

|   |                       |                            |                           |                          |
|---|-----------------------|----------------------------|---------------------------|--------------------------|
| <a href="#">Attacking and Defending</a> | <a href="#">Dance</a> | <a href="#">Gymnastics</a> | <a href="#">Athletics</a> | <a href="#">Swimming</a> |
|---|-----------------------|----------------------------|---------------------------|--------------------------|

| Area                    | Year N  | Year R   | Year 1   | Year 2  | Year 3   | Year 4   | Year 5   | Year 6  |
|-------------------------|---|--|--|---|--|--|--|---|
| Attacking and Defending | <p>Can catch a large ball.</p> <ul style="list-style-type: none"> <li>• Taking Turns</li> <li>• Understanding rules:</li> </ul> | <p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p> <ul style="list-style-type: none"> <li>• Taking Turns</li> <li>• Keeping the Score</li> <li>• Understanding rules: Playing by the rules</li> <li>• Avoiding a defender</li> <li>• Preventing an attacker from scoring</li> </ul> | <p>Participate in team games, developing simple tactics for attacking and defending</p> <ul style="list-style-type: none"> <li>• Understanding the principles of attack</li> <li>• Applying attacking principles into a game</li> <li>• Understand the principles of defence</li> <li>• Applying defending principles into a game</li> <li>• Consolidate attacking</li> <li>• Consolidate defending</li> </ul> | <p>Participate in team games, developing simple tactics for attacking and defending</p> <ul style="list-style-type: none"> <li>• Attacking as a team</li> <li>• Defending as a team</li> <li>• Understanding the transition between defence and attack</li> <li>• Create and apply attacking tactics</li> <li>• Create and apply defensive tactics</li> </ul> | <p>Play competitive games, and apply basic principles suitable for attacking and defending</p> <ul style="list-style-type: none"> <li>• Introduce passing and receiving</li> <li>• Introduce passing and creating space</li> <li>• Develop passing and moving</li> <li>• Combine passing and moving</li> <li>• Combine passing and shooting</li> <li>• Develop passing and shooting</li> </ul> | <p>Play competitive games, and apply basic principles suitable for attacking and defending</p> <ul style="list-style-type: none"> <li>• Refine passing and receiving</li> <li>• Develop passing and dribbling creating space</li> <li>• Develop passing, moving and shooting</li> <li>• Refine passing and shooting</li> <li>• Develop footwork</li> </ul> | <p>Play competitive games, and apply basic principles suitable for attacking and defending</p> <ul style="list-style-type: none"> <li>• Refine passing and receiving</li> <li>• Apply passing, footwork and shooting into mini games, introduce officiating</li> <li>• Introduce defending</li> <li>• Introduction to High Five Netball, consolidating learning</li> <li>• Explore the function of other passing styles</li> </ul> | <p>Play competitive games, and apply basic principles suitable for attacking and defending</p> <ul style="list-style-type: none"> <li>• Consolidate keeping possession</li> <li>• Consolidation of possessional skills, develop officiating</li> <li>• Consolidate defending</li> <li>• Create, understand and apply attacking tactics in game situations</li> <li>• Create, understand and apply defending tactics in game situations</li> </ul> |

|                   |  |  |  |  |   |   |   |   |
|-------------------|--|--|--|--|---|---|---|---|
|                   |  |  |  |  |   |   |   |   |
| General Knowledge | -Playing Competitively                 | -Playing Competitively                           | -Competitions<br>-Playing Competitively      | -Competitions<br>-Playing Competitively      | -Competitions<br>-Playing Competitively           | -Competitions<br>-Playing Competitively           | -Competitions<br>-Playing Competitively           | -Competitions<br>-Playing Competitively           |
| Dance             | Imitates movement in response to music | Begins to build a repertoire of songs and dances | Perform dances using simple movement pattern | Perform dances using simple movement pattern | Perform dances using a range of movement patterns | Perform dances using a range of movement patterns | Perform dances using a range of movement patterns | Perform dances using a range of movement patterns |

