



Milton Mount Primary School

PE Planning Summary Document

EYFS, Key Stage 1 & Key Stage 2

Planning Summary Document P.E.

EYFS

EYFS Autumn 1	
Sports taught	Fundamentals
Knowledge	Fundamentals: Be confident to try new challenges, deciding on the skills I use to complete the task, negotiate space safely with consideration for themselves and others. follow instructions involving several ideas or actions, play co-operatively, take turns and congratulate others, play games honestly with consideration of the rules, show an understanding of their own feelings and regulate their behaviour.
Skills (Movement skills)	Fundamentals: Use movement skills with developing balance and co-ordination when playing games.
Vocabulary	Fundamentals: balance, bend, crawl, fast, hop, jump, land, rules, run, safely, slide, slow, stop
EYFS Autumn 2	
Sports taught	Fundamentals
Knowledge	Fundamentals: Be confident to try new challenges, deciding on the skills I use to complete the task, negotiate space safely with consideration for themselves and others. follow instructions involving several ideas or actions, play co-operatively, take turns and congratulate others, play games honestly with consideration of the rules, show an understanding of their own feelings and regulate their behaviour.
Skills (Movement skills)	Fundamentals: Use movement skills with developing balance and co-ordination when playing games.
Vocabulary	Fundamentals: balance, bend, crawl, fast, hop, jump, land, rules, run, safely, slide, slow, stop
EYFS Spring 1	
Sports taught	Ball skills and Dance
Knowledge	Ball skills: Make independent choices, negotiate space safely with consideration for themselves and others, persevere when trying new challenges, play ball games with consideration of the rules, play co-operatively and take turns with others, follow instructions involving several ideas or actions. Dance: Begin to count to music, begin to use dynamics and expression with guidance.
Skills (Movement skills)	Ball skills: Use ball skills with developing competence and accuracy. Dance: Copy basic body actions and rhythms, choose and use travelling actions, shapes, and balances, travel in different pathways using the space around them.
Vocabulary	Ball skills: bounce, points, score, catch, roll, space, dribble, run, target, hit, safely, throw, kick Dance: action, band, count, direction, high, low, move, shake, space, twist
EYFS Spring 2	
Sports taught	Ball skills and Dance
Knowledge	Ball skills: Make independent choices, negotiate space safely with consideration for themselves and others, persevere when trying new challenges, play ball games with consideration of the rules, play co-operatively and take turns with others, follow instructions involving several ideas or actions.

	Dance: Begin to count to music, begin to use dynamics and expression with guidance.
Skills (Movement skills)	Ball skills: Use ball skills with developing competence and accuracy. Dance: Copy basic body actions and rhythms, choose and use travelling actions, shapes, and balances, travel in different pathways using the space around them.
Vocabulary	Ball skills: bounce, points, score, catch, roll, space, dribble, run, target, hit, safely, throw, kick Dance: actions, beat, counts, direction, fast, finish position, high, low, quickly, shape, slowly, start position, travel
EYFS Summer 1	
Sports taught	Games and Gymnastics.
Knowledge	Games: Negotiate space safely with consideration for themselves and others, follow instructions involving several ideas or actions, play co-operatively, take turns and encourage others, play games honestly with consideration of the rules, show an understanding of their own feelings and regulate their behaviour. Gymnastics: Confidence to try new challenges, follow instructions involving several ideas or actions, work co-operatively with others and take turns, negotiate space safely with consideration for themselves and others.
Skills (Movement skills)	Games: Use ball skills with developing competence and accuracy, use movement skills with developing balance and co-ordination. Gymnastics: Confidence to try new challenges, follow instructions involving several ideas or actions, work co-operatively with others and take turns, negotiate space safely with consideration for themselves and others.
Vocabulary	Games: aim, gallop, hit, hop, jump, lose, partner, run, safely, score, stop, tag, target, team, win Gymnastics: around, balance, hold, jump, land, over, rock, roll, still, straight, through, travel
EYFS Summer 2	
Sports taught	Games and Gymnastics.
Knowledge	Games: Negotiate space safely with consideration for themselves and others, follow instructions involving several ideas or actions, play co-operatively, take turns and encourage others, play games honestly with consideration of the rules, show an understanding of their own feelings and regulate their behaviour. Gymnastics: Confidence to try new challenges, follow instructions involving several ideas or actions, work co-operatively with others and take turns, negotiate space safely with consideration for themselves and others.
Skills (Movement skills)	Games: Use ball skills with developing competence and accuracy, use movement skills with developing balance and co-ordination. Gymnastics: Confidence to try new challenges, follow instructions involving several ideas or actions, work co-operatively with others and take turns, negotiate space safely with consideration for themselves and others.
Vocabulary	Games: aim, gallop, hit, hop, jump, lose, partner, run, safely, score, stop, tag, target, team, win Gymnastics: around, balance, hold, jump, land, over, rock, roll, still, straight, through, travel

