

Acton CE Academy Long Term Overview- PE

Each year group should have opportunity to:

- Have a range of opportunities and experiences in all areas of PE
- Be provided with a positive approach to physical activity
- Understand the affects making healthy/ unhealthy choices can have on their body/ lifestyle.
- Be inspired to continue an active and healthy lifestyle into adulthood
- Experience failures and successes
- Build solid foundations across all fundamental movements and skills

Reception (EYFS Curriculum)					
Autumn 1 Star in a Jar	Autumn 2 Juniper Jupiter	Spring 1 The Something	Spring 2 Little Red	Summer 1 The Storm Whale	Summer 2 The Extraordinary Gardener
<p><u>Throwing and Catching</u> Can I have a knowledge of a catching technique – eyes on ball, hands make the shape of the ball and explain to a partner why this is important? Can I have a knowledge of all sports which use throwing and catching skills? Can I have a knowledge of all balls and the sports in which they are used? Can I watch a balls flight path with my eyes open and always catch it with my hands? Can I throw a ball with 2 hands underarm to a partner? Can I throw a ball with 2 hands overarm to a partner? <u>Moving our Bodies</u> Can I have the correct technique for running and</p>	<p><u>Handling equipment</u> Can I understand different grips for different pieces of equipment and explain where I have seen this? Can I use equipment safely by standing in appropriate spaces and direct my partner to do the same? Can I always move a ball with control using a piece of equipment? Can I grip a tennis racquet correctly and hit a ball with it? Can I grip a golf club correctly and show how to do a swing? Can I grip a hockey stick correctly and walk with a ball using it? Can I pick up a cricket bat correctly and hit a ball?</p>	<p><u>Gymnastics</u> Can I know how to climb or mount apparatus at height safely? Can I show control over and co-ordination in large and small movements? Can I move confidently in a range of ways, safely negotiating space? Can I experiment with different ways of moving? <u>Dance</u> Can I know most ranges of dance styles and accompanying music? Can I talk about dances I have seen? Can I skip in time to music? Can I hop with confidence? Can I move confidently, freely and with pleasure in a variety of ways? Can I create movements in response to music?</p>	<p><u>Object control</u> Can I understand different grips for different pieces of equipment and explain where I have seen this? Can I use equipment safely by standing in appropriate spaces and direct my partner to do the same? Can I always move a ball with control using a piece of equipment? Can I grip a tennis racquet correctly and hit a ball with it? Can I grip a golf club correctly and show how to do a swing? Can I grip a hockey stick correctly and walk with a ball using it? Can I pick up a cricket bat correctly and hit a ball?</p>	<p><u>Playing against an opponent</u> Can I understand different catching technique – eyes on ball, hands make the shape of the ball? Can I understand which way their team are trying to score? Can I watch a balls flight path with my eyes open and try to catch it with my hands? Can I throw a ball with 2 hands, underarm and overarm? Can I work as part of a team to move in a given direction? Can I prevent another team from succeeding?</p>	<p><u>Handling equipment</u> Can I understand different grips for different pieces of equipment and explain where I have seen this? Can I use equipment safely by standing in appropriate spaces and direct my partner to do the same? Can I always move a ball with control using a piece of equipment? Can I grip a tennis racquet correctly and hit a ball with it? Can I grip a golf club correctly and show how to do a swing? Can I grip a hockey stick correctly and walk with a ball using it? Can I pick up a cricket bat correctly and hit a ball?</p>

<p>jumping and say where I have seen this before? Can I understand that exercising is good for us and explain some reasons why? Can I always move freely and with pleasure and confidence in a range of ways such as:</p> <ul style="list-style-type: none"> - Slithering - Shuffling - Rolling - Crawling - Walking - Running - Jumping - Skipping - Sliding - Hopping <p>Can I run skilfully and negotiate space successfully to fill up the whole space? Can I mount stairs and steps using alternate feet and say why this is important? Can I hop and skip confidently around a specific space? Can I run safely on whole foot in different directions? Can I walk upstairs or downstairs holding onto a rail two feet to a step?</p>	<p><u>Gymnastics</u> Can I know how to jump and land safely from low apparatus? Can I jump off an object and land appropriately? Can I travel with confidence under, over and through balancing and climbing equipment?</p>	<p>Can I use movements to express feelings? Can I enjoy joining in with dancing and ring games? Can I sing songs, make music and dance and experiment ways of changing them?</p>	<p><u>Athletics</u> Can I have the correct technique for running and jumping and say where I have seen this before? Can I understand that exercising is good for us and explain some reasons why? Can I always move freely and with pleasure and confidence in a range of ways such as:</p> <ul style="list-style-type: none"> - Slithering - Shuffling - Rolling - Crawling - Walking - Running - Jumping - Skipping - Sliding - Hopping <p>Can I run skilfully and negotiate space successfully to fill up the whole space? Can I mount stairs and steps using alternate feet and say why this is important? Can I hop and skip confidently around a specific space? Can I run safely on whole foot in different directions? Can I walk upstairs or downstairs holding onto a rail two feet to a step?</p>	<p><u>Ball skills</u> Can I have a knowledge that a ball is round and might bounce and roll? Can I have a knowledge and be aware that I can use a range of body parts to move or manipulate a ball? Can I understand that some sports use a ball and these might include football and rugby? Can I kick a large ball? Can I catch a large ball? Can I bounce a ball? Can I time throw a ball? Can I move a ball with some control using different parts of my body?</p>	<p><u>Athletics</u> Can I have the correct technique for running and jumping and say where I have seen this before? Can I understand that exercising is good for us and explain some reasons why? Can I always move freely and with pleasure and confidence in a range of ways such as:</p> <ul style="list-style-type: none"> - Slithering - Shuffling - Rolling - Crawling - Walking - Running - Jumping - Skipping - Sliding - Hopping <p>Can I run skilfully and negotiate space successfully to fill up the whole space? Can I mount stairs and steps using alternate feet and say why this is important? Can I hop and skip confidently around a specific space? Can I run safely on whole foot in different directions? Can I walk upstairs or downstairs holding onto a rail two feet to a step?</p>
