develop control and co-ordination when dribbling a ball with your hands. LESSON 2 To explore accuracy when rolling a ball. LESSON 3 To explore throwing with accuracy towards a target. LESSON 4 To explore catching with two hands. LESSON 5 To explore control and co-ordination when dribbling a ball with your feet. LESSON 6 To explore tracking a ball that is coming towards me. Key Skills: Physical: rolling, kicking, throwing, catching, bouncing, dribbling, tracking Social: co-operation, communication, leadership, supporting others Emotional: honesty, perseverance, challenging myself

		Thinking: using tactics, exploring actions, comprehension Fundamentals Learning Objective: LESSON 1 To explore balance, stability and landing safely. LESSON 2 To explore how the body moves differently when running at different speeds. LESSON 3 To explore changing direction and dodging. LESSON 4 To explore jumping, hopping and skipping actions. LESSON 5 To explore co-ordination and combination jumps. LESSON 6 To explore combination jumping and skipping in an individual rope. Key Skills: Physical: balancing, sprinting, jogging, dodging, jumping, hopping, skipping Social: taking turns, supporting and encouraging others, working safely, communication Emotional: challenging myself, perseverance, honesty Thinking: selecting and applying, identifying strengths, listening and following instructions
Vocab	Ball skills – Far, Aim, Safely, Direction, Balance, Send Fundamentals – Fast, Hop, Slow, Direction, Land, Safely	
Year Two		
Project	How did the fire change London?	
PE Focus	Fitness and Ball skills	
Knowledge and Skills	Crucial knowledge: - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending	Using knowledge as a skill: Fitness Learning Objective: LESSON 1 To understand how to run for longer periods of time. LESSON 2 To develop co-ordination and timing when jumping in a long rope. LESSON 3 To develop individual skipping. LESSON 4 To develop stamina and agility. LESSON 5 To explore exercises that use your own body weight. LESSON 6 To develop ‘ABC,’ agility, balance and co-ordination. Key Skills: Physical: agility, balance, co-ordination, speed, stamina, skipping Social: taking turns, encouraging and supporting others Emotional: determination, perseverance, challenging myself Thinking: identifying strengths and areas for improvement, observing and providing feedback

		Ball skills Learning Objective: LESSON 1 To be able to roll a ball to hit a target. LESSON 2 To develop co-ordination and be able to stop a rolling ball. LESSON 3 To develop technique and control when dribbling a ball with your feet. LESSON 4 To develop control and technique when kicking a ball. LESSON 5 To develop co-ordination and technique when throwing and catching. LESSON 6 To develop control and co-ordination when dribbling a ball with your hands. Key Skills: Physical: rolling, kicking, Physical: throwing, catching, bouncing, dribbling Social: co-operation, communication, leadership, supporting others Emotional: honesty, perseverance, challenging myself Thinking: using tactics, exploring actions
Vocab	Fitness – Speed, Strong, Pace, Race, Jog, Steady, Sprint Ball skills – Overarm, Collect, Target, Underarm, Dribble, Distance	
Year Three		
Project	When was life better? The Iron Age or The Stone Age?	
PE Focus	Dance and Ball skills	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - perform dances using a range of movement patterns - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Dance Learning Objective: LESSON 7 THEME: Country and Western To use straight pathways and clear changes in direction in a line dance. LESSON 8 THEME: Country and Western To use canon and unison to make our line dance look interesting. LESSON 9 THEME: Country and Western To use formations, canon and unison to make our line dance look interesting. LESSON 10 THEME: Superpowers To remember, repeat and create actions around a theme. LESSON 11 THEME: Superpowers To understand and use formations. LESSON 12 THEME: Superpowers To structure a dance to represent a theme. Key Skills: Physical: using canon, unison, formation, dynamics, pathways, direction, copying and performing actions, control, balance Social: sharing ideas, respect, inclusion of others, leadership, working safely Emotional: confidence, acceptance Thinking: selecting and applying actions, creating, observing and providing feedback

		Ball Skills Learning Objective: LESSON 1 To develop confidence and accuracy when tracking a ball. LESSON 2 To develop confidence and accuracy when tracking a ball. LESSON 3 To explore and develop a variety of throwing techniques. LESSON 4 To develop catching skills using one and two hands. LESSON 5 To develop dribbling a ball with hands. LESSON 6 To use tracking, sending and dribbling skills with feet. Key Skills: Physical: tracking a ball, throwing, catching, dribbling Social: supporting others, co-operation, communication, managing games Emotional: perseverance, honesty, respect, challenging self Thinking: decision making, developing tactics, creativity
Vocab	Dance – Perform, Flow, Explore, Match, Feedback, Create, Expression Ball skills – Track, Receive, Chest, Shoulder, Overhead, Accurate	
Year Four		
Project	Were Anglo Saxons the ruin of Britain?	
PE Focus	Gymnastics and Netball	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Gymnastics Learning Objective: LESSON 1 To develop individual and partner balances. LESSON 2 To develop control in performing and landing rotation jumps. LESSON 3 To develop the straight, barrel, forward and straddle roll. LESSON 4 To develop the straight, barrel, forward and straddle roll. LESSON 5 To develop strength in inverted movements. LESSON 6 To be able to create a partner sequence to include apparatus. Key Skills: Physical: individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand Social: responsibility, collaboration, communication, respect Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving sequences

