

Year 1

	Autumn		Spring	Summer	
	Health Related Exercise	Dance / Gymnastics	Multi Skills	Striking and Fielding	Athletics (2 lessons on Paralympics)
Prior Learning	Basic fundamentals of movement from EYFS	Basic fundamentals of movement from EYFS	Basic fundamentals of movement from EYFS	Basic fundamentals of movement from EYFS	Basic fundamentals of movement from EYFS
Essential Knowledge	<ul style="list-style-type: none"> - Show an awareness of how the body functions/changes during exercise. - Different types of fitness (Strength, speed, flexible) 	<ul style="list-style-type: none"> - Understand how the body changes during exercise - 1-4 point balances and patch balance. - Straight limbs and movements should be smooth. 	<ul style="list-style-type: none"> - Show an awareness of how the body functions/changes during exercise 	<ul style="list-style-type: none"> - Show an awareness of how the body functions/changes during exercise. 	<ul style="list-style-type: none"> - Show an awareness of how the body functions/changes during exercise.
Essential Skills	<ul style="list-style-type: none"> - Repeat and Perform sequences of movements. - Displays development in the FUNdamentals of movement. 	<ul style="list-style-type: none"> - Use changes of direction, speed & level during performance. - Plan, perform and repeat sequences of movements. - Displays development in 	<ul style="list-style-type: none"> - Throw and catch displaying a degree of competency, in isolation and in varied environments - Displays development in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination) 	<ul style="list-style-type: none"> - Throw and catch displaying a degree of competency, in isolation and in varied environments - Uses FUNdamentals of movement to 	<ul style="list-style-type: none"> - Displays development in FUNdamentals of movement. - Uses FUNdamentals to achieve success in competitive environments.

		the FUNdamentals of movement.		achieve success in competitive environments, individually and as a team - With guidance participate displaying respect, fair play and working well with others	- With guidance participate displaying respect, fair play and working well with others.
Essential Vocabulary	Heart Rate Pulse Stretch Speed Muscles	Balance Routine Extension (pointed toes) Travelling Appartus	Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination. Stretch. Healthy/Unhealthy	Stirking Fielding Rolling Throwing Stopping Aiming Target	Athletics Paralympics Sprint Long distance Olympic start Hurdling Standing long jump
Essential Experiences	Sporting Influence	Share a performance.	Talk from an Althete		Sports Day
Influential Figures	Michelle Obama (Let's move initiative)	Jessica and Jennifer Gadirova (team GB olympic, floor routines)	Marcus Rashford	Ben Stokes (English Cricketer)	Usian Bolt Ellie Simmonds

Year 2

	Autumn		Spring	Summer	
	Striking and Fielding	Dance / Gymnastics	Multi-Skills Y2 Swimming	Athletics (2 lessons on Paralympics)	Health Related Exercise
Prior Learning	- Y1 striking and fielding skills.	- Y1 dance and gymnastics skills.	- Y1 multi-skills - N/A swimming or any home learning might be applicable.	- Y1 athletics skills.	- Y1 Health and related exercise.
Essential Knowledge					
Essential Skills	<ul style="list-style-type: none"> - Throw and catch displaying a degree of competency, in isolation and in varied environments - Uses FUNdamentals of movement to achieve success in competitive environments, individually and as a team - With guidance participate displaying respect, fair play and working well with others 	<ul style="list-style-type: none"> - Demonstrate changes of direction, speed & level during performances or in competitive environments - Perform and repeat sequences of movements - Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination) 	<ul style="list-style-type: none"> - Throw and catch displaying competency, in isolation and in varied environments - Show an awareness of how the body changes/functions during exercise - Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination) Swimming Show competence in one stroke when swimming	<ul style="list-style-type: none"> - Show an awareness of how the body changes/functions during exercise - Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination) - Use FUNdamentals of movement to employ simple tactics in varied environments 	<ul style="list-style-type: none"> - Show an awareness of how the body changes/functions during exercise - Perform and repeat sequences of movements - Competent in the FUNdamentals of movement (Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination)