Year 1

Year 1 Autumn 1	
Sports taught	Fitness and Sending and receiving.
Knowledge	Fitness: Recognise changes in the body when taking part in exercise, talk about what exercise does to the body, recognise how exercise makes them feel, understand why it is important to warm up. Sending and receiving: Recognise changes in the body when they do exercise.
Skills (Movement skills)	Fitness: Share ideas with other people in the class, try their best in the challenges they are set. Sending and receiving: Begin to send and receive a ball with my feet, catch a ball with some success, roll a ball towards a target, throw a ball to a partner, track a ball that is coming towards them, work co-operatively with a partner.
Vocabulary	Fitness: active, exercise, mood, bones, fast, muscles, brain, healthy, quick, breathing, heart, safe, calm, memory, strong Sending and receiving: catch, overarm, score, defender, partner, send, distance, throw, pass, far, ready position, underarm
Year 1 Autumn 2	
Sports taught	Invasion games and Dance.
Knowledge	Invasion games: Recognise space when playing games, use simple rules to play fairly, recognise changes in their body when they do exercise, understand when they are a defender and when they are an attacker. Dance: Begin to use counts.
Skills (Movement skills)	Invasion games: Begin to dribble a ball with hands and feet, change direction to move away from a defender, send and receive a ball with hands and feet, move to stay with another player when defending. Dance: Copy, remember and repeat actions, choose actions for an idea, use changes of direction, speed and levels with guidance, Show some sense of dynamic and expressive qualities.
Vocabulary	Invasion games: attacker, defender, dodge, goal, marking, points, score, space Dance: action, balance, beat, copy, counts, direction, fast, level, pathway, pose, quickly, slow, slowly, timing
Year 1 Spring 1	
Sports taught	Ball skills and Gymnastics.
Knowledge	Ball skills: Begin to understand simple tactics, say when someone was successful. Gymnastics: Recognise changes in their body when I do exercise, say what they liked about someone else's performance.
Skills (Movement skills)	Ball skills: Begin to catch with two hands, begin to dribble a ball with hands and feet, roll and throw with some accuracy towards a target, track a ball that is coming towards them, work co-operatively with a partner. Gymnastics: Confidence to perform in front of others, link simple actions together to create a sequence, be able to make their body tense, relaxed, stretched and curled, remember and repeat actions and shapes, use apparatus safely and wait for their turn.
Vocabulary	Ball skills: catch, control, dribble, ready position, safely, score, space, soft, swing, target, track, underarm Gymnastics: action, balance, control, direction, jump, level, point, roll, shape, speed, squeeze, straight, star, travel
Year 1 Spring 2	
Sports taught	Striking and fielding and Team building.
Knowledge	Striking and fielding: Know how to score points, understand the rules and begin to use these to play honestly and fairly, understand when they are successful. Team building: Understand the rules of the game.

Skills (Movement skills)	Striking and fielding: Catch a beanbag and a medium-sized ball, hit a ball using their hand, roll a ball towards a target, track a ball that is coming towards them. Team building: Communicate simple instructions, follow instructions, follow a path and lead others, listen to others' ideas, suggest ideas to solve tasks, work with a partner and a small group.
Vocabulary	Striking and fielding: batter, batting, bowl, bowler, field, fielding, hit, out, ready position, track, underarm, overarm Team building: challenge, co-operate, instruction, lead, listen, plan, share, talk
Year 1 Summer 1	
Sports taught	Hockey and Target games.
Knowledge	Hockey: Name simple parts of the stick. Follow basic activity rules and safety reminders. Recognise what 'space' means. Target games: Recognise changes in their body when they do exercise, understand what good technique looks like.
Skills (Movement skills)	Hockey: Hold the stick correctly. Push the ball gently in a straight line. Stop a stationary ball. Target games: Use an overarm throw aiming towards a target, throw with some accuracy over increasing distances, use an underarm throw aiming towards a target, work co-operatively with a partner.
Vocabulary	Hockey: stick, ball, push, stop, move, hold, grip, dribble, take turns, space, rules, safety, opponents, start, stop, goal Target games: balance, distance, further, overarm, point, score, swing, throw, underarm
Year 1 Summer 2	
Sports taught	Athletics and Net and wall.
Knowledge	Athletics: Recognise changes in my body when doing exercise. Net and wall: Know how to score points, recognise changes in their body when they do exercise, show honesty and fair play when playing against an opponent.
Skills (Movement skills)	Athletics: Be able to throw towards a target, begin to show balance and co-ordination when changing direction, develop overarm throwing, run at different speeds, work with others and make safe choices, try their best, understand the difference between a jump, a leap and a hop and can choose which allows them to jump the furthest. Net and wall: Hit a ball using a racket, throw a ball to land over the net and into the court area, track balls and other equipment sent to them, use a ready position to move to the ball.
Vocabulary	Athletics: hop, jog, jump, leap, overarm, quickly, safely, target, time, underarm, walk, balance, bend, control, direction, further Net and wall: net, partner, point, racket, ready position, score, track, underarm

Year 2

Year 2 Autumn 1	
Sports taught	Fitness and Sending and Receiving.
Knowledge	Fitness: Describe how the body feels during exercise. Persevere with new challenges. Show determination to continue working over a longer period of time. Understand that running at a slower speed will allow them to run for a longer period of time. Sending and Receiving: Begin to provide feedback using key words. Work co-operatively with a partner and a small group.
Skills (Movement skills)	Fitness: Show hopping and jumping movements with some balance and control. Work with others to turn a rope and encourage others to jump at the right time. Sending and Receiving: Begin to trap and cushion a ball that is coming towards them. Accurately throw and kick a ball to a partner. Catch a ball passed to them, with and without a bounce. Roll a ball to hit a target. Track a ball and stop it using hands and feet. Work safely to send a ball towards a partner using a piece of equipment.
Vocabulary	Fitness: Bend, jump, steady, breath land, strong, exercise, speed, time, jog, sprint, tired. Sending and Receiving: Catch, distance, receive, target, kick, roll, throw, ready position, send, track
Year 2 Autumn 2	
Sports taught	Invasion games and Dance.
Knowledge	Invasion games: Describe how their body feels during exercise. Know how to score points and remember the score. Dance: Show a character through actions, dynamics and expression.
Skills (Movement skills)	Invasion games: Dodge and find space away from the other team. Move with a ball towards goal. Sometimes dribble a ball with hands and feet. Stay with another player to try and win the ball. Know who is on their team and attempt to send the ball to them. Dance: Copy, remember and repeat a series of actions. Select from a range of actions in relation to a stimulus. Use pathways, levels, shapes, directions, speeds and timing with guidance. Use mirroring and unison when completing actions with a partner. Use counts with help to stay in time with the music.
Vocabulary	Invasion games: attack, defend, defender, goalkeeper, mark, opponent, possession, receive, send Dance: action, counts, create, direction, dynamics, expression, level, matching, mirroring, pathway, perform, speed, timing, unison
Year 2 Spring 1	
Sports taught	Ball skills and Gymnastics.
Sports taught	Ball skills: Begin to provide feedback using key words. Begin to understand and use simple tactics. Work co-operatively with a partner and a small group. Gymnastics: Begin to provide feedback using key words. Take pride in their work and be confident to perform in front of others.
Skills (Movement skills)	Ball skills: Dribble a ball with hands and feet with some control. Roll and throw a ball to hit a target. Send and receive a ball using both kicking and throwing and catching skills. Track a ball and collect it. Gymnastics: Perform the basic gymnastic actions with some control and balance. Plan and repeat simple sequences of actions. Use directions and levels to make their work look interesting. Use shapes when performing other skills. Work safely with others and apparatus.
Vocabulary	Ball skills: kick, prepare, receive, release, roll, target, touch, underarm, bounce, catch, collect, control, dribble Gymnastics: balance, direction, level, link, pathway, pike, roll, sequence, shape, star, speed, straddle, tuck
Year 2 Spring 2	
Sports taught	Striking and fielding and Team building.