		Netball Learning Objective: LESSON 1 To develop passing and moving and play within the footwork rule. LESSON 2 To develop passing and moving towards a goal. LESSON 3 To develop movement skills to lose a defender. LESSON 4 To be able to defend an opponent and try to win the ball. LESSON 5 To develop the shooting action. LESSON 6 To develop playing using netball rules. Key Skills: Physical: passing, catching, footwork, intercepting, shooting Social: working safely, communication, collaboration Emotional: honesty and fair play, perseverance Thinking: planning strategies and using tactics, observing and providing feedback
Vocab	Gymnastics – Technique, Quality, Apparatus, Perform, Extension, Inverted Netball – Outwit, Opposition, Pivot, Court, Field, Opponent, Pitch, Contract	
Year Five		
Project	Where in Russia would you launch a rocket?	
PE Focus	Dance and Basketball	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Dance Learning Objective: LESSON 7 THEME: Ancient Maya To develop set choreography inspired by a Mayan god. LESSON 8 THEME: Ancient Maya To choose actions to create a motif in a given character with consideration of dynamics, space and relationships. LESSON 9 THEME: Ancient Maya To use structure to create a dance performance. LESSON 10 THEME: Chinese Dance To use matching, canon and unison in the style of the lion dance. LESSON 11 THEME: Chinese Dance To use space and relationships to create a dragon dance. LESSON 12 THEME: Chinese Dance To select and combine dance tools to perform a Chinese dance. Key Skills: Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions Social: collaboration, consideration and awareness of others, inclusion, respect, leadership Emotional: empathy, confidence Thinking: creating, observing and providing feedback, using feedback to improve, selecting and applying skills

		Basketball Learning Objective: LESSON 1 To develop protective dribbling against an opponent. LESSON 2 To move into and create space to support a teammate. LESSON 3 To choose when to pass and when to dribble. LESSON 4 To be able to track an opponent and use defensive techniques to win the ball. LESSON 5 To develop technique to increase accuracy when scoring. LESSON 6 To apply principles, rules and tactics to a game situation. Key Skills: Physical: throwing and catching, dribbling, intercepting, shooting Social: communication, collaboration Emotional: perseverance, honesty and fair play Thinking: planning strategies and using tactics, observing and providing feedback
Vocab	Dance – Formation, Posture, Performance, Canon, Relationship Basketball – Tactics, Control, Foul, Support, Pressure, Obstruction	
Year Six		
Project	Andover or the Canadian Wilderness – which biome would you choose?	
PE Focus	Netball	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Learning Objective: LESSON 1 To develop passing and moving to maintain possession. LESSON 2 To create and use space to support a teammate. LESSON 3 To change direction and speed to lose a defender. LESSON 4 To use defending skills to gain possession. LESSON 5 To develop the shooting action. LESSON 6 To use and apply skills, principles and tactics to a game situation. Key Skills: Physical: passing, catching, footwork, intercepting, shooting, dodging Social: communication, collaboration Emotional: perseverance, honesty and fair play Thinking: planning strategies and using tactics, selecting and applying skills, decision making
Vocab	Consecutive, Formation, Consistently, Conceding, Dictate, Turnover, Contest, Shut down	

Term	Spring One	
Year R		
Project	What can you see through a telescope?	
PE Focus	Ball skills – Unit 1	
Knowledge and Skills	Crucial knowledge: Gross Motor Skills - Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Develop overall body strength, co-ordination, balance and agility. Progress more fluent movement styles – control and grace. Revisit and refine movement skills already acquired. Ball skills. Core muscles to achieve good posture good posture. Combine movement with ease. Confidently use a range of apparatus. Lining up and queuing. Fine Motor Skills – Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing. Develop foundations of handwriting.	Using knowledge as a skill: Learning Objective: LESSON 1 Theme: beetles To develop rolling a ball to a target. LESSON 2 Theme: busy bees To develop stopping a rolling ball. LESSON 3 Theme: ladybirds and butterflies To develop accuracy when throwing to a target. LESSON 4 Theme: grasshoppers To develop bouncing and catching a ball. LESSON 5 Theme: caterpillars To develop dribbling a ball with your feet. LESSON 6 Theme: spiders To develop kicking a ball. Key Skills: Physical: rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball Social: co-operation, supporting others Emotional: honesty, perseverance Thinking: using tactics, decision making
Vocab	Run, Stop, Throw, Roll, Team, Kick, Space, Catch, Forward, Backward	
Year One		
Project	Who is the oldest reigning monarch?	
PE Focus	Dance and Invasion Games	
Knowledge and Skills	Crucial knowledge: - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending - perform dances using simple movement patterns.	Using knowledge as a skill: Dance Learning Objective: LESSON 1 THEME: Weather To use counts of 8 to move in time and make my dance look interesting. LESSON 2 THEME: Weather To explore pathways in my dance. LESSON 3 THEME: Weather To create my own dance using, actions, pathways and counts. LESSON 4 THEME: Pirates To explore speeds and actions in our pirate inspired dance. LESSON 5 THEME: Pirates To copy, remember and repeat actions that represent the theme. LESSON 6 THEME: Pirates To copy, repeat, create and perform actions that represent the theme.

		Key Skills: Physical: travel, copying and performing actions, using shape, balance, coordination Social: co-operation, communication, coming to decisions with a partner, respect Emotional: confidence, acceptance Thinking: counting, observing and providing feedback, selecting and applying actions Invasion Games Learning Objective: LESSON 1 To understand the role of defenders and attackers. LESSON 2 To recognise who to pass to and why. LESSON 3 To move towards goal with the ball. LESSON 4 To support a teammate when playing in attack. LESSON 5 To move into space showing an awareness of defenders. LESSON 6 To stay with a player when defending. Key Skills: Physical: throwing and catching, kicking, dribbling with hands and feet, dodging, finding space Social: co-operation, communication, supporting and encouraging others, respect and kindness towards others Emotional: honesty and fair play, managing emotions Thinking: connecting information, decision making, recalling information
Vocab	Dance – Counts, Pose, Level, Slow, Fast, Balance Invasion Games – Defender, Points, Dribbling, Attacker, Score, Partner	
Year Two		
Project	How does the weather change the closer you get to the equator?	
PE Focus	Target games and Sending and Receiving	
Knowledge and Skills	Crucial knowledge: - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending	Using knowledge as a skill: Target games Learning Objective: LESSON 1 To consider how much power to apply when aiming at a target. LESSON 2 To understand how to score using overarm and underarm throwing. LESSON 3 To develop striking to a target. LESSON 4 To develop hitting a moving target. LESSON 5 To select and apply the appropriate skill to the target game. LESSON 6 To shown an improvement in my personal best. Key Skills: Physical: throwing, rolling, striking Social: communication, collaboration, kindness, support Emotional: honesty, perseverance, independence, manage emotions Thinking: select and apply, using tactics, decision making, provide feedback, problem solving

