



St. Mary's Yearly Overview:



Year group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Physical Development runs throughout EYFS as one of the Prime Areas through child initiated and adult led activities to ensure coverage and progression through a wide variety of experiences. The children will be assessed each half term using the fundamental movement skills and the Development Matters Framework statutory framework and non-statutory guidance as a baseline for ongoing development in Physical Development.					
Pre-school	A Visit to the Zoo.	A Day on the Farm.	An Adventure with the Emergency Services.	An Encounter with Pirates.	Fantasy Fairy Tale.	Under the Sea.
	FMS – Castles. To focus on: Throwing underarm. Rolling a ball. Jumping and landing appropriately. Perform a variety of gymnastics rolls. Climb up and down apparatus using alternate feet. Revise fundamental movement skills covered in the unit.	FMS – Elmer. To focus on: Making a range of shapes on small body parts. Travel in a range of ways and negotiate space successfully. Throw with increasing accuracy underarm. Throw for distance. Perform a range of gymnastic rolls. Move freely and with confidence when rolling. Perform a range of gymnastic jumps. Balance on one leg. Balance on a range of small body parts. Climb with confidence under, over and through climbing equipment. Revise fundamental movement skills covered in the unit.	FMS – Transport. To focus on: Travelling in a variety of ways, adjusting speed and direction Avoid obstacles. Show increasing control over an object pushing it. Perform a variety of gymnastic rolls. Over arm throw for distance Climb play equipment. Revise fundamental movement skills covered in the unit.	FMS – Mini Beasts. To focus on: Performing the basic skills of jumping. Travel over, under and throw climbing equipment. Travel over, under and through balance and climbing equipment. Catch a large ball. Catch with increasing control. Roll in a variety of ways. Revise the fundamental movement skills covered in the unit.	FMS – Space. To focus on: Travelling in a variety of ways Adjusting speed and direction to avoid obstacles. Show increasing control over an object pushing it. Perform a variety of gymnastic rolls. Over arm throw for distance Climb nursery, play climbing equipment. Revise fundamental movement skills covered in the unit.	FMS – Seaside. To focus on: Balance on small body parts. Travel on hands and feet. Show increasing control over a object pushing and patting it. Perform a variety of gymnastic rolls. Show increasing control over an object pushing and patting it. Underarm throw with some accuracy. Revise fundamental movement skills covered in the unit.
Reception	FMS - Castles. To focus on: Throwing underarm. Rolling a ball. Jumping and landing appropriately. Perform a variety of gymnastics rolls. Climb up and down apparatus using alternate feet. Revise fundamental movement skills covered in the unit.	FMS – Elmer. To focus on: Making a range of shapes on small body parts. Travel in a range of ways and negotiate space successfully. Throw with increasing accuracy underarm. Throw for distance. Perform a range of gymnastic rolls. Move freely and with confidence when rolling. Perform a range of gymnastic jumps. Balance on one leg. Balance on a range of small body parts. Climb with confidence under, over and through climbing equipment	FMS – Transport. To focus on: Travelling in a variety of ways, adjusting speed and direction Avoid obstacles. Show increasing control over an object pushing it. Perform a variety of gymnastic rolls. Overarm throw for distance. Climb play equipment. Revise fundamental movement skills covered in the unit.	FMS – Mini Beasts. To focus on: Performing the basic skills of jumping. Travel over, under and throw climbing equipment. Travel over, under and through balance and climbing equipment. Catch a large ball. Catch with increasing control. Roll in a variety of ways Revise the fundamental movement skills covered in the unit.	FMS – Space. To focus on: Travelling in a variety of ways. Adjusting speed and direction to avoid obstacles. Show increasing control over an object pushing it. Perform a variety of gymnastic rolls. Over arm throw for distance. Climb nursery, play climbing equipment. Revise fundamental movement skills covered in the unit.	FMS – Seaside. To focus on: Balance on small body parts. Travel on hands and feet. Show increasing control over a object pushing and patting it. Perform a variety of gymnastic rolls. Show increasing control over an object pushing and patting it. Underarm throw with some accuracy. Revise fundamental movement skills covered in the unit.