Knowledge	Striking and fielding: Begin to provide feedback using key words. Use simple tactics. Know how to score points and remember the score. Understand the rules of the game and use these to play fairly in a small group. Team building: Say when they were successful at solving challenges. Show honesty and play fairly. Understand how to use, follow and create a simple diagram/map.
Skills (Movement skills)	Striking and fielding: Develop underarm and overarm throwing skills. Hit a ball using equipment with some consistency. Track a ball and collect it. Team building: Follow instructions carefully. Share ideas and help to solve tasks. Work co-operatively with a partner and a small group.
Vocabulary	Striking and fielding: backstop, batter, batting, bowler, collect, fielder, fielding, hit, out, rules, runs, stump, tactics, teammate, track Team building: communicate, include, instructions, map, plan, solve, successful, support
Year 2 Summer 1	
Sports taught	Hockey and Target games.
Knowledge	Hockey: Identify simple attacking routes. Follow simple safety and gameplay rules. Describe what attackers and defenders do. Target games: Understand the principles of a target game and use different scoring systems when playing games. Understand what good technique looks like and use key words in the feedback they provide.
Skills (Movement skills)	Hockey: Dribble the ball with increasing control. Pass the ball to a partner over short distances. Receive a slow-moving ball. Target games: Be able to select the appropriate skill for the situation. Throw, roll or strike a ball to a target with some success. Work co-operatively with a partner and a small group.
Vocabulary	Hockey: accuracy, control, dribble, pass, receive, attacker, defender, attack, defend, opposition, space, decision, teamwork Target games: accurate, ahead, aim, opponent, overarm, release, strike, target, teammate, underarm
Year 2 Summer 2	
Sports taught	Athletics and Net and wall.
Knowledge	Athletics: Describe how the body feels during exercise. Identify good technique. Work with others, taking turns and sharing ideas. Try their best. Net and wall: Describe how their body feels during exercise. Use simple tactics to make it difficult for an opponent. Know how to score points and can remember the score. Show good sportsmanship when playing against an opponent.
Skills (Movement skills)	Athletics: Jump and land with control. Use an overarm throw to help throw for distance. Show balance and co-ordination when running at different speeds. Net and wall: Defend space on the court using the ready position. Hit a ball over the net and into the court area. Throw accurately to a partner.
Vocabulary	Athletics: overarm, sprint, take off, target, throw, height, jog, jump, landing, aim, distance, far, fast Net and wall: against, defend, partner, point, quickly, ready position, receive, return, trap

Year 3

Year 3 Autumn 1	
Sports taught	Hockey, Fitness and Swimming.
Knowledge	<p>Hockey: Begin to use simple tactics. Learn the rules of the game and begin to use them honestly. Provide feedback using key words. Understand their role as an attacker and as a defender. Work co-operatively with a group to self-manage games.</p> <p>Fitness: Persevere when a challenge is hard. Understand that there are different areas of fitness.</p> <p>Swimming: Begin to co-ordinate breath in time with basic strokes showing some consistency in timing. Demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes. Confidently co-ordinate a smooth and consistent breathing technique with a range of strokes. Confidently demonstrate good technique in a wider range of strokes over increased distances. Select and apply the appropriate survival technique to the situation.</p>
Skills (Movement skills)	<p>Hockey: Dribble, pass, receive and shoot the ball with some control. Find space away from others and near to the goal. Track an opponent to slow them down.</p> <p>Fitness: Go slower or stop then go again when they get tired. Lean forward to speed up. Take small steps to change direction. Work safely with others. Demonstrate balance when performing other fundamental skills.</p> <p>Swimming: <i>Early skills:</i> Submerge and regain feet in the water. Breathe in sync with an isolated kicking action from poolside. Use arms and legs together to move effectively across a short distance in the water. Glide on front and back over short distances. Float on front and back for short periods of time. Confidently roll from front to back and then regain a standing position. Confidently and consistently retrieve an object from the floor with the same breath.</p> <p><i>Developing Skills:</i> Combine gliding and floating on front and back over an increased distance. Float on front and back using different shapes with increased control. Comfortably demonstrate sculling head first, feet first and treading water. Confidently combine skills to retrieve an object from greater depth. Combine gliding and transitioning into an appropriate stroke with good control. Confidently link a variety of floating actions together demonstrating good technique and control.</p>
Vocabulary	<p>Hockey: accurate, attack, attacker, control, decision, defender, defend, dribble, intercept, invasion, opposition, possession, receiver, tactics, teamwork, tournament</p> <p>Fitness: agility, balance, co-ordination, control, muscle, progress, speed, stamina, strength, technique</p> <p>Swimming: Submerge, regain feet, stand, breathe, breathing technique, synchronise, co-ordinate, retrieve, glide, float, roll, transition, link, kicking action, arm action, leg action, body position, stroke, basic strokes, technique, control, smooth movement, consistent movement, effective movement, sculling, treading water, range of strokes, appropriate stroke, survival technique, depth, front, back, short distance, increased distance, short period, increased control.</p>
Year 3 Autumn 2	
Sports taught	Netball and Dance.
Knowledge	<p>Netball: Begin to use simple tactics. Learn the rules of the game and begin to use them honestly. Provide feedback using key words. Understand the role of an attacker and a defender. Work cooperatively with a group to self-manage games.</p> <p>Dance: Create short dance phrases that communicate an idea. Match dynamic and expressive qualities to a range of ideas.</p>