		Sending and Receiving Learning Objective: LESSON 1 To roll a ball towards a target. LESSON 2 To track and receive a rolling ball. LESSON 3 To send and receive a ball with your feet. LESSON 4 To develop catching skills. LESSON 5 To develop throwing and catching skills. LESSON 6 To send and receive a ball using a racket. Key Skills: Physical: rolling, kicking, throwing, catching, tracking Social: co-operation, communication, keeping others safe Emotional: perseverance, transferring knowledge Thinking: identifying how to improve, transferring skills
Vocab	Target games – Accurate, Send, Teammate, Against, Overarm, Release, Target, Underarm Sending and Receiving – Track, Send, Accurate, Target, Control, Release, Receive	
Year Three		
Project	How extreme can Earth be?	
PE Focus	Gymnastics and Tag rugby	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Gymnastics Learning Objective: LESSON 1 To be able to create interesting point and patch balances. LESSON 2 To develop stepping into shape jumps with control. LESSON 3 To develop the straight, barrel, and forward roll. LESSON 4 To be able to transition smoothly into and out of balances. LESSON 5 To create a sequence with matching and contrasting actions and shapes. LESSON 6 To create a partner sequence incorporating equipment. Key Skills: Physical: individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics Social: collaboration, communication, respect Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving

		Tag rugby Learning Objective: LESSON 1 To develop throwing, catching and running with the ball. LESSON 2 To develop an understanding of tagging rules. LESSON 3 To begin to use the ‘forward pass’ and ‘off side’ rule. LESSON 4 To dodge a defender and move into space when running towards the goal. LESSON 5 To develop defending skills and use them in a game situation. LESSON 6 To apply the rules and skills you have learnt and play in a tag rugby tournament. Key Skills: Physical: passing, catching, dodging, tagging, scoring Social: communication, collaboration, inclusion Emotional: honesty and fair play, perseverance, confidence Thinking: planning strategies and using tactics, observing and providing feedback
Vocab	Gymnastics – Flow, Matching, Interesting, Explore, Create, Control, Contrasting Tag rugby – Receiver, Football, Rebound, Tracking, Interception, Mark, Travelling, Playing area	
Year Four		
Project	Were Vikings raiders or traders?	
PE Focus	Dance and Dodgeball	
Knowledge and Skills	Crucial knowledge: - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - perform dances using a range of movement patterns - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Dance Learning Objective: LESSON 1 THEME: The Spy To copy and create actions in response to an idea and be able to adapt this using changes of space. LESSON 2 THEME: The Spy To choose actions which relate to the theme. LESSON 3 THEME: The Spy To develop a dance using matching and mirroring. LESSON 4 THEME: Carnival To learn and create dance moves in the theme of carnival. LESSON 5 THEME: Carnival To develop a carnival dance using formations, canon and unison. LESSON 6 THEME: Carnival To develop a dance phrase and perform as part of a class performance. Key Skills: Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, balance, control, technique Social: collaboration, consideration, inclusion, respect Emotional: empathy, confidence Thinking: observing and providing feedback, selecting and applying skills

		Dodgeball Learning Objective: LESSON 1 To apply rules to a game situation. LESSON 2 To develop throwing at a moving target. LESSON 3 To use jumps, dodges and ducks to avoid being hit. LESSON 4 To develop catching a dodgeball at different heights. LESSON 5 To learn how to block using the ball. LESSON 6 To understand the rules of dodgeball and use them to play in a tournament. Key Skills: Physical: throwing, catching, dodging, blocking Social: communication, collaboration, respect Emotional: honesty, perseverance Thinking: decision making, selecting and applying skills
Vocab	Dance – Represent, Reaction, Dynamics, Unison, Control Dodgeball – Outwit, Opposition, Pivot, Opponent, Contact, Court	
Year Five		
Project	What does the evidence tell us about everyday life for men, women and children in ancient Egypt?	
PE Focus	Gymnastics and Hockey	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Gymnastics Learning Objective: LESSON 1 To be able to perform symmetrical and asymmetrical balances. LESSON 2 To develop the straight, forward, straddle and backward roll. LESSON 3 To be able to explore different methods of travelling, linking actions in both canon and synchronisation. LESSON 4 To be able to perform progressions of inverted movements. LESSON 5 To explore matching and mirroring using actions both on the floor and on apparatus. LESSON 6 To be able to create a partner sequence using apparatus. Key Skills: Physical: symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand Social: responsibility, collaboration, communication, respect Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving sequences

		Hockey Learning Objective: LESSON 1 To develop dribbling to beat a defender. LESSON 2 To choose when to pass and when to dribble. LESSON 3 To develop receiving the ball with control. LESSON 4 To move into space to support a teammate. LESSON 5 To develop tackling to gain possession of the ball. LESSON 6 To apply rules, skills and principles to play in a hockey tournament. Key Skills: Physical: dribbling, passing, receiving, tackling, creating and using space, shooting Social: communication, collaboration Emotional: perseverance, honesty and fair play Thinking: planning strategies and using tactics, observing and providing feedback, selecting and applying skills
Vocab	Gymnastics – Symmetrical, Asymmetrical, Rotation, Synchronisation, Aesthetics, Progression, Canon Hockey – Tactics, Offside, Control, Foul, Support, Pressure, Obstruction, Onside	
Year Six		
Project	Why is Mayan culture important to us?	
PE Focus	Gymnastics	
Knowledge and Skills	Crucial knowledge: - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Learning Objective: LESSON 1 To be able to develop the straddle, forward and backward roll. LESSON 2 To develop counter balance and counter tension. LESSON 3 To be able to perform inverted movements with control. LESSON 4 To be able to perform the progressions of a headstand and a cartwheel. LESSON 5 To be able to use flight from hands to travel over apparatus. LESSON 6 To be able to create a group sequence using formations and apparatus. Key Skills: Physical: straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, vault Social: responsibility, collaboration, communication, respect Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions, evaluating and improving sequences
Vocab	Formation, Momentum, Counter balance, Fluently, Counter tension, Stability	