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Autumn Where in the World is Acton?		Spring Our Feathered Friends		Summer 1 Afternoon Tea with the Royals	Summer 2 Commotion in the Ocean
<p><u>Throwing and Catching</u> Can I explain to others a catching technique– eyes on ball, hands make the shape of the ball? Can I show others how to block a ball thrown in the air? Can I explain why you need to move away from a defender in order to receive a pass? Can I watch a balls flight path with my eyes open and try to catch it with my hands? Can I throw a ball with 2 hands, underarm and overarm for a long distance? Can I catch a size 3 ball consistently? Can I always catch any ball thrown at me with correct technique? Can I always use the chest push technique to throw a ball? Can I use the two handed overhead technique to throw over someone from a far distance?</p> <p><u>Moving our Bodies</u> Can I talk about different styles of running for different distances? Can I explain to others the importance of a healthy and active lifestyle?</p>	<p><u>Handling equipment</u> Can I show others my best and explain the need to lead others? Can I develop tactics for all team games? Can I grip a hockey stick correctly and show this to others and explain the need for this? Can I pass a ball with control to a partner using a hockey stick? Can I stop a ball moving at speed with a hockey stick? Can I grip a tennis racquet correctly and show this to others and explain the need for this? Can I hit a ball that is moving at a target using a forehand technique? Can I hit a bouncing ball to a far distance using a forehand technique? Can I grip a golf club correctly and explain to others how to do this? Can I grip a cricket bat correctly and explain to others how to do this?</p> <p><u>Gymnastics</u> Can I explain to others and show how to roll safely forwards using correct technique? Can I explain how to tuck, star and straight jumps? Can I explain how to tuck, star and straight jumps? Can I always balance with control on different body parts? Can I perform a forward roll to sitting independently? Can I link a variety of actions in a sequence? Can I show contrasts (e.g. small/tall. straight/curved, wide/narrow)? Can I show others how climb safely on low level equipment?</p> <p><u>Dance</u> Can I how others how I can move my body in a variety of ways to show emotion? Can I listen to a range of tempos and beats and respond with movements in the correct timing? Can I always move with control and coordination? Can I link a variety of actions in a sequence? Can I be confident expressing moods and feelings through dance?</p>	<p><u>Object control</u> Can I show others my best and explain the need to lead others? Can I develop tactics for all team games? Can I grip a hockey stick correctly and show this to others and explain the need for this? Can I pass a ball with control to a partner using a hockey stick? Can I stop a ball moving at speed with a hockey stick? Can I grip a tennis racquet correctly and show this to others and explain the need for this? Can I hit a ball that is moving at a target using a forehand technique? Can I hit a bouncing ball to a far distance using a forehand technique? Can I grip a golf club correctly and explain to others how to do this? Can I grip a cricket bat correctly and explain to others how to do this?</p> <p><u>Athletics</u> Can I talk about different styles of running for different distances? Can I explain to others the importance of a healthy and active lifestyle?</p>	<p><u>Playing against an opponent</u> Can I explain to others why it is important to score a goal and to defend the goal? Can I tell others a time when I have scored a goal and how this made me feel? Can I watch a balls flight path with my eyes open and catch it with my hands? Can I throw a ball with 2 hands, underarm and overarm? Can I catch a size 3 ball from different distances consistently? Can I catch any ball thrown at me with correct technique? Can I use the chest push technique to throw a ball to and from a partner? Can I help a partner to use the two handed overhead technique to throw over someone? Can I know when I might receive the next pass and make sure I move quickly in the right direction to receive it?</p>	<p><u>Handling equipment</u> Can I show others my best and explain the need to lead others? Can I develop tactics for all team games? Can I grip a hockey stick correctly and show this to others and explain the need for this? Can I pass a ball with control to a partner using a hockey stick? Can I stop a ball moving at speed with a hockey stick? Can I grip a tennis racquet correctly and show this to others and explain the need for this? Can I hit a ball that is moving at a target using a forehand technique? Can I hit a bouncing ball to a far distance using a forehand technique? Can I grip a golf club correctly and explain to others how to do this? Can I grip a cricket bat correctly and explain to others how to do this?</p> <p><u>Athletics</u> Can I talk about different styles of running for different distances? Can I explain to others the importance of a</p>	

<p>Can I run short and long distances with control? Can I jump short and long distances with control? Can I race against all others? Can I race as part of a team and identify in which position people should race? Can I overcome obstacles as part of a race e.g small hurdles? Can I know the difference between jogging and sprinting?</p>	<p>Can I always balance with control on different body parts? Can I perform a forward roll to sitting independently? Can I link a variety of actions in a sequence? Can I show contrasts (e.g. small/tall. straight/curved, wide/narrow)? Can I show others how climb safely on low level equipment?</p>		<p>Can I run short and long distances with control? Can I jump short and long distances with control? Can I race against all others? Can I race as part of a team and identify in which position people should race? Can I overcome obstacles as part of a race e.g small hurdles? Can I know the difference between jogging and sprinting?</p>	<p>Ball skills Can I explain to others what ball games I have seen as part of a team? Can I tell others what their position in a game should be? Can I always show control rolling a ball? Can I catch from a far distance? Can I kick to a partner with control? Can I bounce a ball with a partner and catch the ball? Can I play catch with a team and catch the ball from different distances? Can I play piggy in the middle and keep throwing and catching the ball to my partner?</p>	<p>healthy and active lifestyle? Can I run short and long distances with control? Can I jump short and long distances with control? Can I race against all others? Can I race as part of a team and identify in which position people should race? Can I overcome obstacles as part of a race e.g small hurdles? Can I know the difference between jogging and sprinting?</p>