PE overview

			- Swim 25m unaided, proficient in a stroke		
Essential Vocabulary	Striking Fielding Rolling Throwing Stopping Aiming Target	Balance Routine Extension (pointed toes) Travelling Appartus	Jog, Sprint, Jump, Hop, Weight on Hands, Balance & Coordination. Stretch. Healthy/Unhealthy	Sprint Long distance Olympic start Hurdling Standing long jump Relays Shot put/javelin Triple jump	Heart Rate Pulse Meditation Fitness test Muscular endurance Co-ordination Cardio-vascular endurance Muscles: Deltoids Quadriceps Abdominals Biceps
Essential Experiences		Share a performance.	Talk from an Althete	Sporting Influence	Sports Day
Influential Figures	Jenny Wallwork	Fred Astaire	Fran Kirby (football, resilience)	Brownlee Brothers Kadeena Cox	Joe Wicks

Year 3/4 – Cycle A

	Autumn		Spring		Summer	
	Tag-Rugby	Handball	Dance and Multi-Skills	Health Related Exercise <i>Y4 Swimming</i>	Athletics (2 lessons Paralympics)	Cricket and Orienteering
Prior Learning	Y1 and 2 multi skills.	Y1 and 2 multi skills.	Y1 and 2 multi skills and dance subjects.	Y1 and 2 health related exercise skills <i>Y2 swimming skills.</i>	Y1 and 2 athletics.	Y1 and 2 striking and fielding skills and multi skills.
Essential Knowledge	- Select and utilise appropriate tactics and techniques to cause problems for opponents.	- Select and utilise appropriate tactics and techniques to cause problems for opponents.		- Demonstrates a developed understanding of how the body changes/functions during exercise.	- Demonstrates an understanding of how the body changes/functions during exercise. - Select and utilise appropriate tactics and techniques to cause problems for opponents.	- Select and utilise appropriate tactics and techniques to cause problems for opponents.
Essential Skills	- Can adapt throwing technique to ensure success in a variety of activities (distance,	- Displays an understanding of fair play, working well with others and leading a small group.	- Displays an understanding of fair play, working well with others & leading a small group.	Displays an understanding of fair play, working well with others and leading a small group. <i>Swimming</i>	- Demonstrate changes of direction & speed during competition.	Cricket - Displays an understanding of fair play, working well with others and

	accuracy, control).	<ul style="list-style-type: none"> - Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control). 	<p>Dance:</p> <ul style="list-style-type: none"> - Create movements that convey a clear stimulus, refining movements into sequences. - Plan, perform & repeat sequences of movements, experimenting travelling and complex movements. <p>Multi-Skills</p> <ul style="list-style-type: none"> - Select and utilise appropriate tactics and techniques to cause problems for opponents - Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control) 	<p>Swim 25-50m unaided, demonstrates proficiency in a range of strokes.</p>	<ul style="list-style-type: none"> - Competent in FUNdamentals of movement 	<p>leading a small group.</p> <ul style="list-style-type: none"> - Can adapt throwing technique to ensure success in a variety of activities (distance, accuracy, control). <p>Orienteering</p> <ul style="list-style-type: none"> - Plan, perform and repeat sequences of movements in a group. - Use FUNdamentals of movement to employ simple tactics in competitive environments. - Displays an understanding of fair play, respect
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PE overview

						and working well with others.
Essential Vocabulary	Rugby Try line Try Defenders Attackers Tag Lateral passing	Positions in handball Defenders Attackers Shooting	Balance Routine Extension (pointed toes) Travelling Appartus Sprint, Jump, Hop, Weight on Hands, Balance & Coordination. Stretch. Healthy/Unhealthy	Heart Rate Pulse Meditation Fitness test Muscular endurance Co-ordination Cardio-vascular endurance Muscles: Deltoids Quadriceps Abdominals Biceps	Athletics Paralympics Sprint Long distance Olympic start Hurdling Standing long jump Relays Shot put/javelin Triple jump	Long barrier Short barrier Stumps Long distance throwing Over-arm Under-arm Bowling
Essential Experiences		Sporting Influence	Talk from an Althete	Swimming		Sports Day
Influential Figures	Rob Burrow	Niklas Landin Jacobsen	Jojo Siwa	Adriene Mishler (Yoga with Adrienne)	Tom Daley Trischa Zorn-Hudson	Andrew Flintoff Simone Niggli-Luder