Term	Spring Two
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Year R

Project	If you were a fish, what fish would you be?	
PE Focus	Dance – Unit 1	
Knowledge and Skills	Crucial knowledge: Gross Motor Skills - Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Develop overall body strength, co-ordination, balance and agility. Progress more fluent movement styles – control and grace. Revisit and refine movement skills already acquired. Ball skills. Core muscles to achieve good posture good posture. Combine movement with ease. Confidently use a range of apparatus. Lining up and queuing. Fine Motor Skills – Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing. Develop foundations of handwriting.	Using knowledge as a skill: Learning Objective: LESSON 1 Theme: head, shoulders, knees and toes To explore different body parts and how they move. LESSON 2 Theme: head, shoulders, knees and toes To explore different body parts and how they move and remember and repeat actions. LESSON 3 Theme: transport To express and communicate ideas through movement exploring directions and levels. LESSON 4 Theme: transport To create movements and adapt and perform simple dance patterns. LESSON 5 Theme: morning routine To copy and repeat actions showing confidence and imagination. LESSON 6 Theme: my journey to school To move with control and co-ordination, linking, copying and repeating actions. Key Skills: Physical: travelling, copying and performing actions, co-ordination Social: respect, co-operating with others Emotional: working independently, confidence Thinking: counting, observing and providing feedback, selecting and applying actions
Vocab	Move, Copy, Shape, Space, Safely, Around, Travel, Sideways, Forwards, Backwards	

Year One

Project	How is London different to where we live?	
PE Focus	Gymnastics and Sending and Receiving	
Knowledge and Skills	Crucial knowledge: - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending	Using knowledge as a skill: Gymnastics Learning Objective: LESSON 1 To explore travelling movements. LESSON 2 To develop quality when performing and linking shapes. LESSON 3 To develop stability and control when performing balances. LESSON 4 To develop technique and control when performing shape jumps. LESSON 5 To develop technique in the barrel, straight and forward roll. LESSON 6 To link gymnastic actions to create a sequence. Key Skills: Physical: travelling actions, shapes, balances, jumps, barrel roll, straight roll, forward roll progressions Social: sharing, working safely Emotional: confidence Thinking: observing and providing feedback, selecting and applying actions

		Sending and Receiving Learning Objective: LESSON 1 To develop rolling and throwing a ball towards a target. LESSON 2 To develop receiving a rolling ball and tracking skills. LESSON 3 To be able to send and receive a ball with your feet. LESSON 4 To develop throwing and catching skills over a short distance. LESSON 5 To develop throwing and catching over a longer distance. LESSON 6 To apply sending and receiving skills to small games. Key Skills: Physical: rolling, kicking, throwing, catching, tracking Social: taking turns, supporting and encouraging others, respect, communication Emotional: challenging myself, perseverance, honesty, being happy to succeed Thinking: transferring skills
Vocab	Gymnastics – Action, Jump, Roll, Level, Direction, Speed, Point, Balance Sending and Receiving – Aim, Throw, Roll, Kick, Catch, Safely, Racket	
Year Two		
Project	Could the Titanic have been saved?	
PE Focus	Dance and Invasion Games	
Knowledge and Skills	Crucial knowledge: - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending - perform dances using simple movement patterns.	Using knowledge as a skill: Dance Learning Objective: LESSON 1 THEME: Secret Garden To remember, repeat and link actions to tell the story of my dance. LESSON 2 THEME: Secret Garden To develop an understanding of dynamics and how they can show an idea. LESSON 3 THEME: Secret Garden Use counts of 8 to help you stay in time with the music. LESSON 4 THEME: The Circus To copy, remember and repeat actions using facial expressions to show different characters. LESSON 5 THEME: The Circus To explore pathways and levels. LESSON 6 THEME: The Circus To remember and rehearse our circus dance showing expression and character. Key Skills: Physical: travel, copying and performing actions, using dynamics, pathway, expression and speed, balance, coordination Social: respect, consideration, sharing ideas, decision making with others Emotional: acceptance, confidence Thinking: selecting and applying actions, counting, observing and providing feedback, creating

		Invasion Games Learning Objective: LESSON 1 To understand what being in possession means and support a teammate to do this. LESSON 2 To understand that scoring goals is an attacking skill and to explore ways to do this. LESSON 3 To understand that stopping goals is a defending skill and explore ways to do this. LESSON 4 To explore how to gain possession. LESSON 5 To mark an opponent and understand that this is a defending skill. LESSON 6 To learn to apply simple tactics for attacking and defending. Key Skills: Physical: throwing and catching, kicking, dribbling with hands and feet, dodging, finding space Social: communication, respect, co-operation, kindness Emotional: empathy, integrity, independence, determination, perseverance Thinking: creativity, reflection, decision making, comprehension
Vocab	Dance – Mirror, Action, Direction, Pathway, Speed, Timing Invasion Games – Received, Send, Teammate, Chest pass, Possession, Goal, Dodge, Bounce pass	
Year Three		
Project	Why should we save Earth’s rainforests?	
PE Focus	OAA and Hockey	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: OAA Learning Objective: LESSON 1 To develop co-operation and teamwork skills. LESSON 2 To develop trust and team work. LESSON 3 To involve all team members in an activity and work towards a collective goal. LESSON 4 To develop trust whilst listening to others and following instructions. LESSON 5 To be able to identify objects on a map, draw and follow a simple map. LESSON 6 To draw a route using directions. To be able to orientate a map and navigate around a grid. Key Skills: Physical: balance, running Social: communication, teamwork, trust, inclusion, listening Emotional: confidence Thinking: planning, map reading, decision making, problem solving