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Year 2 Overview					
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<p>Autumn 1 The British Isles</p>	<p>Autumn 2 Behind Enemy Lines (George VI 1936-52)</p>	<p>Spring 1 Fun at the Fair</p>	<p>Spring 2 How does Your Garden Grow</p>	<p>Summer 1 How does Your Garden Grow</p>	<p>Summer 2 Water World</p>
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<p><u>Throwing and Catching</u> Can I show and select the best type of throw for different situations? Can I apply taught skills to a game situation? Can I watch a balls flight path with my eyes open and try to catch it with my hands? Can I throw a ball with 2 hands, underarm and overarm for a long distance? Can I catch a size 3 ball consistently? Can I always catch any ball thrown at me with correct technique? Can I always use the chest push technique to throw a ball? Can I use the two handed overhead technique to throw over someone from a far distance?</p> <p><u>Moving our Bodies</u> Can I help others to have the correct technique for running and jumping? Can I discuss what happens to our body when we do all forms of exercise? Can I set myself targets to improve my performance and understand what I can do to make sure I know how to improve? Can I jump for long and short distances showing the correct technique? Can I throw a ball or small javelin with correct</p>	<p><u>Handling equipment</u> Can I show others my best and explain the need to lead others? Can I develop tactics for all team games? Can I dribble at opponents with control using a hockey stick? Can I grip a golf club correctly and show this to others and explain the need for this? Can I stop a ball which has come at speed using a hockey stick? Can I hit a tennis ball using the forehand technique at a target? Can I grip a tennis racquet correctly and show this to others and explain the need for this? Can I hit a thrown ball using a backhand technique? Can I hit a cricket ball using an attacking stance?</p> <p><u>Gymnastics</u> Can I know how to roll safely forwards and backwards to standing using correct technique? Can I understand a variety of range of motions and movements which can aid flexibility? Can I copy and remember a range of actions? Can I perform and explain how to perform a forwards roll to standing independently?</p>	<p><u>Gymnastics</u> Can I know how to roll safely forwards and backwards to standing using correct technique? Can I understand a variety of range of motions and movements which can aid flexibility? Can I copy and remember a range of actions? Can I perform and explain how to perform a forwards roll to standing independently? Can I perform and explain how to perform a backwards roll to kneeling? Can I hold a position whilst balancing on different points of my body? Can I explain and show how to climb safely on large equipment? Can I stretch and curl to develop increasing flexibility and use this on different equipment? Can I jump from low level apparatus performing a tuck or stretch jump and land safely with control?</p> <p><u>Dance</u> Can I watch others performance and discuss what I enjoyed, using the correct terminology? Can I listen to a range of tempos and beats and respond with movements in the correct timing? Can I copy and remember moves and positions?</p>	<p><u>Object control</u> Can I show others my best and explain the need to lead others? Can I develop tactics for all team games? Can I dribble at opponents with control using a hockey stick? Can I grip a golf club correctly and show this to others and explain the need for this? Can I stop a ball which has come at speed using a hockey stick? Can I hit a tennis ball using the forehand technique at a target? Can I grip a tennis racquet correctly and show this to others and explain the need for this? Can I hit a thrown ball using a backhand technique? Can I hit a cricket ball using an attacking stance?</p> <p><u>Athletics</u> Can I help others to have the correct technique for running and jumping? Can I discuss what happens to our body when we do all forms of exercise? Can I set myself targets to improve my performance and understand what I can do to make sure I know how to improve?</p>	<p><u>Playing against an opponent</u> Can I talk to all my teammates for the benefit of the team? Can I care about helping my team to win and why it is important to me? Can I catch most balls thrown at me with correct technique? Can I always use the chest push technique to throw a ball? Can I always use the two handed overhead technique to throw over someone? Can I move quickly in the right direction to receive the next pass? Can I defend against all moving opponents on the opposite team? Can I show others why it is important to attack and defend with purpose?</p> <p><u>Ball skills</u> Can I explain rules of some ball games and compare to others? Can I understand that sports using a ball include football, rugby, basketball, netball etc and that these involve playing against another team? Can I kick a ball accurately to different people on my team at different distances?</p>	<p><u>Handling equipment</u> Can I show others my best and explain the need to lead others? Can I develop tactics for all team games? Can I dribble at opponents with control using a hockey stick? Can I grip a golf club correctly and show this to others and explain the need for this? Can I stop a ball which has come at speed using a hockey stick? Can I hit a tennis ball using the forehand technique at a target? Can I grip a tennis racquet correctly and show this to others and explain the need for this? Can I hit a thrown ball using a backhand technique? Can I hit a cricket ball using an attacking stance?</p> <p><u>Athletics</u> Can I help others to have the correct technique for running and jumping? Can I discuss what happens to our body when we do all forms of exercise? Can I set myself targets to improve my performance and understand what I can do to make sure I know how to improve?</p>