Year 3/4 – Cycle A

	Autumn		Spring		Summer	
	Multi-Skills	Gymnastics and Health Related Exercise	Hockey and Golf	Tennis Y4 Swimming	Rounders	Netball
Prior Learning	Y1/2 and cycle A mutli skills.	Y1/2 and cycle A health related exerisce. Y1/2 gymnastics.	Y1/2 Strikinig and fielding.	Y1/2 Strikinig and fielding. Y2 swimming.	Y1/2 Strikinig and fielding.	Y1/2 and cycle A mutli skills.
Essential Knowledge		HRE - Demonstrates a clear understanding of how the body changes/functions during exercise.				
Essential Skills	- Throw and catch displaying with accuracy, in isolation and varied environments	- Demonstrate changes of direction, speed & level in competitive environments or	- Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump,	- Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on	- Throw and catch displaying with accuracy, in isolation and varied environments.	- Display an understanding of fair play, working well with others.

	<ul style="list-style-type: none"> - Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination). - Use FUNdamentals of movement to employ simple tactics in competitive environments). 	<ul style="list-style-type: none"> during performances - Moves in a fluent and expressive manner - Plan, perform and repeat sequences of movements in a group. <p>HRE</p> <ul style="list-style-type: none"> - Plan, perform and repeat sequences of movements in a group. - Competent in the FUNdamentals of movement (Jog, Sprint, Hop, Weight on Hands, Jump, Balance & Coordination) 	<ul style="list-style-type: none"> Balance & Coordination - Use FUNdamentals of movement to employ simple tactics in competitive environments - Displays an understanding of fair play, respect and working well with others. 	<ul style="list-style-type: none"> Hands, Jump, Balance & Coordination - Use FUNdamentals of movement to employ simple tactics in competitive environments - Displays an understanding of fair play, respect and working well with others. <p>Swimming Swim 25-50m unaided, demonstrates proficiency in a range of strokes.</p>	<ul style="list-style-type: none"> - Use FUNdamentals of movement to employ simple tactics in competitive environments. - Displays an understanding of fair play, respect and working well with others. 	<ul style="list-style-type: none"> - Field, defend & attack tactically. - Utilise new skills in competitive situations, as a team.
Essential Vocabulary	Sprint, Jump, Hop, Weight on Hands, Balance & Coordination and agility. Stretch. Healthy/Unhealthy	Balance Routine Extension (pointed toes) Travelling Appartus Extension Cannon	Field hockey Dribble Slalom Hockey stick Golf club Holes Chipping	Racket Ready postiton Forehand Backhand	Long barrier Short barrier Fielding Rounder Half a rounder Rounder's rules Bowler Backstop	Netball positions Footwork Zones Defensive Middle Attacking Chest pass Bounce pass

PE overview

		Unison	Putting		Base	Overhead pass
Essential Experiences		Residential Trip	Talk from an athlete	Swimming		Sports Day
Influential Figures	Jessica Ennis Hill Charlotte Worthington	Simone Biles	Ian Poulter	Serena Williams	England rounders team	Tracey Neville