		Hockey Learning Objective: LESSON 1 To develop sending the ball with a push pass. LESSON 2 To develop receiving the ball. LESSON 3 To develop dribbling using the reverse stick (Indian dribble). LESSON 4 To develop moving into space after passing the ball. LESSON 5 To use an open stick tackle to gain possession. LESSON 6 To apply defending and attacking principles and skills in a hockey tournament. Key Skills: Physical: passing, dribbling, receiving, intercepting, tackling Social: communication, collaboration, inclusive Emotional: honesty and fair play, perseverance, empathy Thinking: planning strategies and using tactics, observing and providing feedback, decision making
Vocab	OAA – Rules, Navigate, Grid, Route, Discuss, Trust, Plan Hockey – Receiver, Footwork, Rebound, Tracking, Interception, Mark, Travelling, Playing area	
Year Four		
Project	Where does the River Anton begin and end?	
PE Focus	Dance and Golf	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - perform dances using a range of movement patterns - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Dance Learning Objective: LESSON 7 THEME: States of Matter To understand how dynamics, space and relationships can be used to represent a state of matter. LESSON 8 THEME: States of Matter To use actions, dynamics, space and relationships to represent a states of matter. LESSON 9 THEME: States of Matter To order and structure phrases to create a dance performance. LESSON 10 THEME: The Twist To copy and repeat a set phrase of movement in a 1960s theme showing energy and rhythm. LESSON 11 THEME: The Twist To learn and perform a partner dance in a 1960s style. LESSON 12 THEME: The Twist To develop my own 1960s inspired dance using changes in relationships. Key Skills: Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, balance, control, technique Social: collaboration, consideration, inclusion, respect Emotional: empathy, confidence Thinking: observing and providing feedback, selecting and applying skills

		Golf Learning Objective: LESSON 1 To explore hitting technique and aiming towards a target. LESSON 2 To explore shot accuracy. LESSON 3 To explore the technique for putting. LESSON 4 To explore the technique for chipping. LESSON 5 To explore the techniques used for a short game. LESSON 6 To explore the technique for a long game. Key Skills: Physical: balancing, coordination, accuracy, striking, throwing Social: taking turns, supporting and encouraging others, respect, communication Emotional: challenging myself, perseverance, honesty, determination Thinking: selecting and applying skills, identifying strengths, identifying weaknesses, creativity
Vocab	Dance – Represent, Reaction, Dynamics, Unison, Control Golf – Communicate, Chipping, Swing, Align, Opponent	
Year Five		
Project	Why does Parliament run the country rather than the King?	
PE Focus	Swimming	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - perform dances using a range of movement patterns - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Learning Objective: LESSON 1 To develop an understanding of buoyancy and balance in the water. LESSON 2 To develop independent movement and submersion. LESSON 3 To develop gliding and crawl legs. LESSON 4 To develop front crawl breathing. LESSON 5 To develop gliding and backstroke. LESSON 6 To develop rotation, sculling and treading water. LESSON 7 To develop surface dives, submersion and handstands. LESSON 8 To develop head above water breaststroke technique. LESSON 9 To develop head above water breaststroke technique. LESSON 10 To develop basic skills in water safety and floating. LESSON 11 To learn techniques for personal survival. LESSON 12 To develop water safety skills and an understanding of personal survival. Key Skills: Physical: submersion, floating, gliding, front crawl, backstroke, breaststroke, rotation, sculling, treading water, handstands, surface dives, H.E.L.P and huddle position Social: communication, supporting and encouraging others, keeping myself and others safe Emotional: confidence

		Thinking: comprehension, planning tactics
Vocab	Swimming – Exit, Enter, Front, Travel, Rules, Safely, Pulling, Splash, Kicking, Back, Unaided, Floating, Gliding, Rotation, Sculling, Crawl, Breathing, Submersion, Breaststroke, Backstroke	
Year Six		
Project	Which countries grow cocoa and how do we get chocolate?	
PE Focus	Tennis	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Learning Objective: LESSON 1 To develop the forehand groundstroke. LESSON 2 To be able to return the ball using a backhand groundstroke. LESSON 3 To develop the volley and understand when to use it. LESSON 4 To develop the volley and use it in a game situation. LESSON 5 To develop accuracy of the underarm serve. To learn to use the official scoring system. LESSON 6 To work co-operatively with a partner and employ tactics to outwit an opponent. Key Skills: Physical: forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve Social: collaboration, communication, respect Emotional: honesty, perseverance Thinking: decision making, selecting and applying tactics, evaluating and improving
Vocab	Consecutive, Deep, Consistently, Forecourt, Backcourt, Defensive, Attacking	

Term	Summer One	
Year R		
Project	How does your garden grow?	
PE Focus	Gymnastics – Unit 1	
Knowledge and Skills	Crucial knowledge: Gross Motor Skills - Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Develop overall body strength, co-ordination, balance and agility. Progress more fluent movement styles – control and grace. Revisit and refine movement skills already acquired. Ball skills. Core muscles to achieve good posture good posture. Combine movement with ease. Confidently use a range of apparatus. Lining up and queuing. Fine Motor Skills – Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing. Develop foundations of handwriting.	Using knowledge as a skill: Learning Objective: LESSON 1 Theme: rainforest animals To copy and create shapes with your body. LESSON 2 Theme: woodland animals To be able to create shapes whilst on apparatus. LESSON 3 Theme: lakeland animals To develop balancing and taking weight on different body parts. LESSON 4 Theme: desert animals To develop jumping and landing safely. LESSON 5 Theme: sea animals To develop rocking and rolling. LESSON 6 Theme: pet animals To copy and create short sequences by linking actions together. Key Skills: Physical: shapes, balances, jumps, rocking, rolling, travelling Social: taking turns, co-operation, communication Emotional: confidence, determination Thinking: selecting and applying skills, creating sequences
	Vocab	Move, Copy, Over, Space, Shape, Rock, Around, Safely, Sideways, Travel, Forwards, Backwards
Year One		
Project	What makes the seaside the seaside?	
PE Focus	Target games and Striking and Fielding	
Knowledge and Skills	Crucial knowledge: - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending	Using knowledge as a skill: Target games Learning Objective: LESSON 1 To develop underarm throwing towards a target. LESSON 2 To develop throwing for accuracy. LESSON 3 To develop underarm and overarm throwing for accuracy. LESSON 4 To develop throwing for accuracy and distance using underarm and overarm. LESSON 5 To select the correct technique for the situation. LESSON 6 To develop throwing for accuracy and distance. Key Skills: Physical: underarm throwing, overarm throwing, aim, hand eye co-ordination Social: communication, supporting and encouraging others, leadership Emotional: perseverance, honesty, fair play