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<p>technique to make sure it goes far? Can I safely pass a baton at speed to a teammate as part of a relay race? Can I compete in short and middle-distance races against others at speed? Can I change direction at speed?</p>	<p>Can I perform and explain how to perform a backwards roll to kneeling? Can I hold a position whilst balancing on different points of my body? Can I explain and show how to climb safely on large equipment? Can I stretch and curl to develop increasing flexibility and use this on different equipment? Can I jump from low level apparatus performing a tuck or stretch jump and land safely with control?</p>	<p>Can I choose appropriate movements to communicate mood/feelings/ ideas? Can I follow a 4 or 8 count and remember this? Can I move in time to the music and take my cues from the music?</p>	<p>Can I jump for long and short distances showing the correct technique? Can I throw a ball or small javelin with correct technique to make sure it goes far? Can I safely pass a baton at speed to a teammate as part of a relay race? Can I compete in short and middle-distance races against others at speed? Can I change direction at speed?</p>	<p>Can I continuously bounce a ball? Can I dribble with control at an opponent and sometimes take it round them? Can I recognise who my 'team mates' and 'opponents' are? Can I develop different tactics within a team game and tell others what my tactics are?</p>	<p>Can I jump for long and short distances showing the correct technique? Can I throw a ball or small javelin with correct technique to make sure it goes far? Can I safely pass a baton at speed to a teammate as part of a relay race? Can I compete in short and middle-distance races against others at speed? Can I change direction at speed?</p>
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Year 3 Overview

Autumn 1 A Passport to Europe	Autumn 2 The Penny Black (Queen Victoria 1837-1901)	Spring Reduce, Reuse, Recycle	Summer Ready, Steady, Cook
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<p><u>Tag Rugby</u> Can I understand the rules of rugby including the offside rule and explain this to others? Can I understand which positions allows me to be involved in games and tell my team which position to play? Can I pass a rugby ball using pendulum technique in short and long distances? Can I catch the rugby ball comfortably all of the time from different distances? Can I remove tags of the opposition at speed?</p>	<p><u>Basketball</u> Can I understand the rules and scoring systems in basketball? Can I understand attacking and defending and respond enthusiastically to both? Can I bounce a ball with either hand for upwards of 50 bounces whilst changing hands? Can I perform a chest pass to my team from different distances? Can I perform a bounce pass to my team from different distances?</p>	<p><u>Gymnastics</u> Can I show how to roll safely forwards and backwards using correct technique? Can I show others how to perform a headstand? Can I understand how to land safely when jumping from apparatus using different take offs? Can I roll forwards and backwards competently and confidently? Can I support my body weight using different body parts on different apparatus?</p>	<p><u>Dance</u> Can I know a range of dance styles and accompanying music? Can I understand the terms mirror, cannon and unison when working as part of a group? Can I show that I can move my body in different ways to express different emotions? Can I refine all movements into sequences? Can I change all my speeds and levels within all my performances?</p>	<p><u>Hockey</u> Can I follow the rules of the game and play fairly during all games? Can I understand to use the stick horizontally to increase chances of stopping the ball? Can I dribble with the ball in different directions to get past the opposition? Can I maintain possession of a ball when faced with opposition (e.g. feet, hockey stick, hands)?</p>	<p><u>Tennis</u> Can I understand the correct technique to hold a racquet and show this to others? Can I understand the rules of the game? Can I show others how to hold a tennis racket correctly? Can I perform an underarm swing and hit the ball in the right direction? Can I always hit a ball back in the direction it came from to different distances?</p>
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<p>Can I run forward with the ball in game play? Can I play as part of a team and show my teammates how to be a good player? Football Can I understand the rules of the game, including what a foul is? Can I explain to others that the ball can not be picked up unless it is a throw in or I am the goalkeeper? Can I pass a stationary ball with my instep, ensuring the foot lands right beside the ball? Can I stop a ball at speed using my sole and the instep? Can I hit the ball harder for greater distance passing and shooting? Can I dribble with the ball at an opponent and change direction with control? Can I work hard in a game to assist in attacking and defending?</p>	<p>Can I perform an overhead pass to my team from different distances? Athletics (sports hall) Can I understand the biomechanics of a correct technique for running and jumping? Can I understand different styles of running for different distances? Can I compete with others? Can I improve personal best performances and understand how else to improve it? Can I sprint over a short distance of up to 60m? Can I use my arms effectively when I run all different distances? Can I show how to maximise the height/distance I can jump? Can I use a range of throwing techniques (underarm/overarm)?</p>	<p>Can I perform balances of increasing difficulty for a count of 5? Can I hold a headstand with tucked knees for a sustained period of time? Can I refine all my movements into sequences? Can I show changes of direction, speed and level during a performance? Can I swing and hang from different pieces of equipment safely using hands? Dodgeball Can I understand the rules of dodgeball? Can I take different roles within the team and tell others their role in the team? Can I recognise the skill sets of others and where they may be best positioned within the team? Can I always throw with speed and accuracy using an overarm technique at an opposition player? Can I track a ball being thrown at me and respond in the best way to dodge it? Can I catch a ball travelling at speed and then throw the ball back with speed?</p>	<p>Can I develop suppleness through stretching and performing? Can I perform elements of a routine by myself, with a partner and as part of a larger group? OAA Can I understand all of the safety elements of a range of outdoor activities? Can I understand my comfort zone? Am I willing to leave it? Can I understand how all rope systems work when working at height? Can I climb effectively, using the correct technique always? Can I always leave my comfort zone and show resilience? Can I take on all challenges on water? Can I follow a map for orienteering and explain to others who are struggling what they need to do? Can I work as a team member to solve all problems? Can I help others when they are struggling and show ways that I would use to enable me to not struggle?