		Revise fundamental movement skills covered in the unit.				
1	FMS Baseline Unit. Demonstrate the FMS of underarm throwing and hopping. Demonstrate FMS of jumping and skipping. Demonstrate the FMS of catching and bouncing a ball. Demonstrate the FMS of rolling a ball and kicking. Demonstrate the FMS of running and overarm throw.	FMS Rolling a Ball. Roll a ball with some accuracy. Roll different equipment with some accuracy. Demonstrate a simple tactic in a rolling game. Show two simple tactics in a game.	FMS Underarm Throw. Demonstrate an underarm throw with some accuracy. Show a side gallop. Demonstrate an underarm throw with some accuracy at different targets. To demonstrate a simple tactic in a game. To show two simple tactics in a game.	FMS Catching and Bouncing a Ball. To demonstrate catching a ball with some accuracy. demonstrate catching and bouncing a wall with some accuracy. To show a simple tactic in a game. To apply a simple tactic in a game.	FMS Overarm throw. Demonstrate an overarm throw with some accuracy. To show a fast running technique. To demonstrate a simple tactic in a game.	Athletics. To show a hopping skill with rhythm. Demonstrate rolling a ball with some accuracy. Show running and changing direction quickly. Demonstrate throwing underarm with some accuracy. Demonstrate jumping as far as possible and landing safely with control. To show good posture when running fast. Demonstrate rolling a ball with some accuracy and control.
	FMS. Show a jump 2 feet to 2 feet with a straight shape. Throw overarm with some accuracy. Climb with confidence. Show a jump 2 feet to 2 feet with a wide shape. Perform an egg roll with some control. Show a jump 2 feet to 2 feet with a tuck shape. Demonstrate a travel and roll with a shape.	Dance. Move safely and creatively in space. Use the words from the mind map to help us move in different ways. Develop creative ideas using the words in the mind map as our stimulus. Focus on timing and performing the completed motif in unison. Creatively turn the action from our motif into travelling movements. Show use of different levels in our travelling movements. Show different pathways in our travelling movements. Work in pairs showing good cooperation skills and give useful peer feedback. Use a poem as a stimulus for creative and imaginative actions. Show use of level, direction and unison when creating and performing. Understand what makes a good performance. Give useful feedback to a partner. Improve own performance based on feedback.	Gymnastics. Demonstrate a travel and pencil roll. Jump 2 feet to 2 feet with a straight shape. Demonstrate travelling actions. Show an egg roll. Jump 2 feet to 2 feet with a tuck shape. Show a travel and roll with a shape. Jump 2 feet to 2 feet with a wide shape. Apply the skills of travelling, rolling, jumping into a sequence. Apply the skills of travelling, rolling, jumping into a sequence with two different shapes. Show the skills of travelling, rolling and jumping into a sequence with two different shapes using apparatus.	Dance. Move safely and creatively in space. Use the words from the mind map to help us move in different ways. Develop creative ideas using the words in the mind map as our stimulus. Focus on timing and performing the completed motif in unison. Creatively turn the action from our motif into travelling movements. Show use of different levels in our travelling movements. Show different pathways in our travelling movements. Work in pairs showing good cooperation skills and give useful peer feedback. Use a poem as a stimulus for creative and imaginative actions. Show use of level, direction and unison when creating and performing. Understand what makes a good performance. Give useful feedback to a partner. Improve own performance based on feedback.	FMS – Zog. Perform the skill of running and changing direction quickly. Demonstrate how to jump as far as possible, landing safely with control. Demonstrate an overarm throw and hopping. Demonstrate travelling on feet and hands on apparatus.	FMS – Tri Throlf. Demonstrate an underarm throw with some accuracy. Demonstrate a side gallop. Rolling an object and underarm throw with some accuracy. Show a simple tactic in a game. Demonstrate sending an object three different ways with some accuracy.
1 / 2 2	FMS – Playground Games in the 20th Century. Develop the skill of dodging/changing direction. Develop the skill of hopping when playing a game.	FMS – Underarm Throw. Demonstrate an underarm throw with some accuracy. Show a side gallop. Demonstrate an underarm throw with some accuracy at different targets.	FMS – Kicking. To explore different ways of kicking objects. Explore different ways of kicking objects with increasing accuracy and control.	FMS – Bounce Ball. Bounce a ball with some control. Bounce a ball with some control while moving. Bounce a ball and pass in a simple game.	FMS – Overarm Throw. Demonstrate an overarm throw with some accuracy. Show a fast running technique.	Athletics. Throw underarm accurately into a target. Throw as far as possible. Throw overarm accurately. Throw overarm for distance.