|                   |   |  |  |  |   |  |  |  |
|-------------------|---|--|--|--|---|--|--|--|
|                   | <ul style="list-style-type: none"> <li>• Ourselves: Moving in sequence</li> <li>• Ourselves: Responding in movement to words and music</li> <li>• Ourselves: Moving with props and contrasting tempos</li> <li>• Ourselves: Creating their own movements</li> <li>• Ourselves: Exploring opposites and creating simple movement sequences</li> <li>• Ourselves: Working with a partner exploring character movements</li> </ul> | <ul style="list-style-type: none"> <li>• Humpty Dumpty: Moving in sequence</li> <li>• Jack and Jill: Creating our own movements</li> <li>• Hickory, dickory, dock: Creating simple movement sequences</li> <li>• Three little pigs: Responding in movement to words and music</li> <li>• The big bad wolf: Exploring contrasting tempos</li> <li>• Little Miss Muffet: Working with a partner exploring character movements</li> </ul> | <ul style="list-style-type: none"> <li>• Creating movements and exploring expression</li> <li>• Developing movements as 'small' animals: Adding movements together</li> <li>• Responding to a rhythm: Introducing partner work</li> <li>• Creating an animal sequence: Motifs</li> <li>• Big cats and the zookeeper: Exploring relationships within our motifs</li> <li>• Relationships and performance</li> </ul> | <ul style="list-style-type: none"> <li>• Preparing for an expedition: Responding to stimuli</li> <li>• Developing our motif with expression and emotion</li> <li>• Applying choreography in our motifs</li> <li>• Applying choreography in our motifs</li> <li>• Extending our motifs</li> <li>• Sequences, relationships and performance</li> </ul> | <ul style="list-style-type: none"> <li>• Responding to stimuli</li> <li>• Developing character dance into a motif</li> <li>• Extending sequences with a partner in character</li> <li>• Developing sequences with a partner in character that show relationships</li> <li>• Extending dance skills in choreography</li> </ul> | <ul style="list-style-type: none"> <li>• Responding to stimuli working together</li> <li>• Extending sequences with a partner in character</li> <li>• Exploring two contrasting Relationships and interlinking dance moves</li> <li>• Create and show a Performance</li> </ul> | <ul style="list-style-type: none"> <li>• Exploring using compositional principles</li> <li>• Extending sequences with a partner using compositional principles</li> <li>• Creating movement using improvisation where movement is reactive</li> <li>• Developing sequences showing interlinking dance moves</li> <li>• Opening Ceremony performance</li> </ul> | <ul style="list-style-type: none"> <li>• Performing with technical control and rhythm in a group</li> <li>• Creating rhythmic patterns using the body</li> <li>• Experiencing dance from a different culture</li> </ul> <p>Chorographical elements including still imagery</p> |
| General Knowledge | -How it leads onto competitions   | -How it leads onto competitions  | -How it leads onto competitions<br>-Culture - Africa   | -How it leads onto competitions  | -How it leads onto competitions   | -How it leads onto competitions  | -How it leads onto competitions  | -How it leads onto competitions  |

|            |  |   |  | -Culture - Africa and Hinduism  | -Culture-Romans   | -Culture - Vikings  | -Culture-Egyptians  | -Culture-Ancient Greens   |
|------------|--|---|--|---|---|---|---|---|
| Gymnastics | <p>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping</p> <ul style="list-style-type: none"> <li>Moving</li> <li>Explore moving and making shapes using different body parts</li> <li>Explore moving in different directions</li> <li>Explore big and small ways of moving and making shapes</li> <li>Moving in pairs</li> </ul> | <p>Experiments with different ways of moving and travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>High, Low, Over, Under</p> <ul style="list-style-type: none"> <li>Introduction to high</li> <li>Introduction to low</li> <li>Introduction to the apparatus</li> <li>High and low on apparatus</li> <li>High, low, over and under</li> </ul> <p>High, low, over and under extended</p> | <p>Master basic movements including agility and coordination</p> <p>Wide, Narrow, Curled and Body Parts</p> <ul style="list-style-type: none"> <li>Introduction to wide, narrow and curled</li> <li>Exploring the difference</li> <li>Transitioning between wide, narrow and curled movements</li> <li>Linking two movements together</li> <li>Transition between wide narrow and curled using big and small body parts</li> </ul> | <p>Master basic movements including agility and coordination</p> <p>Pathways and Linking</p> <ul style="list-style-type: none"> <li>Exploring and developing zig-zag pathways on apparatus</li> <li>Exploring and developing curved pathways on apparatus</li> <li>Jump, roll, balance and linking on apparatus</li> <li>Creation of pathway sequences</li> <li>Completion of pathways sequences and performance</li> </ul> | <p>Develop flexibility, strength, technique, control and balance</p> <p>Symmetry &amp; Asymmetry</p> <ul style="list-style-type: none"> <li>Introduction to symmetry</li> <li>Introduction to asymmetry</li> <li>Application of learning onto apparatus</li> <li>Sequence formation</li> <li>Sequence completion</li> </ul> | <p>Develop flexibility, strength, technique, control and balance</p> <p>Bridges</p> <ul style="list-style-type: none"> <li>Introduction to bridges</li> <li>Application of bridge learning onto apparatus</li> <li>Develop sequences with bridges</li> <li>Sequence formation</li> <li>Sequence completion</li> </ul> | <p>Develop flexibility, strength, technique, control and balance</p> <p>Counterbalance &amp; Counter Tension</p> <ul style="list-style-type: none"> <li>Introduction to counterbalance</li> <li>Application of counterbalance learning onto apparatus</li> <li>Sequence formation</li> <li>Counter Tension</li> </ul> | <p>Develop flexibility, strength, technique, control and balance</p> <p>Matching &amp; Mirroring</p> <ul style="list-style-type: none"> <li>Introduction to matching</li> <li>Application of matching learning onto apparatus</li> <li>Introducing mirroring</li> <li>Application of mirroring learning onto apparatus</li> <li>Sequence development</li> </ul> |