		Thinking: using tactics, selecting and applying skills, decision making Striking and Fielding Learning Objective: LESSON 1 To develop underarm throwing and catching and apply these in small sided games. LESSON 2 To develop overarm throwing. LESSON 3 To develop striking a ball with my hand and equipment. LESSON 4 To collect a ball when fielding. LESSON 5 To understand how to get a batter out. LESSON 6 To develop decision making and understand how to score points. Key Skills: Physical: throwing, catching, retrieving a ball, tracking a ball, striking a ball Social: communication, supporting and encouraging others, consideration of others Emotional: perseverance, honesty and fair play Thinking: using tactics, selecting and applying skills, decision making
Vocab	Target games – Points, Throw, Far, Distance, Score, Partner Striking and Fielding – Hit, Points, Target, Throw, Score, Catch	
Year Two		
Project	How has Andover changed?	
PE Focus	Gymnastics and Net and Wall	
Knowledge and Skills	Crucial knowledge: - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending	Using knowledge as a skill: Gymnastics Learning Objective: LESSON 1 To perform gymnastic shapes and link them together. LESSON 2 To use shapes to create balances. LESSON 3 To link travelling actions and balances using apparatus. LESSON 4 To demonstrate different shapes, take-off and landing when performing jumps. LESSON 5 To develop rolling and sequence building. LESSON 6 To create a sequence using apparatus. Key Skills: Physical: shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll Social: sharing, working safely Emotional: confidence, independence Thinking: observing and providing feedback, selecting and applying actions

		Net an Wall Learning Objective: LESSON 1 To use the ready position to defend space on court. LESSON 2 To develop returning a ball with hands. LESSON 3 To play against a partner. LESSON 4 To develop racket skills and use them to return a ball. LESSON 5 To develop returning a ball using a racket. LESSON 6 To play against an opponent using a racket. Key Skills: Physical: throwing, catching, racket skills, ready position, hitting a ball Social: support, co-operation, respect, communication Emotional: perseverance, honesty Thinking: decision making, reflection, comprehension, selecting and applying
Vocab	Gymnastics – Link, Pathway, Straddle, Speed, Sequence, Tuck, Star, Pike Net and Wall – Defend, Receive, Quickly, Trap, Return, Collect, Against	
Year Three		
Project	Who were the Romans? What did they do for us?	
PE Focus	Cricket and Basketball	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Cricket Learning Objective: LESSON 1 To develop overarm throwing and catching. LESSON 2 To develop underarm bowling. LESSON 3 To learn how to grip the bat and develop batting technique. LESSON 4 To be able to field a ball using a two handed pick up and a short barrier. LESSON 5 To develop overarm bowling technique. LESSON 6 To play apply skills learnt to mini cricket. Key Skills: Physical: underarm and overarm throwing, catching, over and underarm bowling, fielding and tracking a ball, batting Social: collaboration and communication, respect Emotional: perseverance, honesty Thinking: observing and providing feedback, applying strategies

		Basketball Learning Objective: LESSON 1 To develop the attacking skill of dribbling. LESSON 2 To use protective dribbling against an opponent. LESSON 3 To develop the bounce and chest pass and begin to recognise when to use them. LESSON 4 To develop tracking and defending an opponent. LESSON 5 To develop the technique for the set shot. LESSON 6 To be able to apply the skills, rules and tactics you have learnt to a mini tournament. Key Skills: Physical: throwing and catching, dribbling, intercepting, shooting Social: working safely, communication, collaboration Emotional: honesty and fair play, perseverance Thinking: planning strategies and using tactics, observing and providing feedback
Vocab	Cricket – Strike, Grip, Bowl, Wicket, Batting, Wicket Keeper, Fielding Basketball – Receiver, Footwork, Rebound, Tracking, Interception, Mark, Travelling, Playing area	
Year Four		
Project	Was King Alfred really great? (Local History study)	
PE Focus	Handball and Tennis	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Handball Learning Objective: LESSON 1 To begin to throw and catch while on the move. LESSON 2 To learn how to move towards goal or away from a defender. LESSON 3 To develop accuracy when shooting. LESSON 4 To be able to apply individual and team defending skills LESSON 5 To use a change of direction and speed to lose a defender and move into space. LESSON 6 To maintain possession when in attack. Key Skills: Physical: ball control, throwing and catching, moving with the ball, dribbling, shooting Social: working safely, communication, respect Emotional: honesty and fair play, perseverance Thinking: planning strategies, observing and providing feedback

		Tennis Learning Objective: LESSON 1 To develop hitting the ball using a forehand. LESSON 2 To develop returning the ball using a forehand. LESSON 3 To develop the backhand and understand when to use it. LESSON 4 To work co-operatively with a partner to keep a continuous rally going. LESSON 5 To use simple tactics in a game to outwit an opponent. LESSON 6 To demonstrate honesty and fair play when competing against others. Key Skills: Physical: underarm throwing, catching, forehand, backhand, ready position Social: collaboration, respect, supporting others Emotional: honesty, perseverance Thinking: decision making, understanding rules, selecting and applying skills and tactics
Vocab	Handball – Outwit, Opposition, Pivot, Court, Opponent, Contact Tennis – Outwit, Receiver, Court, Backhand, Forehand	
Year Five		
Project	Why would a refugee want to move to Andover?	
PE Focus	Volleyball and Athletics	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Volleyball Learning Objective: LESSON 1 To develop the fast catch volley. LESSON 2 To be able to volley the ball using a set shot. LESSON 3 To develop the dig and understand when to use it. LESSON 4 To keep a continuous rally going over the net. LESSON 5 To develop the underarm serve and learn the rules of serving. LESSON 6 To apply the rules, skills and tactics learnt to play in a volleyball tournament. Key Skills: Physical: volley, set, dig, serve, ready position Social: communication, respect, supporting and encouraging others Emotional: confidence, perseverance, honesty Thinking: using tactics, selecting and applying skills, identifying strengths and areas for development