</p>	<p>Can I pass to teammates when appropriate in a pressured situation? Can I contribute in both defence and attack to help my team from conceding and to score? Cricket Can I understand the position I need to stand and my teammates need to stand when fielding? Can I understand all of the rules of the game? Can I throw and catch a tennis ball from different distances? Can I hold a cricket bat correctly and show a partner how to do so? Can I hold a rounders bat correctly and show a partner how to do so? Can I hit a ball when it is bowled at me all of the time? Can I perform a defending strike with a cricket bat and hit it into a space? Can I develop fielding strategies for my team to close gaps?</p>	<p>Can I use the correct stance for a forehand and explain to others why this stance is important? Can I bring my racquet from low to high when playing a forehand and hit the ball back in the right direction? Can I attempt an underarm rally with a partner over a short and long distance for a period of time? Athletics (Track & Field) Can I understand the biomechanics of a correct technique for running and jumping? Can I understand different styles of running for different distances? Can I compete with others? Can I improve personal best performances and understand how else to improve it? Can I sprint over a short distance of up to 60m? Can I use my arms effectively when I run all different distances? Can I show how to maximise the height/distance I can jump? Can I use a range of throwing techniques (underarm/overarm)?</p>
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Autumn 1 The Forgotten Flamboyant King (James I 1567-1625)	Autumn 2 Gift of Giving	Spring 1 War, Fire and Pestilence (Charles I-II 1625-49, 1649-51)	Spring 2 Around the World in 80 days	Summer Lights, Camera, Fashion	
<p><u>Tag Rugby</u> Can I understand how to stay onside? Can I understand how to work hard during game situations? Can I confidently pass left and right with the pendulum technique? Can I catch the rugby ball consistently from a variety of distances? Can I remove tags on either side from the opposition team? Can I play as part of a team and show examples of how to be a good teammate? Can I confidently carry the ball towards gaps in my opponent's team? Can I make sure all of my team stay onside during a match?</p> <p><u>Football</u> Can I understand when it is a throw in, corner or goal kick and how these can be restarted? Can I understand what a foul is and a yellow and red card is? Can I pass a stationary ball with my instep or laces, ensuring the foot lands right beside the ball?</p>	<p><u>Basketball</u> Can I show to others the way to mark another player? Can I understand the ways to take the ball and explain these to others? Can I bounce a ball with either hand for an unlimited period of time? Can I perform a chest, bounce and overhead pass to all of my team? Can I move whilst bouncing with control and shield it from an opponent? Can I move into spaces to receive the ball, working hard to get away from my marker? Can I get involved in offensive and defensive game situations and apply all my skills to help my team?</p> <p><u>Athletics (sports hall)</u> Can I understand what happens to our body during long and short distance events? Can I understand the importance of a healthy and active lifestyle and explain this to the class? Can I understand the technique for clearing hurdles at speed?</p>	<p><u>Gymnastics</u> Can I understand how to use my upper body to move and perform in different ways? Can I understand how to stretch effectively and develop core strength? Can I understand the technique for performing a cartwheel and how to do this? Can I plan, perform and repeat sequences to different gymnastic movements? Can I move in a clear, fluent and expressive manner and discuss with others the reason for doing this? Can I perform a headstand with my legs outstretched? Can I perform a cartwheel safely and show others how to do this? Can I travel in a variety of ways and use these during a performance (e.g. flight by transferring weight to generate power in movement)? Can I understand centre and gravity and can use this to create interesting body shapes and during a performance?</p> <p><u>Dodgeball</u> Can I evaluate another person's performance on my</p>	<p><u>Dance</u> Can I listen to a range of tempos and beats and respond with movements in the correct timing? Can I choreograph dances which are appropriate to a range of dance styles and music choices? Can I plan, perform and repeat a range of different sequences? Can I move in a clear, fluent and expressive manner to all music? Can I create dances and movements that convey a clear idea? Can I develop physical strength by practicing moves and dances and explain the importance of this? Can I improvise freely on my own, with a partner and with the class?</p> <p><u>OAA</u> Can I understand all of the safety elements of a range of outdoor activities? Can I understand my comfort zone? Am I willing to leave it? Can I understand how all rope systems work when working at height?</p>	<p><u>Hockey</u> Can I always choose the right tactic to cause problems for the opposition? Can I always be an effective team member and choose the different roles of different positions for my team? Can I pass and receive to all of my team with increasing confidence? Can I show my team the importance of being a leader enabling me to lead a team effectively? Can I travel confidently and at speed with the ball towards my opponent's goal using changes of speed and direction to attempt to go past defenders? Can I work hard to find space in game situations so as to be available for my team mates to pass to me?</p> <p><u>Cricket</u> Can I know some specific rules of cricket e.g. LBW and Boundaries? Can I tactically arrange all fielders to make sure</p>	<p><u>Tennis</u> Can I understand the technique to hit a ball at a fixed target from different distances? Can I understand all of the rules of mini tennis? Can I bounce a ball on my tennis racket, keeping it under control for a sustained period of time? Can I consistently hit a tennis ball at a fixed target accurately using a forehand technique? Can I return a thrown tennis ball over a net and aim for a target consistently? Can I move my feet into a position that helps me hit the ball accurately, making sure to be in the right direction? Can I rally with a partner for over 30 shots? Can I play a game of mini tennis for a sustained period of time, using some aspects of a scoring system?</p> <p><u>Athletics (Track & Field)</u> Can I understand what happens to our body during long and short distance events?</p>