Skills (Movement skills)	Netball: Pass, receive and shoot the ball with some control. Defend an opponent and try to win the ball. Communicate with a team and move into space to support them. Dance: Copy, remember and perform a dance phrase. Use canon, unison and formation to represent an idea. Use counts to keep in time with a partner and group.
Vocabulary	Netball: attack, control, court, defend, intercept, invasion, opposition, possession, receive, technique, teammate, tournament, umpire Dance: action, canon, create, dynamics, explore, expression, extend, feedback, formation, interact, pathway, perform, pose, timing, unison
Year 3 Spring 1	
Sports taught	Basketball and Gymnastics.
Knowledge	Basketball: Begin to use simple tactics. Learn the rules of the game and begin to use them honestly. Provide feedback using key words. Understand the role of an attacker and a defender. Work co-operatively with a group to self-manage games. Gymnastics: Provide feedback using key words. With help, recognise how performances could be improved.
Skills (Movement skills)	Basketball: Dribble, pass, receive and shoot the ball with some control. Find space away from others and near to their goal. Track an opponent to slow them down. Gymnastics: Adapt sequences to suit different types of apparatus. Choose actions that flow well into one another. Complete actions with increasing balance and control. Use matching and contrasting actions in a partner sequence. Use a greater number of my own ideas for movements in response to a task.
Vocabulary	Basketball: accurate, attack, communicate, control, intercept, invasion, opponent, possession, referee, shoot, tactic, teammate, teamwork, tournament Gymnastics: body tension, contrast, control, direction, direction, extend, flow, landing position, match, matching, patch, point, take off
Year 3 Spring 2	
Sports taught	Tag rugby and Handball.
Knowledge	Tag rugby: Learn the rules of the game and begin to use them to play honestly. Provide feedback using key words. Understand their role as an attacker and as a defender. Work cooperatively with a group to self-manage games. Handball: Learn the rules of the game and begin to use them honestly. Provide feedback using key words. Understand the role of both a defender and an attacker. Work co-operatively with a group to self-manage games.
Skills (Movement skills)	Tag rugby: Move with a ball towards goal with increasing control. Pass and receive the ball with some control. Defend an opponent and attempt to tag them. Communicate with their team and move into space to help them. Handball: Throw, catch and shoot the ball with some control. Defend an opponent to slow them down. Find space away from others and near to the goal.
Vocabulary	Tag rugby: attack, communicate, control, defend, dodge, opposition, pitch, receiver, tactics, teamwork, technique, tournament Handball: accurate, communicate, direction, intercept, invasion, opposition, possession, space, speed, tactics, teamwork, tournament
Year 3 Summer 1	
Sports taught	Rounders and OAA.
Knowledge	Rounders: Develop an understanding of tactics and begin to use them in game situations. Learn the rules of the game and begin to use them. Provide feedback using key words. Work co-operatively with a group to self-manage games. OAA: Listen to and accept others' ideas. Reflect on when and why they were successful at solving challenges and begin to understand why.
Skills (Movement skills)	Rounders: Be able to bowl a ball towards a target. Begin to strike a bowled ball. Use overarm and underarm throwing and catching skills.

	OAA: Develop map reading skills. Follow and give instructions. Work collaboratively with a partner and a small group. Plan and attempt to apply strategies to solve problems.
Vocabulary	Rounders: accuracy, bowler, caught out, collect, no ball, score, short barrier, strike, stump, stumped out, tactics, tournament, umpire OAA: communication, compass, course, discuss, honest, interrupt, map, route, support, symbol, tactics, teamwork, trust
Year 3 Summer 2	
Sports taught	Athletics and Tennis.
Knowledge	Athletics: Identify when they were successful. Work with a partner and in a small group, sharing ideas. Show determination to achieve a personal best. Tennis: Learn the rules of the game and begin to use them to play fairly. Provide feedback using key words. Understand the aim of a game. Understand the benefits of exercise.
Skills (Movement skills)	Athletics: Develop jumping for distance. Take part in a relay activity, remembering when to run and what to do. Throw a variety of objects, changing action for accuracy and distance. Use different take off and landings when jumping. Use key points to help improve sprinting technique. Tennis: Return a ball to a partner. Use basic racket skills. Work cooperatively with a group to self-manage games.
Vocabulary	Athletics: accuracy, baton, control, event, further, personal best, power, relay, speed, strength technique Tennis: backhand, competition, control, court, face, feeder, forehand, opponent, opposition, rally, react, return, tactics, track