		Athletics Learning Objective: LESSON 1 To be able to apply different speeds over varying distances. LESSON 2 To develop fluency and co-ordination when running for speed. LESSON 3 To develop technique in relay changeovers. LESSON 4 To develop technique and co-ordination in the triple jump. LESSON 5 To develop throwing with force for longer distances. LESSON 6 To develop throwing with greater control and technique. Key Skills: Physical: pacing, sprinting technique, relay changeovers, jumping for distance, push and pull throwing for distance Social: collaborating with others, supporting others Emotional: perseverance, determination Thinking: observing and providing feedback
Vocab	Volleyball – Tactics, Volley, Co-operatively, Continuously, Set, Footwork, Dig Athletics – Technique, Down sweep, Upsweep, Flight, Rhythm, Stride	
Year Six		
Project	How have the Ancient Greeks influenced the modern western world?	
PE Focus	Dance	
Knowledge and Skills	Crucial knowledge: - perform dances using a range of movement patterns - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Learning Objective: LESSON 1 THEME: Stamp, Clap To copy and repeat a set dance phrase showing confidence in movements. LESSON 2 THEME: Stamp, Clap To work with others to explore and develop the dance idea. LESSON 3 THEME: Stamp, Clap To use changes in dynamics in response to the stimulus. LESSON 4 THEME: Bhangra To demonstrate a sense of rhythm and energy when performing bhangra style motifs. LESSON 5 THEME: Bhangra To perform a bhangra dance, showing an awareness of timing, formations and direction. LESSON 6 THEME: Bhangra To select, order, structure and perform movements in a bhangra style, showing various group formations. Key Skills: Physical: performing a variety of dance actions, using canon, unison, formation, dynamics, character, emotion, transitions, matching & mirroring Social: sharing ideas, consideration of others, inclusion, respect, leadership, supporting others Emotional: empathy, confidence Thinking: observing & providing feedback, using feedback to improve, selecting & applying skills
Vocab	Choreograph, Phrase, Contrast, Structure, Fluently, Connect	

Term	Summer Two	
Year R		
Project	Are you mad about animals?	
PE Focus	Games – Unit 1	
Knowledge and Skills	Crucial knowledge: Gross Motor Skills - Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Develop overall body strength, co-ordination, balance and agility. Progress more fluent movement styles – control and grace. Revisit and refine movement skills already acquired. Ball skills. Core muscles to achieve good posture good posture. Combine movement with ease. Confidently use a range of apparatus. Lining up and queuing. Fine Motor Skills – Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing. Develop foundations of handwriting.	Using knowledge as a skill: Learning Objective: LESSON 1 Theme: cars To work safely and develop running and stopping. LESSON 2 Theme: aeroplanes To develop throwing and learn how to keep score. LESSON 3 Theme: cyclists To be able to play games showing an understanding of the different roles within it. LESSON 4 Theme: buses To follow instructions and move safely when playing tagging games. LESSON 5 Theme: boats To work co-operatively and learn to take turns. LESSON 6 Theme: trains To work with others to play team games. Key Skills: Physical: running, balancing, changing direction, striking a ball, throwing Social: communication, co-operation, taking turns, supporting and encouraging others Emotional: honesty and fair play, managing emotions Thinking: using tactics, decision making
	Vocab	Push, Stop, Jump, Space, Forwards, Balance, Safety, Backwards, Pass, Team, Tag
Year One		
Project	Who was Mary Anning and how did she change history?	
PE Focus	Athletics and Net and Wall	
Knowledge and Skills	Crucial knowledge: - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending	Using knowledge as a skill: Athletics Learning Objective: LESSON 1 To move at different speeds over varying distances. LESSON 2 To develop balance. LESSON 3 To develop agility and co-ordination. LESSON 4 To explore hopping, jumping and leaping for distance. LESSON 5 To develop throwing for distance. LESSON 6 To develop throwing for accuracy. Key Skills: Physical: running at varying speeds, agility, balance, jumping, hopping and leaping in combination and for distance, throwing for distance Social: working safely, collaborating with others Emotional: working independently, honesty and playing to the rules, determination Thinking: exploring ideas

		Net and Wall Learning Objective: LESSON 1 To defend space, using the ready position. LESSON 2 To play against an opponent and keep the score. LESSON 3 To explore hitting with a racket. LESSON 4 To develop racket and ball skills. LESSON 5 To develop sending a ball using a racket. LESSON 6 To develop hitting over a net. Key Skills: Physical: throwing, catching, hitting a ball, tracking a ball Social: respect, communication Emotional: honesty and fair play, determination Thinking: decision making, using simple tactics, recalling information, comprehension
Vocab	Athletics – Far, Fast, Improve, Hop, Slow, Direction, Aim, Bend, Travel Net and Wall – Ready position, Partner, Net, Underarm, Score, Points	
Year Two		
Project	How is Kingston different to Andover?	
PE Focus	Athletics and Striking and Fielding	
Knowledge and Skills	Crucial knowledge: - master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities - participate in team games, developing simple tactics for attacking and defending	Using knowledge as a skill: Athletics Learning Objective: LESSON 1 To develop the sprinting action. LESSON 2 To develop jumping for distance. LESSON 3 To develop technique when jumping for height. LESSON 4 To develop throwing for distance. LESSON 5 To develop throwing for accuracy. LESSON 6 To select and apply knowledge and technique in an athletics carousel. Key Skills: Physical: running at different speeds, jumping for distance, throwing for distance Social: working safely, collaborating with others Emotional: working independently, determination Thinking: observing and providing feedback, exploring ideas Striking and Fielding Learning Objective: LESSON 1 To track a rolling ball and collect it. LESSON 2 To develop accuracy in underarm throwing and catching to field a ball. LESSON 3 To develop accuracy with overarm throwing to limit a batter’s score. LESSON 4 To develop hitting for distance to score more points. LESSON 5 To develop decision making to get a batter out. LESSON 6 To develop decision making when under pressure.