<p>Can I control the ball using different parts of my body e.g. foot, chest, thigh?</p> <p>Can I hit the ball harder for greater distance passing and shooting using the laces technique?</p> <p>Can I shield the ball from an opponent and help my teammate to shield the ball?</p> <p>Can I be a useful team member and help when attacking and defending?</p>	<p>Can I run over a longer distance, conserving energy to sustain performance and keep a constant speed?</p> <p>Can I throw with the correct technique and accuracy to hit a target or cover a distance e.g. a javelin?</p> <p>Can I jump in triple jump long jump and high jump, using a run up if appropriate?</p> <p>Can I use the scissors kick technique when performing a high jump?</p> <p>Can I pass a relay baton face to face and one behind the other when running at different speeds?</p> <p>Can I compete with others and aim to improve personal best performances?</p> <p>Can I combine sprinting with low hurdles over 60m?</p>	<p>team and tell them where they can improve and their strengths?</p> <p>Can I choose the specific roles of my team and know exactly where they should play?</p> <p>Can I throw with speed and accuracy using an overarm and underarm technique at different distances?</p> <p>Can I track some balls being thrown at me and respond in the best way to dodge it?</p> <p>Can I use the ball to block me and my partners?</p> <p>Can I decide when best to advance and when to retreat and tell my team when this is best to do as well?</p> <p>Can I catch a ball travelling at speed from all different distances and directions?</p>	<p>Can I climb effectively, using the correct technique always?</p> <p>Can I always leave my comfort zone and show resilience?</p> <p>Can I take on all challenges on water?</p> <p>Can I follow a map for orienteering and explain to others who are struggling what they need to do?</p> <p>Can I work as a team member to solve all problems?</p> <p>Can I help others when they are struggling and show ways that I would use to enable me to not struggle?</p>	<p>there are no gaps in the field?</p> <p>Can I accurately throw underarm and overarm at different distances?</p> <p>Can I hit a ball when it is bowled at me into different gaps in the field?</p> <p>Can I organise my team to catch and stump attacking players out?</p> <p>Can I perform an attacking shot to keep scoring runs and look for different gaps to help me score a boundary?</p>	<p>Can I understand the importance of a healthy and active lifestyle and explain this to the class?</p> <p>Can I understand the technique for clearing hurdles at speed?</p> <p>Can I run over a longer distance, conserving energy to sustain performance and keep a constant speed?</p> <p>Can I throw with the correct technique and accuracy to hit a target or cover a distance e.g. a javelin?</p> <p>Can I jump in triple jump long jump and high jump, using a run up if appropriate?</p> <p>Can I use the scissors kick technique when performing a high jump?</p> <p>Can I pass a relay baton face to face and one behind the other when running at different speeds?</p> <p>Can I compete with others and aim to improve personal best performances?</p> <p>Can I combine sprinting with low hurdles over 60m?</p>
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Year 5 Overview

<p>Autumn 1 Sails, Seas and Scurvy (Queen Elizabeth I 1558-1603)</p>	<p>Autumn 2 Wonders of the World</p>	<p>Spring Ecotricity</p>	<p>Summer 1 What's on the Menu?</p>	<p>Summer 2 The Empire Strikes Back (27BC – 476AD)</p>
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<p><u>Tag Rugby</u> Can I lead a complex warm up based on tag rugby? Can I give advice to my team mates and give them some feedback on their performance? Can I understand the knock on, forward pass and offside rule and abide by these? Can I confidently pass left and right using pendulum technique over and under 2 metres? Can I catch the rugby ball consistently even when coming from awkward positions? Can I support team mates and be available when they want to pass and need other options when running through? Can I target gaps and make clever changes of direction when carrying the ball to ensure I run into space?</p> <p><u>Football</u> Can I understand basic positional awareness and tell others where they should be positioned? Can I understand what a foul is and why it is given and explain why it might not be a foul e.g. for a hand ball or a bad tackle? Can I strike a moving ball with solid technique particularly landing foot and aim it in a direction?</p>	<p><u>Basketball</u> Can I coach others on the rules of the basketball? Can I understand the different ways to pass the ball in the correct situations and know which pass is best in all situations? Can I bounce a ball with either hand for an unlimited period of time and shield from an opponent sometimes? Can I perform a chest, bounce and overhead pass and select the right one in all situations? Can I decide when to pass and when to dribble and make sure to beat my opponent all times? Can I defend 1 on 1 as well as zonally as part of a collective? Can I get I switch from attack to defence with every turnover of the ball?</p> <p><u>Athletics (sports hall)</u> Can I discuss why competition is important in athletics and when I have been involved in competition? Can I understand ways in which my own and others' techniques can be improved and give explanations as to how to improve the technique? Can I throw accurately and refine performance by analysing technique and body shape?</p>	<p><u>Gymnastics</u> Can I always demonstrate good kinaesthetic awareness? Can I understand how to safely support the class? Can I perform a forwards roll, backwards roll, headstand and cartwheel competently? Can I perform a handstand for an unlimited period of time? Can I perform a straddle jump from low and high level apparatus? Can I perform jumps with half and full turns from the ground and off platforms? Can I create complex and well executed sequences that include all of different movements such as:</p> <ul style="list-style-type: none"> • Travelling • Balances • Swinging • Bending • Stretching • Twisting • Gestures • Linking shapes <p>Can I link sequences of movement effectively? Can I practice and refine gymnastics techniques for all of my sequences?</p> <p><u>Dodgeball</u> Can I use skills of myself and of my teammates to best set up my team, explaining where everyone must play? Can I organise a double play where me and a teammate launch at attack at the same time?</p>	<p><u>Dance</u> Can I watch, describe and discuss all other dance routines? Can I begin to identify different levels of performance and use specific subject specific vocabulary to describe and discuss what is seen? Can I choreograph dances for specific music? Can I compose creative and imaginative dance sequences, showing specific moves learnt from previous lessons? Can I express an idea in original and imaginative ways, showing it to a dance I have made? Can I explain how my choreography fits the mood and speed of the music and changes style when appropriate?