Year 4

Year 4 Autumn 1	
Sports taught	Hockey and Fitness.
Knowledge	<p>Hockey: Provide feedback using key terminology and understand what is needed to improve. Understand the rules of the game and use them often and honestly.</p> <p>Fitness: Collect and record scores and identify areas to improve. Understand there are different areas of fitness and that each area challenges the body differently.</p>
Skills (Movement skills)	<p>Hockey: Delay an opponent and help to prevent the other team from scoring. Dribble, pass, receive and shoot the ball with increasing control. Move to space to help their team to keep possession and score goals. Use simple tactics to help their team score or gain possession. Share ideas and work with others to manage a game.</p> <p>Fitness: Use key points to help improve sprinting technique. Show balance when changing direction at speed. Show control when completing activities to improve balance. Show determination to continue working over a period of time. Share ideas and work with others to manage activities.</p>
Vocabulary	<p>Hockey: accelerate, control, cushion, decision, delay, gain, invasion, opposition, option, possession, receive, referee, tackle, tournament</p> <p>Fitness: accelerate, agility, balance, co-ordination, control, decelerate, direction, dynamic, muscle, progress, react, record, speed, stamina, static, strength, technique</p>
Year 4 Autumn 2	
Sports taught	Netball and Dance.
Knowledge	<p>Netball: Explain what happens to the body during exercise and how this helps make someone healthy. Provide feedback using key terminology and understand what is needed to improve. Understand the rules of the game and use them often and honestly.</p> <p>Dance: Choreograph considering structure individually, with a partner and in a group. Change dynamics to express changes in character or narrative.</p>
Skills (Movement skills)	<p>Netball: Defend one on one and know when to win the ball. Move to space to help a team to keep possession and score goals. Pass, receive and shoot the ball with increasing control. Use simple tactics to help a team score or gain possession. Share ideas and work with others to manage a game.</p> <p>Dance: Copy, remember and adapt set choreography. Use counts when choreographing short phrases. Use action and reaction to represent an idea.</p>
Vocabulary	<p>Netball: accelerate, accurate, contact, decision, delay, deny, direction, footwork, intercept, invasion, obstruct, option, persevere, pivot, possession, technique, tournament, umpire</p> <p>Dance: action, action and reaction, canon, dynamics, expression, flow, formation, match, mirror, order, performance, phrase, relationship, represent, rhythm, space, structure, timing, unison</p>
Year 4 Spring 1	
Sports taught	Basketball and Gymnastics.
Knowledge	<p>Basketball: Provide feedback using key terminology and understand what is needed to improve. Understand the rules of the game and use them often and honestly.</p> <p>Gymnastics: Explain what happens to the body when they exercise and how this helps to keep them healthy. Provide feedback using appropriate language relating to the lesson. Understand how body tension can improve the control and quality of movements.</p>

Skills (Movement skills)	<p>Basketball: Delay an opponent and help to prevent the other team from scoring. Dribble, pass, receive and shoot the ball with increasing control. Move to space to help a team to keep possession and score goals. Use simple tactics to help a team score or gain possession. Share ideas and work with others to manage a game.</p> <p>Gymnastics: Plan and perform sequences with a partner that include a change of level and shape. Safely perform balances individually and with a partner. Watch, describe and suggest possible improvements to others' performances as well as their own.</p>
Vocabulary	<p>Basketball: accelerate, accurate, decision, delay, deny, gain, option, possession, pressure, protect, receiver, referee, supporting, teamwork, tournament</p> <p>Gymnastics: body tension, bridge, contrast, extend, flow, fluidly, inverted, landing position, match, momentum, perform, rotation, sequence, shoulder stand, stability, wrist grip</p>
Year 4 Spring 2	
Sports taught	Tag rugby and Handball.
Knowledge	<p>Tag rugby: Explain what happens to the body when they exercise and how this helps to make someone healthy. Provide feedback using key terminology and understand what is needed to improve. Understand the rules of the game and use them often and honestly.</p> <p>Handball: Provide feedback using key terminology and understand what is needed to improve. Understand the rules of the game and use them often and honestly.</p>
Skills (Movement skills)	<p>Tag rugby: Delay an opponent and help prevent the other team from scoring. Help their team keep possession and score tries when they play in attack. Pass and receive the ball with increasing control. Use simple tactics to help a team score or gain possession. Share ideas and work with others to manage a game.</p> <p>Handball: Delay an opponent and help to prevent the other team from scoring. Move to space to help their team to keep possession and score goals. Throw, catch and shoot with increasing control. Use simple tactics to help their team gain possession. Self-manage a game with team-mates and officiate a match by applying the basic rules.</p>
Vocabulary	<p>Tag rugby: accelerate, delay, dodge, forward pass, gain, invasion, limit, offside, onside, option, pitch, possession, supporting, tournament, track, try</p> <p>Handball: accelerate, accuracy, decision, delay, deny, gain, intercept, invasion, momentum, opposing, option, referee, supporting, timing, tournament</p>
Year 4 Summer 1	
Sports taught	Rounders and OAA.
Knowledge	<p>Rounders: Learn the rules of the game and begin to use them to play honestly and fairly. Explain what happens to their body when they exercise and how this helps to make someone healthy. Provide feedback using key terminology and understand what is needed to improve.</p> <p>OAA: Identify key symbols on a map and use a key to help navigate around a grid. Reflect on when and why they were successful at solving challenges.</p>
Skills (Movement skills)	<p>Rounders: Be able to bowl a ball with some accuracy and consistency. Strike a bowled ball with adapted equipment (e.g., a tennis racket). Use overarm and underarm throwing and catching skills with increasing accuracy. Communicate with my teammates to apply simple tactics. Share ideas and work with others to manage our game.</p> <p>OAA: Accurately follow and give instructions. Confidently communicate ideas and listen to others. Plan and apply strategies to solve problems. Work collaboratively and effectively with a partner and a small group.</p>
Vocabulary	Rounders: accuracy, batter, compete, cushion, decision, limit, no ball, pressure, retrieve, short barrier, strike, stumped out, tactics, technique, tournament, two-handed pick up, umpire

	OAA: collaborate, communicate, effectively, instructions, key, leader, navigate, orientate, reflect, role, solve, symbol, teamwork
Year 4 Summer 2	
Sports taught	Athletics and Tennis.
Knowledge	<p>Athletics: Explain what happens in the body during a warm up. Identify success and what is needed to improve.</p> <p>Tennis: Explain what happens to the body when they exercise and how this helps to make someone healthy. Understand the rules of the game and use them often and honestly.</p>
Skills (Movement skills)	<p>Athletics: Demonstrate the difference in sprinting and jogging techniques. Jump for distance with balance and control. Throw with some accuracy and power to a target area. Show determination to improve a personal best. Support and encourage others to work to their best.</p> <p>Tennis: Communicate with teammates to apply simple tactics. Provide feedback using key terminology and understand what is needed to improve. Return to the ready position to defend their own court. Sometimes play a continuous game. Use a range of basic racket skills. Share ideas and work with others to manage a game.</p>
Vocabulary	<p>Athletics: accuracy, distance, heave, launch, measure, official, officiate, pace, power, record, speed, stamina, stride, technique, transfer of weight</p> <p>Tennis: alternate, co-operative, compete, contact, continuous, control, court, deny, extend, rally, receiver, reflect, swing, tactic</p>