|                   |  |   |   |   |  |  |   |  |
|-------------------|--|---|---|---|--|--|---|--|
|                   | <ul style="list-style-type: none"> <li>• Creating shapes in pairs</li> <li>• Zonal work</li> </ul>   |   | <ul style="list-style-type: none"> <li>• Creative ways of adding (linking) movements together</li> </ul>  |   |  |  |   |  |
| General Knowledge | -How it leads onto competitions  | -How it leads onto competitions   | -How it leads onto competitions<br>-Development of the Olympics   | -How it leads onto competitions<br>-Development of the Olympics   | -How it leads onto competitions<br>-Development of the Olympics  | -How it leads onto competitions<br>-Development of the Olympics  | -How it leads onto competitions<br>-Development of the Olympics   | -How it leads onto competitions<br>-Development of the Olympics  |
| Athletics         | <p>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</p> <p>Locomotion:<br/>Walking</p> <ul style="list-style-type: none"> <li>• Explore walking</li> <li>• Develop walking</li> <li>• Explore walking in</li> </ul> | <p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p> <p>Locomotion:<br/>Jumping</p> <ul style="list-style-type: none"> <li>• Explore jumping</li> <li>• Develop jumping</li> <li>• Apply jumping into a game</li> <li>• Jumping for distance</li> <li>• Explore jumping high</li> </ul> <p>Explore hopping</p> | <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities</p> <p>Locomotion:<br/>Running and Jumping</p> <ul style="list-style-type: none"> <li>• Explore, apply and</li> </ul> | <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities</p> <p>Locomotion:<br/>Dodging and Jumping</p> <ul style="list-style-type: none"> <li>• Explore, develop and explore</li> </ul> | <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Running</p> <ul style="list-style-type: none"> <li>• Explore running for speed</li> <li>• Develop running for speed</li> <li>• Introduction relay; running for speed in a team</li> <li>• Develop relay</li> </ul> | <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Jumping</p> <ul style="list-style-type: none"> <li>• Jumping for distance; standing long jump</li> </ul> <p>Jumping for distance; standing triple jump</p> | <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Throwing</p> <ul style="list-style-type: none"> <li>• Throwing accuracy vs distance</li> <li>• Throwing for distance; javelin</li> <li>• Throwing for distance; shot put</li> </ul> | <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Competitions</p> <ul style="list-style-type: none"> <li>• Level 1 Running</li> <li>• Level 1 Throwing</li> <li>• Level Jumping</li> </ul> <p>Mini Olympics</p> |

|                   |  |                                 |   |  |   |   |  |   |
|-------------------|--|---------------------------------|---|--|---|---|--|---|
|                   | <p>different pathways</p> <ul style="list-style-type: none"> <li>• Sustain walking</li> <li>• Explore marching</li> </ul> <p>Apply walking into a game</p> |                                 | <p>explore running and jumping</p> <ul style="list-style-type: none"> <li>• Explore speeds for acceleration and in teams</li> <li>• Explore running in a team. Apply running into a competitive game</li> </ul> | <p>jumping and dodging</p> <ul style="list-style-type: none"> <li>• Explore attacking and defending</li> <li>• Apply dodging in teams</li> <li>• Consolidate and link jumping and dodging</li> </ul> | <p>running for speed in a team</p> <ul style="list-style-type: none"> <li>• Explore running for distance</li> </ul> <p>Understand and apply tactics when running for distance</p> |   |  |   |
| General Knowledge | -How it leads onto competitions  | -How it leads onto competitions | -How it leads onto competitions<br>-Development of the Olympics   | -How it leads onto competitions<br>-Development of the Olympics  | -How it leads onto competitions<br>-Development of the Olympics   | -How it leads onto competitions<br>-Development of the Olympics | -How it leads onto competitions<br>-Development of the Olympics  | -How it leads onto competitions<br>-Development of the Olympics |
| Swimming          |  |                                 |   |  |   |   | Swim competently, confidently and proficiently over a distance of at least 25 metres<br>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]<br>Perform safe self- |   |

|                   |  |  |  |  |  |  |   |  |
|-------------------|--|--|--|--|--|--|---|--|
|                   |  |  |  |  |  |  | <p>rescue in different water-based situations.</p> <ul style="list-style-type: none"> <li>• Water confidence</li> <li>• Enter the water safely</li> <li>• Aquatic breathing</li> <li>• Front crawl skills</li> <li>• Backstroke skills</li> <li>• Self-rescue skills</li> </ul> |  |
| General Knowledge |  |  |  |  |  |  | <p>-Olympics<br/>- Swimming galas<br/>-Role of a lifeguard</p>  |  |