</p> <p><u>OAA</u> Can I understand all of the safety elements of a range of outdoor activities? Can I understand my comfort zone? Am I willing to leave it? Can I understand how all rope systems work when working at height? Can I climb effectively, using the correct technique always? Can I always leave my comfort zone and show resilience?</p>	<p><u>Hockey</u> Can I uphold the spirit of fair play and respect in all competitive situations? Can I choose appropriate tactics for a game and pass these ideas to others? Can I choose and combine techniques in games to help my team to win and make sure my teammates do the same (e.g. running and passing)? Can I work alone or with team mates in order to gain points or possession to make sure my team wins? Can I strike a ball with accuracy at a target? Can I attack and defend at speed and with real purpose applying my skills to help benefit the team?</p> <p><u>Cricket</u> Can I organise fielders effectively to catch a batter out? Can I understand the LBW rule and explain to others when I have seen this? Can I accurately throw overarm? Can I aim where I want to hit the ball, looking at spaces for boundaries? Can I bowl overarm in a game?</p>	<p><u>Tennis</u> Can I explain to others why we need to uphold the spirit of fair play and respect in all competitive situations? Can I understand the scoring rules in tennis and umpire a game e.g. 15, 30, 40 and deuce? Can I keep a ball bouncing on my racquet with both hands for an unlimited period of time? Can I hit a forehand with topspin and power? Can I rally with a partner over a net from a long distance for an unlimited period of time? Can I play a two handed backhand and hit it at a specific target? Can I return a thrown ball on both my forehand and backhand side and adjust my feet position accordingly?</p> <p><u>Athletics (Track & Field)</u> Can I discuss why competition is important in athletics and when I have been involved in competition? Can I understand ways in which my own and others' techniques can be improved and give explanations as to how to improve the technique? Can I throw accurately and refine performance</p>
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<p>Can I volley a ball with accuracy over short and long distances?</p> <p>Can I hit the lower half of the ball to lift it off the floor and use this in a free kick and a corner?</p> <p>Can I dribble at opponents and always go past them?</p> <p>Can I mark, tackle and work hard when defending in a game?</p> <p>Can I hold my position during a game and make sure others are holding their position?</p>	<p>Can I compete with others and keep track of personal best performances, setting targets for improvement?</p> <p>Can I use power in my arms and legs to sprint as fast as possible?</p> <p>Can I sprint over all hurdles using the correct technique?</p> <p>Can I pace myself for different events and know which events I am good at, discussing with others why I am good?</p> <p>Can I take off and land safely when performing long jump and triple jump events?</p>	<p>Can I catch a ball which has been thrown at me from different angles and distances?</p> <p>Can I throw with speed and accuracy at a specific target using an overarm technique?</p> <p>Can I track a ball being thrown at me and respond in the best way to dodge it?</p> <p>Can I use the ball to block, and help to block a throw at a teammate?</p> <p>Can I decide when best to advance and when to retreat, telling my teammates when to do the same?</p> <p>Can I always catch a ball travelling at speed?</p>	<p>Can I take on all challenges on water?</p> <p>Can I follow a map for orienteering and explain to others who are struggling what they need to do?</p> <p>Can I work as a team member to solve all problems?</p> <p>Can I help others when they are struggling and show ways that I would use to enable me to not struggle?</p>	<p>Can I catch a high ball from different distances?</p> <p>Can I perform attacking and defending shots when batting, hitting the ball into gaps in the field?</p>	<p>by analysing technique and body shape?</p> <p>Can I compete with others and keep track of personal best performances, setting targets for improvement?</p> <p>Can I use power in my arms and legs to sprint as fast as possible?</p> <p>Can I sprint over all hurdles using the correct technique?</p> <p>Can I pace myself for different events and know which events I am good at, discussing with others why I am good?</p> <p>Can I take off and land safely when performing long jump and triple jump events?</p>
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Year 6 Overview

Autumn 1 Law and Disorder (Vikings 790-1066)	Autumn 2 The Apprentice	Spring Globalcitizen@work	Summer 1 Pharaohs, pyramids and pre-historic periods	Summer 2 Wacky Races	
<p><u>Tag Rugby</u></p> <p>Can I understand how to lead warm up activities specific to tag rugby?</p> <p>Can I understand how to give advice to my team mates, and giving ways of improving their game?</p> <p>Can I understand the knock on, forward pass and offside rule and abide by these?</p>	<p><u>Basketball</u></p> <p>Can I understand attacking and defending and respond enthusiastically to both?</p> <p>Can I understand the travelling and double dribble laws well enough to officiate others playing?</p> <p>Can I bounce a ball with either hand for an unlimited period of time and shield from an opponent every time?</p>	<p><u>Gymnastics</u></p> <p>Can I evaluate all gymnastic sequences and discuss improvements and strengths of the sequence?</p> <p>Can I discuss the safety procedures within a gymnastics lesson and explain what might happen if these are not seen to?</p> <p>Can I create complex and well executed sequences that</p>	<p><u>Dance</u></p> <p>Can I apply techniques from gymnastics to enhance all my routines?</p> <p>Can I describe and comment on other performances and make complex suggestions to improve quality and performance of all dances?</p> <p>Can I perform expressively and hold a precise and</p>	<p><u>Hockey</u></p> <p>Can I help and coach others when it is useful and explain ways to improve?</p> <p>Can I always want to win and understand what I need to do to improve myself and others performances to make sure to win?</p> <p>Can I always dribble, pass and receive</p>	<p><u>Tennis</u></p> <p>Can I umpire keep score for a tennis match?</p> <p>Can I understand how to serve and where to serve the ball, with the correct technique?</p> <p>Can I understand the rules and play a game of mini tennis and apply tactics to help me win consistently against different opponents?</p>