Year 5

Year 5 Autumn 1	
Sports taught	Hockey and Fitness.
Knowledge	<p>Hockey: Identify when they were successful and what is needed to improve. Know what position they are playing in and how to contribute when attacking and defending. Understand the need for tactics and identify when to use them in different situations. Understand the rules of the game and use them most of the time to play fairly and honestly. Understand there are different skills for different situations and begin to apply them.</p> <p>Fitness: Analyse their own performance in relation to the fitness component being used. Understand the different components of fitness and how they help in other activities. Understand what their own maximum effort looks and feels like and be determined to achieve it.</p>
Skills (Movement skills)	<p>Hockey: Communicate with their team and move into space to keep possession and score. Dribble, pass, receive, and shoot the ball with some control under pressure. Use tracking, tackling, and intercepting when playing in defence.</p> <p>Fitness: Work with others to manage activities. Demonstrate good balance and control when performing other fundamental skills. Show accuracy and power when throwing for distance.</p>
Vocabulary	<p>Hockey: ball carrier, barrier, close down, create, maintain, possession, pressure, situation, sporting behaviour, support, tactics, transition, umpire</p> <p>Fitness: agility, consistent, drive, dynamic, motivate, persevere, power, react, rhythm, stable, stamina, static, strength</p>
Year 5 Autumn 2	
Sports taught	Netball and Dance.
Knowledge	<p>Netball: Identify when they were successful and what is needed to improve. Know what position they are playing in and how to contribute when attacking and defending. Understand the need for tactics and identify when to use them in different situations. Understand the rules of the game and apply them honestly most of the time. Understand there are different skills for different situations and begin to apply them.</p> <p>Dance: Understand how different strategies, positions, and movements affect performance in games and dance, and explain why they are effective. Describe how physical activity impacts the body, including the effects of exercise on health, fitness, and performance.</p>
Skills (Movement skills)	<p>Netball: Communicate with a team and move into space to keep possession and score. Pass, receive, and shoot the ball with some control under pressure. Stay with an opponent and be confident to attempt to intercept.</p> <p>Dance: Accurately copy and repeat set choreography in different styles of dance showing a good sense of timing. Choreograph phrases individually and with others considering actions, dynamics, space, and relationships in response to stimulus. Confidently perform choosing appropriate dynamics to represent an idea. Use counts accurately when choreographing to perform in time with others and the music.</p>
Vocabulary	<p>Netball: accelerate, angle, create, drive, intercept, maintain, opposition, pressure, receiver, rebound, situation, sportsmanship, stance, support, technique, tournament</p> <p>Dance: actions, canon, choreography, collaborate, dynamics, formation, genre, motif, pathway, performance, phrase, posture, quality, relationship, space, structure, timing, transition, unison</p>
Year 5 Spring 1	
Sports taught	Basketball and Gymnastics.

Knowledge	<p>Basketball: Identify when they were successful and what they need to do to improve. Understand the need for tactics and identify when to use them in different situations. Understand the rules of the game and apply them honestly most of the time. Understand there are different skills for different situations and begin to apply them.</p> <p>Gymnastics: Say how canon, synchronisation, matching, and mirroring affect the performance. Use set criteria to make simple judgments about performances and suggest ways they could be improved.</p>
Skills (Movement skills)	<p>Basketball: Communicate with their team and move into space to keep possession and score. Dribble, pass, receive, and shoot the ball with some control under pressure. Use tracking and intercepting when playing in defence.</p> <p>Gymnastics: Create and perform sequences using apparatus, individually and with a partner. Lead a partner through short warm-up routines. Use canon and synchronisation, and matching and mirroring when performing with a partner and a group. Use feedback provided to improve their work. Use strength and flexibility to improve the quality of a performance. Work safely when learning a new skill to keep themselves and others safe.</p>
Vocabulary	<p>Basketball: ball carrier, close down, communicate, decision, delay, deny, drive, maintain, rebound, receiver, situation, sportsmanship, tactics, technique, tournament</p> <p>Gymnastics: asymmetrical, canon, cartwheel, decide, extension, identify, inverted, matching, mirroring, momentum, observe, pathways, performance, quality, stable, symmetrical, synchronisation, transition</p>

Year 5 Spring 2

Sports taught	Tag rugby and Handball.
Knowledge	<p>Tag rugby: Identify when they were successful and what is needed to improve. Know what position they are playing in and how to contribute when attacking and defending. Understand the need for tactics and identify when to use them in different situations. Understand the rules of the game and apply them honestly most of the time. Understand there are different skills for different situations and begin to apply them.</p> <p>Handball: Understand the need for tactics and identify when to use them in different situations. Understand the rules and can apply them honestly most of the time, including when refereeing.</p>
Skills (Movement skills)	<p>Tag rugby: Communicate with their team and move into space to keep possession and score. Pass and receive the ball with some control under pressure. Tag opponents and close down space.</p> <p>Handball: Lead others and contribute ideas to group work. Use feedback provided to improve. Apply defensive skills individually and as a team to gain possession, deny space, and stop goals. Dribble, pass, receive, and shoot the ball with some control under pressure. Communicate with their team and move into space to help maintain possession.</p>
Vocabulary	<p>Tag rugby: ball carrier, close down, communicate, create, invasion, offside, possession, situation, sportsmanship, support</p> <p>Handball: angle, ball carrier, close down, create, delay, deny, dominant, drive, maintain, possession, pressure, referee, situation, sporting behaviour, support, tactics</p>

Year 5 Summer 1

Sports taught	Rounders and OAA.
Knowledge	<p>Rounders: Identify when they were successful and what is needed to improve. Understand the need for tactics and identify when to use them in different situations. Understand the rules of the game and apply them honestly most of the time. Understand there are different skills for different situations and begin to use them.</p> <p>OAA: Reflect on success in solving challenges and alter methods in order to improve. Use critical thinking to approach a task.</p>