		Key Skills: Physical: throwing and catching, tracking a ball, bowling, batting Social: communication, collaboration Emotional: honesty, acceptance, controlling emotions Thinking: select and apply, using tactics, decision making
Vocab	Athletics – Sprint, Take off, Jog, Landing, Overarm, Distance, Height, Underarm Striking and Fielding – Fielder, Runs, Batter, Send, Teammate, Received, Bowler	
Year Three		
Project	Andover – How do we use our land?	
PE Focus	Athletics and Tennis	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Athletics Learning Objective: LESSON 1 To develop the sprinting technique and improve on your personal best. LESSON 2 To develop changeover in relay events. LESSON 3 To develop jumping technique in a range of approaches and take off positions. LESSON 4 To develop throwing for distance and accuracy. LESSON 5 To develop throwing for distance in a pull throw. LESSON 6 To develop officiating and performing skills. Key Skills: Physical: sprinting, jumping for distance, push and pull throwing for distance Social: working collaboratively, working safely Emotional: perseverance, determination Thinking: observing and providing feedback Tennis Learning Objective: LESSON 1 To develop racket and ball control. LESSON 2 To develop returning the ball using a forehand groundstroke. LESSON 3 To be able to rally using a forehand. LESSON 4 To develop the two handed backhand. LESSON 5 To learn how to score. To develop playing against an opponent. LESSON 6 To work collaboratively with a partner and compete against others. Key Skills: Physical: forehand, backhand, throwing, catching, ready position Social: collaboration, respect, supporting others Emotional: honesty, perseverance Thinking: decision making, understanding rules, using tactics
Vocab	Athletics – Speed, Higher, Pace, Power, Control, Strength, Faster, Accurately, Further Tennis – Serve, Racket, Accurately, Track, Rally, Opponent, Control	

Year Four		
Project	Is the Costa Brava a world away from our local area?	
PE Focus	Athletics and Rounders	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Athletics Learning Objective: LESSON 1 To develop stamina and an understanding of speed and pace in relation to distance. LESSON 2 To develop power and speed in the sprinting technique. LESSON 3 To develop technique when jumping for distance. LESSON 4 To develop power and technique when throwing for distance. LESSON 5 To develop a pull throw for distance and accuracy. LESSON 6 To develop officiating and performing skills. Key Skills: Physical: pacing, sprinting technique, jumping for distance, throwing for distance Social: working collaboratively, working safely Emotional: perseverance, determination Thinking: observing and providing feedback, exploring ideas Rounders Learning Objective: LESSON 1 To play different roles in a game and begin to think tactically about each role. LESSON 2 To develop the bowling action and learn the rules of bowling. LESSON 3 To run around the outside of the bases and make decisions about when to stop and when to run. LESSON 4 To field a ball using a two handed pick up and a short barrier. LESSON 5 To develop batting technique and an understanding of where to hit the ball. LESSON 6 To apply skills and rules learnt to play rounders. Key Skills: Physical: underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting Social: collaboration and communication, respect, supporting and encouraging others Emotional: honesty and fair play, confident to take risks, managing emotions Thinking: observing and providing feedback, using tactics, decision making
Vocab	Athletics – Power, Determination, Stamina, Officiate, Accuracy, Perseverance, Personal best Rounders – Stance, Two-handed pick up, Retrieve, Technique, Opposition, Stumped, Short barrier	

Year Five		
Project	Are we protecting our British wildlife?	
PE Focus	Swimming	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: Learning Objective: LESSON 1 To develop gliding, front crawl and backstroke. LESSON 2 To develop rotation, sculling and treading water. LESSON 3 To develop the front crawl stroke and breathing technique. LESSON 4 To develop the technique for backstroke arms and legs. LESSON 5 To develop breaststroke technique. LESSON 6 To develop breaststroke technique. Key Skills: Physical: rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, huddle and H.E.L.P. position Social: communication, supporting and encouraging others Emotional: determination Thinking: creating, decision making, using tactics
Vocab	Survival, Stroke, Huddle, Alternate, Treating water, Buoyancy, Exhale, Somersault, Flutter kick, Surface, Inhale, Personal best, Endurance, Streamline, Propel, Continuous, Retrieve	
Year Six		
Project	How have the Ancient Greeks influenced the modern western world?	
PE Focus	OAA and Athletics	
Knowledge and Skills	Crucial knowledge: - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Using knowledge as a skill: OAA Learning Objective: LESSON 1 To build communication and trust whilst showing an awareness of safety. LESSON 2 To work as a team to solve problems, sharing ideas and collaborating with one another. LESSON 3 To develop tactical planning and problem solving. LESSON 4 To share ideas and work as a team to solve problems. LESSON 5 To develop navigational skills and map reading. LESSON 6 To use a key to identify objects and locations. Key Skills: Physical: stamina, running Social: communication, teamwork, trust, inclusion, listening Emotional: confidence Thinking: planning, map reading, decision making, problem solving

		Athletics Learning Objective: LESSON 1 To work collaboratively with a partner to set a steady pace. LESSON 2 To develop your own and others sprinting technique. LESSON 3 To develop power, control and technique for the triple jump. LESSON 4 To develop power, control and technique when throwing for distance. LESSON 5 To develop throwing with force and accuracy for longer distances. LESSON 6 To work collaboratively in a team to develop the officiating skills of measuring, timing and recording. Key Skills: Physical: pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance Social: negotiating, collaborating with others Emotional: perseverance, determination Thinking: observing and providing feedback
Vocab	OAA – Boundaries, Location, Critical thinking, Symbol, Co-operatively, Strategy Athletics – Force, Rotation, Compete, Trajectory, Continuous pace, Momentum, Transfer of weight	