Year 5/6 – Cycle A

	Autumn		Spring		Summer	
	Tennis and Badminton	Multi Skills and Basketball	Gymnastics and Golf	Health Related Exercise and Handball	Cricket Y6 Swimming	Athletics and Orienteering
Prior Learning	Y1/2 Striking and fielding. Y3/4 Tennis and multi skills.	Y1-4 multi-skills.	Y1-4 gymnastics. Y1/2 striking and fielding and Y3/4 golf.	Y1-4 HRE skills. Y3/4 handball and multi skills	Y1/2 Stiking and fielding. Y2/4 swimming lessons.	Y1-4 Athletics Y3/4 orientiering
Essential Knowledge	Game Rules	Rules basketball	Rules Golf	Rules handball	Rules cricket	Rules of sports
Essential Skills	Tennis <ul style="list-style-type: none"> - Uses knowledge of the relationship between the body and exercise to improve various fitness components. - Field, defend and attack tactically by anticipating the direction of play. 	Multi Skills <ul style="list-style-type: none"> - Display an understanding of fair play, working well with others and leading a medium sized group - Field, defend and attack tactically by anticipating the direction of play. - Utilise new skills in competitive 	Gymnastics <ul style="list-style-type: none"> - Uses knowledge of the body & exercise to improve various fitness components. - Create complex & well executed sequences containing a variety of gymnastic components. 	<ul style="list-style-type: none"> - Uses knowledge of the relationship between the body and exercise to improve various fitness components. - Utilise knowledge of technique to perform at an optimum level in different types of 	<ul style="list-style-type: none"> - Display an understanding of fair play, working well with others and leading a medium sized group. - Field, defend and attack tactically by anticipating the direction of play. - Utilise new skills in competitive situations, as an 	Athletics <ul style="list-style-type: none"> - Uses knowledge of the relationship between the body and exercise to improve various fitness components - Utilise new skills in competitive situations, as an individual or part of a team

	<ul style="list-style-type: none"> - Utilise new skills in competitive situations, as an individual or part of a team <p>Badminton</p> <ul style="list-style-type: none"> - Uses knowledge of the relationship between the body and exercise to improve various fitness components - Field, defend and attack tactically by anticipating the direction of play - Utilise new skills in competitive situations, as an individual or part of a team). 	<p>situations, as an individual or part of a team)</p> <p>Basketball</p> <ul style="list-style-type: none"> - Select & utilise appropriate tactics & techniques. - Displays an understanding of fair play, working well with others. <p>Can adapt throwing technique to ensure success in a variety of activities.</p>	<ul style="list-style-type: none"> - Displays understanding of fair play, working well with others & leading a medium sized group. <p>Golf</p> <ul style="list-style-type: none"> - Uses knowledge of the relationship between the body and exercise to improve various fitness components. - Display an understanding of fair play, working well with others and leading a medium sized group. - Utilise new skills in competitive situations, as an individual or part of a team. 	<p>throw, jump and run.</p> <p>Handball</p> <ul style="list-style-type: none"> - Display an understanding of fair play, working well with others and leading a medium sized group. - Field, defend and attack tactically by anticipating the direction of play. - Utilise new skills in competitive situations, as an individual or part of a team). 	<p>individual or part of a team.</p> <p>Swimming</p> <ul style="list-style-type: none"> - Swim 100m fluently with controlled strokes (breast stroke, front and back.) 	<ul style="list-style-type: none"> - Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run. <p>Orienteering</p> <ul style="list-style-type: none"> - Display an understanding of fair play, working well with others and leading a medium sized group. - Utilise new skills in competitive situations, as an individual or part of a team
Essential Vocabulary	<p>Racket</p> <p>Ready position</p> <p>Forehand</p>	<p>Dribble</p> <p>Lay up</p> <p>Double dribble</p>	<p>Patch balance</p> <p>Apparatus</p> <p>Mirror</p>	<p>Pasing</p> <p>Shooting</p> <p>Positions</p>	<p>Long barrier</p> <p>Short barrier</p> <p>Stumps</p>	<p>Compass</p> <p>Tumbing the map</p> <p>Middle distance run</p>

PE overview

	Backhand Serve Shuttlecock	Travelling Ready position Defensive stance Javelin pass	Cannon Unison Birdy Eagle Boogey Par	Energy balance Muscle hypertrophy Antagonistic pairs	Long distance throwing Over-arm Under-arm Bowling LBW	Relay change over Triple jump
Essential Experiences	Outdoor activitie centre (Marrick)		Talk from an athlete		Swimming Sports Day	
Influential Figures	Djovoick and Lebron James		Louis Smith and team GB handball		Katarina Johnson-Thompson	