Skills (Movement skills)	Rounders: Begin to strike a ball with a rounders bat. Develop a wider range of fielding skills and begin to use these under some pressure. Work co-operatively with others to manage the game. OAA: Be inclusive of others and can share job roles. Navigate around a course using a map. Orientate a map confidently. Work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.
Vocabulary	Rounders: backing up, close catch, compete, decision, deep catch, limit, long barrier, no ball, retrieve, short barrier, situation, stance, tactic, tournament OAA: cardinal points, compromise, concise, critical thinking, landmark, navigation, negotiate, orientate, solve, strategy, verbal, visual
Year 5 Summer 2	
Sports taught	Athletics and Tennis.
Knowledge	Athletics: Identify good athletic performance and explain why it is good. Tennis: Identify how different activities can benefit physical health. Understand the need for tactics and identify when to use them in different situations. Understand the rules of the game and apply them honestly most of the time. Understand that there are different skills for different situations.
Skills (Movement skills)	Athletics: Choose the best pace for a running event. Perform a range of jumps showing some technique. Show control at take-off and landing in jumping activities. Take on the role of coach, official, and timer when working in a group. Use feedback to improve sprinting technique. Persevere to achieve a personal best. Show accuracy and power when throwing for distance. Tennis: Develop a wider range of skills and begin to use these under some pressure. Use feedback provided to improve. Work cooperatively with others to manage the game.
Vocabulary	Athletics: approach, changeover, consistent, dominant, drive, event, field, force, javelin, momentum, shot put, stamina, stride, technique, track Tennis: readjust, release, serve, situation, tactic, technique, volley, adjust, baseline, consecutive, continuous, dominant, groundstroke, non-dominant, option, pressure

Year 6

Year 6 Autumn 1	
Sports taught	Hockey and Fitness.
Knowledge	<p>Hockey: Understanding how to create and use space to help their team, knowing how to select the appropriate action for a situation and make decisions quickly, understanding how to use marking, tackling and interception to improve defence, knowing and using the rules of the game consistently to play honestly and fairly, understanding how to work collaboratively to create tactics and evaluate their effectiveness, recognising their own and others' strengths and areas for development, and suggesting ways to improve, understanding how to collaborate so that games run smoothly.</p> <p>Fitness: Know how to create and use space to help their team, understand how to select the appropriate action for a situation and make decisions quickly, understand how to use marking, tackling and interception to improve defence, know and use the rules of the game consistently to play honestly and fairly, know how to create tactics as a team and evaluate how effective they are, recognise their own and others' strengths and areas for development, and suggest ways to improve.</p>
Skills (Movement skills)	<p>Hockey: Create and use space effectively to support the team. Dribble, pass, receive and shoot with increasing control under pressure. Select appropriate actions and make decisions quickly. Mark, tackle and intercept to improve defensive play. Apply rules fairly and consistently during play. Work collaboratively to develop and adjust tactics. Collaborate with others to ensure games run smoothly. Identify and suggest improvements for themselves and others.</p> <p>Fitness: Dribble, pass, receive and shoot the ball with increasing control under pressure. Work collaboratively to create tactics with teammates. Work in collaboration with others so that games run smoothly.</p>
Vocabulary	<p>Hockey: abide, appropriate, barrier, close down, create, cushion, draw, pressure, situation, sportsmanship, stance, support, tactics, transition, turnover</p> <p>Fitness: abdominals, agility, analyse, calves, co-ordination, consistent, drive, engage, measure, motivate, persevere, power, quadriceps, record, rhythm, stable</p>
Year 6 Autumn 2	
Sports taught	Netball and Dance.
Knowledge	<p>Netball: Understand how to create and use space to help a team. Understand the rules of the game and use them consistently to play honestly and fairly. Know how to select the appropriate action in different situations and make decisions quickly. Understand how marking and interception contribute to effective defence. Understand how to work collaboratively to create tactics and how to evaluate their effectiveness. Know how to recognise strengths and areas for development in themselves and others, and how to suggest ways to improve.</p> <p>Dance: Understanding how to use counts when choreographing and performing to improve the quality of work. Knowing how to structure dance phrases using actions, space, relationships and dynamics in relation to a theme. Understanding how different dynamics (speed, energy, flow) affect the quality and impact of performance.</p>
Skills (Movement skills)	<p>Netball: Pass, receive and shoot the ball with increasing control under pressure. Create and use space effectively during play. Use marking and interception skills to improve defensive play. Work collaboratively with a team to create and adapt tactics. Work with others so that games run smoothly. Identify strengths and areas for development, giving constructive feedback to themselves and teammates.</p> <p>Dance: Perform dances confidently and fluently with accuracy and good timing. Work creatively and imaginatively alone, with a partner and in groups to choreograph longer phrases. Improvise and combine dynamics to enhance performance. Apply choreographic devices, using actions, space, relationships and dynamics effectively when creating dance.</p>