<p>Can I referee a game of tag rugby, giving yellow or red cards if necessary?</p> <p>Can I confidently pass left and right using pendulum technique at distances over 2 metres?</p> <p>Can I catch the rugby ball consistently even when coming from awkward positions?</p> <p>Can I give advice to others within the team and understand my role on the pitch?</p> <p>Can I support team mates and be available when they want to pass, making the correct pass when necessary?</p> <p>Can I consistently throw a line out to a team mate?</p> <p><u>Football</u></p> <p>Can I understand all parts how to referee a game?</p> <p>Can I understand how to give sound advice and direct others in a game to make sure they are keeping to their position?</p> <p>Can I strike a moving ball with solid technique particularly landing foot and make sure it goes in the direction asked of me?</p> <p>Can I volley a ball with accuracy over distances?</p> <p>Can I dribble at opponents and go past them every time?</p> <p>Can I mark, tackle and work hard when defending in a game?</p>	<p>Can I perform a chest, bounce and overhead pass and select the right one in all situations?</p> <p>Can I understand the shooting technique and apply backspin to my shots?</p> <p>Can I defend 1 on 1 as well as zonally as part of a collective?</p> <p>Can I get I switch from attack to defence with every turnover of the ball?</p> <p>Can I lead a warm up and training drills based around basketball skills?</p> <p>Can I advise others on areas where they should improve their performance?</p> <p><u>Athletics (sports hall)</u></p> <p>Can I use the correct technique for short distance running events and can explain when I have seen these in action?</p> <p>Can I use the correct technique for long distance running events and can explain when I have seen these in action?</p> <p>Can I always choose the best pace for running over a variety of distances?</p> <p>Can I compete with others and keep track of personal best performances, setting targets for improvement and identify weaknesses?</p> <p>Can I run with the correct technique for all long distance running events?</p> <p>Can I be aware and throw with the correct technique</p>	<p>include a range of movements:</p> <ul style="list-style-type: none"> • Springing • Flight • Vaults • Inversions • Rotations <p>Can I hold shapes that are strong, fluent and expressive?</p> <p>Can I vary speed, direction, level and body rotation during floor performances?</p> <p>Can I perform a forwards and backwards roll, a headstand, cartwheel, handstand and attempt a round off?</p> <p>Can I practice and refine the gymnastics techniques listed above?</p> <p>Can I use equipment to vault and to swing, remaining upright?</p> <p><u>Dodgeball</u></p> <p>Can I coach others on my team to use the correct throw when needed always?</p> <p>Can I umpire a game of dodge ball understanding all the correct rules?</p> <p>Can I throw a ball at a travelling speed and consistently hit my target?</p> <p>Can I always choose the best person to come into the game when I have caught a ball?</p> <p>Can I choose who to retrieve the ball from the centre and direct others for who they should compete against to retrieve the ball?</p>	<p>strong body posture in all performances?</p> <p>Can I create and perform complex sequences?</p> <p>Can I perform with high energy, slow grace or other themes and maintain this throughout a performance?</p> <p>Can I perform complex moves that combine strength and stamina gained through gymnastics (e.g. cartwheels and handstand) and show others how to do this?</p> <p><u>OAA</u></p> <p>Can I understand all of the safety elements of a range of outdoor activities?</p> <p>Can I understand my comfort zone? Am I willing to leave it?</p> <p>Can I understand how all rope systems work when working at height?</p> <p>Can I climb effectively, using the correct technique always?</p> <p>Can I always leave my comfort zone and show resilience?</p> <p>Can I take on all challenges on water?</p> <p>Can I follow a map for orienteering and explain to others who are struggling what they need to do?</p> <p>Can I work as a team member to solve all problems?</p> <p>Can I help others when they are struggling and</p>	<p>competently, so I think more about anticipating the next phase of the game?</p> <p>Can I apply my skills at full speed, in a full scale game to help me outwit opponents?</p> <p>Can I be fully involved at all times, aware of my role, even when play isn't close to me?</p> <p>Can I reverse the stick at speed and be able to pass the ball to others when doing this?</p> <p><u>Cricket</u></p> <p>Can I understand all the different positions of fielders?</p> <p>Can I umpire and keep score for a cricket match?</p> <p>When batting, can I hit the ball consistently and aim for gaps where a fielder isn't standing?</p> <p>Can I always bowl accurately and with speed?</p> <p>Can I always know which position to field in and always look at the gaps in the field?</p> <p>Can I direct others to likely hitting areas?</p> <p>Can I catch the ball when behind the batsman and throw the ball to the bowler?</p>	<p>Can I always perform a volley, directing it to where it should go?</p> <p>Can I use footwork and body position to perform consistent forehands and back hands?</p> <p>Can I consistently target an area of the court with a forehand and backhand where my opponent is not standing?</p> <p>Can I always hit the ball over the net but land within the boundaries of the court?</p> <p><u>Athletics (Track & Field)</u></p> <p>Can I use the correct technique for short distance running events and can explain when I have seen these in action?</p> <p>Can I use the correct technique for long distance running events and can explain when I have seen these in action?</p> <p>Can I always choose the best pace for running over a variety of distances?</p> <p>Can I compete with others and keep track of personal best performances, setting targets for improvement and identify weaknesses?</p> <p>Can I run with the correct technique for all</p>
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<p>Can I hold my position during a game and make sure that others are holding their position? Can I take free kicks and penalties using my own technique, scoring most of the time?</p>	<p>for javelin and weighted ball events and beat my personal best? Can I be aware and can jump with the correct technique for triple jump, long jump and high jump events? Can I run with the correct technique for all short distance running events?</p>	<p>Can I decide when to throw the ball and who I feel is most likely to get hit?</p>	<p>show ways that I would use to enable me to not struggle?</p>	<p>long distance running events? Can I be aware and throw with the correct technique for javelin and weighted ball events and beat my personal best? Can I be aware and can jump with the correct technique for triple jump, long jump and high jump events? Can I run with the correct technique for all short distance running events?</p>
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