Year 5/6 – Cycle B

	Autumn		Spring		Summer	
	Multi-Skills	Dance and Types of training	Netball and Handball	Hockey and Tag Rugby	Health Related Exercise Y6 Swimming	Invictus (Paralympics) and Rounders
Prior Learning	Y1-4 multi skills.	Y1-4 dance. Y1-4 HRE and multi skills.	Y3/4 netball and handball. Y1-4 mutli skills.	Y1-4 mutli skills Y3/4 Hockey and tag rugby.	Y1-4 HRE Y2 and 4 Swimming lessons.	Y1-4 athletics and multi skills Y3/4 rounders
Essential Knowledge			Rules of sports	Rules of sports		Rules of sports
Essential Skills	<ul style="list-style-type: none"> - Display an understanding of fair play, working well with others and leading a medium sized group. - Field, defend and attack tactically by anticipating the direction of play. - Utilise new skills in competitive situations, as an 	Dance <ul style="list-style-type: none"> - Compose creative & imaginative dance sequences with a clear stimulus, performing expressively and precisely - Display an understanding of fair play, working well with others & leading a 	Netball <ul style="list-style-type: none"> - Display an understanding of fair play, working well with others and leading a medium sized group - Field, defend and attack tactically by anticipating the direction of play - Utilise new skills in competitive 	Hockey <ul style="list-style-type: none"> - Display an understanding of fair play, working well with others and leading a medium sized group - Field, defend and attack tactically by anticipating the direction of play - Utilise new skills in competitive 	<ul style="list-style-type: none"> - Uses knowledge of the relationship between the body and exercise to improve various fitness components - Utilise knowledge of technique to perform at an optimum level in different types of 	<ul style="list-style-type: none"> - Display an understanding of fair play, working well with others and leading a medium sized group - Utilise new skills in competitive situations, as an individual or part of a team Rounders

	individual or part of a team	<p>medium sized group</p> <ul style="list-style-type: none"> - Utilise new skills in competitive situations, individually or part of a team <p>Types of training</p> <ul style="list-style-type: none"> - Uses knowledge of the relationship between the body and exercise to improve various fitness components - Utilise new skills in competitive situations, as an individual or part of a team - Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run. 	<p>situations, as an individual or part of a team</p> <p>Handball</p> <ul style="list-style-type: none"> - Display an understanding of fair play, working well with others and leading a medium sized group - Field, defend and attack tactically by anticipating the direction of play - Utilise new skills in competitive situations, as an individual or part of a team 	<p>situations, as an individual or part of a team.</p> <p>Tag Rugby</p> <ul style="list-style-type: none"> - Display an understanding of fair play, working well with others & leading a medium sized group - Field, defend & attack tactically by anticipating the direction of play - Utilise new skills in competitive situations, as an individual or part of a team 	<p>throw, jump and run</p> <p>Swimming</p> <ul style="list-style-type: none"> - Swim 100m fluently with controlled strokes (breast stroke, front and back.) 	<ul style="list-style-type: none"> - Display an understanding of fair play, working well with others and leading a medium sized group - Field, defend and attack tactically by anticipating the direction of play - Utilise new skills in competitive situations, as an individual or part of a team
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PE overview

Essential Vocabulary	Sprint, Jump, Hop, Weight on Hands, Balance & Coordination and agility. Stretch.	Dance stimulus Gesture Travel	High press Low block	Lateral passing Miss pass Loop Decoy runs Push passing	Energy balance Antagonistic pairs Hypertrophy	Goal ball Long barrier Short barrier Fielding Rounder Half a rounder Rounder's rules Bowler Backstop Base
Essential Experiences	Outdoor activity centre (Marrick)		Meet an athlete		Swimming	Sports Day
Influential Figures	Gene Kelley		Rob Burrow		Amy Conroy	