Vocabulary	<p>Netball: abide, angle, assess, ball carrier, ball side, close down, contest, definite, dominant, draw, drive, extend, maintain, possession, rebound, umpire</p> <p>Dance: action, aesthetic, choreography, dynamics, express, formation, freeze frame, inspiration, mood, motif, phrase, pose, refine, rehearse, stimulus, structure, style, transition</p>
Year 6 Spring 1	
Sports taught	Basketball and Gymnastics.
Knowledge	<p>Basketball: Understand when to use different styles of defence in game situations. Understand and use the rules of the game honestly and consistently. Recognise their own and others' strengths and areas for development and suggest ways to improve. Know how to work collaboratively so that games run smoothly.</p> <p>Gymnastics: Understand how to work safely when learning a new skill. Understand what counter balance and counter tension are and know examples that can be shown with a partner. Know and use appropriate language to evaluate and refine their own and others' work. Understand how compositional devices can improve the quality of a sequence.</p>
Skills (Movement skills)	<p>Basketball: Create and use space to help a team. Dribble, pass, receive and shoot the ball with increasing control under pressure. Select appropriate actions for the situation and make decisions quickly. Work collaboratively to create tactics with a team and evaluate their effectiveness. Communicate and cooperate effectively so the game flows smoothly.</p> <p>Gymnastics: Perform gymnastic actions, shapes and balances with control and fluency. Create and perform sequences using compositional devices to improve the quality. Lead a small group through a short warm-up routine. Work collaboratively with others to create a sequence.</p>
Vocabulary	<p>Basketball: abide, angle, ball carrier, ball side, barrier, create, dominant, draw, maintain, rebound, sportsmanship, support, tactics, transition, turnover</p> <p>Gymnastics: aesthetics, competent, contrasting, counter balance, counter tension, engage, execution, flight, formation, handstand, progression, refine, structure, vault</p>
Year 6 Spring 2	
Sports taught	Tag rugby and Handball.
Knowledge	<p>Tag rugby: Know how to create and use space effectively to support their team. Understand how to select the appropriate action for the situation and make this decision quickly. Understand how to tag opponents both individually and when working as part of a defensive unit. Know and apply the rules of the game consistently to play honestly and fairly. Understand how to work collaboratively to create tactics and evaluate their effectiveness.</p> <p>Handball: Understand how to apply defensive principles individually and as a team to gain possession, deny space and stop goals. Understand how to create and use space to maintain possession and create scoring opportunities. Understand the rules of the game and how to use them honestly and consistently when playing and refereeing. Recognise their own and others' strengths and areas for development and be able to suggest ways to improve. Know how to self-manage games with others so they run smoothly.</p>
Skills (Movement skills)	<p>Tag rugby: Pass and receive the ball with increasing control under pressure. Create and use space to help their team. Make quick decisions and apply the correct skill in game situations. Tag opponents effectively as an individual and within a defensive unit. Work collaboratively to create and apply tactics. Evaluate tactics, suggesting improvements.</p> <p>Handball: Be confident to lead others and contribute appropriate ideas to group work. Confidently apply defensive skills (e.g., gaining possession, denying space, stopping goals) in game situations. Create and use space effectively to help the team keep possession and create scoring opportunities. Perform a range of skills with control and select the appropriate action under pressure. Work collaboratively with others to organise and manage games independently. Apply the rules consistently and honestly both as a player and as a referee.</p>

Vocabulary	<p>Tag rugby: abide, ball carrier, close down, consecutive, create, decision, dictate, draw, offside, onside, sportsmanship, support, tactic, track</p> <p>Handball: abide, angle, appropriate, close down, consistently, create, dictate, draw, maintain, possession, react, sportsmanship, tactics, transition abide, appropriate, assess, backing up, close catch, collaborate, consecutive, consistently, deep catch, long barrier, momentum, short barrier, situation, stance, tactic, tournament, track, umpire</p>
Year 6 Summer 1	
Sports taught	Rounders and OAA.
Knowledge	<p>Rounders: Understand the rules of the game and apply them consistently to play fairly. Recognise their own and others' strengths and areas for development. Understand tactics in the game as a batter, bowler, and fielder. Suggest ways to improve personal or team performance.</p> <p>OAA: Understand the importance of being inclusive, sharing roles, and leading when necessary. Know how to orientate a map efficiently to navigate around a course. Recognise different methods to solve a problem and evaluate which is most effective. Understand how to reflect on success and adjust strategies to improve outcomes.</p>
Skills (Movement skills)	<p>Rounders: Strike a bowled ball with increasing consistency. Use a wider range of skills with increasing control under pressure. Work collaboratively with others to get batters out. Work in collaboration with others so that games run smoothly. Apply some tactical decisions in gameplay as a batter, bowler, or fielder.</p> <p>OAA: Be inclusive of others, share job roles, and lead when necessary. Orientate a map efficiently to navigate around a course. Pool ideas within a group, selecting and applying the best method to solve a problem. Use critical thinking skills to form ideas and strategies to solve challenges. Work effectively with a partner and a group to solve challenges. Reflect with increasing accuracy on when and how they were successful at solving challenges and alter methods in order to improve.</p>
Vocabulary	<p>Rounders: abide, appropriate, assess, backing up, close catch, collaborate, consecutive, consistently, deep catch, long barrier, momentum, short barrier, situation, stance, tactic, tournament, track, umpire</p> <p>OAA: adhere, approach, cardinal points, communication, contribute, critical thinking, determine, evaluate, inclusive, leadership, location, navigate, orientate, trust</p>
Year 6 Summer 2	
Sports taught	Athletics and Tennis.
Knowledge	<p>Athletics: Understand the rules of athletic events and the importance of fair play and honesty. Identify personal and others' strengths as well as areas for development and suggest ways to improve. Understand that there are different areas of fitness and how these help people in different activities. Know different strategies to persevere and achieve a personal best.</p> <p>Tennis: Identify how different activities can benefit physical health. Identify when they were successful and what is needed to improve. Understand the need for tactics and identify when to use them in different situations. Understand the rules of the game and apply them honestly most of the time. Understand there are different skills for different situations and begin to apply them.</p>
Skills (Movement skills)	<p>Athletics: Compete within the rules showing fair play and honesty. Help others to improve their technique using key teaching points. Perform jumps for distance using good technique. Select and apply the best pace for a running event. Show accuracy and good technique when throwing for distance. Use different strategies to persevere to achieve a personal best.</p> <p>Tennis: Develop a wider range of skills and begin to use these under some pressure. Use feedback provided to improve. Work cooperatively with others to manage the game.</p>
Vocabulary	<p>Athletics: discuss, drive, event, explosive, fling, grip, maximum, meet, officiate, pace, pattern, phase, power, release, rhythm, stance, strategy</p> <p>Tennis: abide, appropriate, doubles, limit, official, placement, prepare, pressure, recover, serve, service, stance, volley</p>