	Demonstrate catching a ball with some control. To throw underarm with some accuracy. Throw a ball underarm to a partner with some accuracy. Catch a ball. Demonstrate a side gallop. Show the ready position. Catch a ball from the ready position. Strike a ball to a partner. Strike a ball with some accuracy. Apply a simple tactic in a net/wall.	Demonstrate a simple tactic in a game. Show two simple tactics in a game.	Kick objects with increased accuracy. To receive a kick with control. To kick objects with increased accuracy. To intercept a ball. To explore kicking with a variety of equipment. To choose skills effectively for a game. To explore kicking with a variety of equipment. To choose skills effectively for a game.	Throw a ball at a target with some accuracy. Pass a ball with accuracy then move into a space. Use a simple tactic in a game. Show a simple tactic in a game.	Demonstrate an overarm throw with some accuracy in a game. Demonstrate a simple tactic in a game. Apply a simple tactic in a net/wall game. Demonstrate a simple tactic in a net/wall game to outwit an opponent.	Throw using a push and two handed throw for distance. Jump for distance with control. Throw using an underarm and overarm throw for distance and accuracy. Complete an obstacle course with speed and agility.
	Games – Piggy in the Middle. Demonstrate an underarm throw with some accuracy. Show catching a ball with control. Throw underarm with accuracy then move into a space. Catch a ball with control. Demonstrate passing a ball with some accuracy then moving into a space. Show a simple tactic in a game. Pass a ball with some accuracy then move into a space. Use a simple tactic in a game.	Dance. To move safely and creatively in space. Use words from the mind map to help us move in different ways (show different types of travel showing good timing and use of levels). Develop creative ideas using the words in the mid mad as our stimulus. Focus on our timing and performing the completed motif in unison. Creatively turn the action from our motif into travelling movements. Show use of different levels in our travelling movements. Show different pathways in our travelling movements. Work well in pairs showing good cooperation skills and give useful peer feedback. Use the poem as a stimulus for creative and imaginative actions. Show use of level, direction and unison when creating and performing pairs section. Understand what makes a good performance. Give useful feedback to our partner. Improve our own performance based on feedback.	Gymnastics. To demonstrate jumping actions with different shapes in the air. Show travelling actions using hands and feet. Demonstrate balancing on large body parts. Show an egg roll, pencil and teddy bear roll. Create and demonstrate a sequence using rolling, jumping and travelling. Perform jumping and rolling actions. Create a sequence using rolling, jumping and travelling. Create a sequence using travelling, balancing, rolling and jumping.	Dance. To move safely and creatively in space. Use words from the mind map to help us move in different ways (show different types of travel showing good timing and use of levels). Develop creative ideas using the words in the mid mad as our stimulus. Focus on our timing and performing the completed motif in unison. Creatively turn the action from our motif into travelling movements. Show use of different levels in our travelling movements. Show different pathways in our travelling movements. Work well in pairs showing good cooperation skills and give useful peer feedback. Use the poem as a stimulus for creative and imaginative actions. Show use of level, direction and unison when creating and performing pairs section. Understand what makes a good performance. Give useful feedback to our partner. Improve our own performance based on feedback.	Games – Net and Wall. Demonstrate how to catch a ball. Show a side gallop with some rhythm. Show the ready position. Demonstrate how to catch a ball. Show how to hold a bat. Demonstrate catching a ball from the ready position. Strike a ball to a partner. Strike a ball with some accuracy. Show a simple tactic in competitive fours.	Games – Striking and Fielding. Demonstrate an overarm throw for distance. Strike a ball from a distance. Play a simple striking and fielding game. Strike a ball with accuracy for distance. Play a simple striking and fielding game and use a simple tactic.
3	Invasion Games – Netball. Demonstrate passing a ball using a chest pass. Move into space after using a chest pass in a game. Demonstrate passing a ball using a bounce pass.	Invasion Games – Basketball. Pass a ball using a chest pass and bounce pass accurately. Move into space after using a chest pass and/or a bounce pass in a game. Dribble a basketball with some control.	Invasion Games – Touch Ball. Send and receive a ball in a game. Play traditional Roman ball games. To apply simple tactics. Revise simple tactics in an invasion game.	Target Games – Boccia. Show different ways of how to propel a boccia ball (bean bag) towards a target. Demonstrate sending a ball into a target with accuracy. Play simple boccia type games using simple tactics.	OAA – Trust and Trails. Demonstrate with a partner how to solve trust challenges. Work with others to complete a journey within the school grounds. Know how to use a control card.	Athletics. Throw using a pull action. Explore different running techniques. Perform the sling throwing action. Develop jumping actions (two feet to two feet for distance).

	Move into a space after passing in a game. Perform a chest pass and bounce pass in a game. Apply a feint when passing to outwit a defender. Apply a simple tactic to outwit a defender. Perform a pass in an invasion game using a chest pass or bounce pass.	Pass a ball accurately to a teammate using a chest and bounce pass. Find a space to receive a chest or bounce pass. Use tactics to outwit an opponent. Evaluate what worked well in a game. Evaluate what worked well in a team.		Send a boccia ball towards a target with accuracy. Play boccia using simple tactics. Show tactics as a team when playing boccia.	Navigate safely to each control site. Show how to keep a map “set” or “orientated”. Know some of the symbols on a orienteering map.	Throw using a push action. Throw for distance using a pull, push and sling throw. Pass a quoit/baton to a teammate in a relay. Perform a hop, step and jump. Perform pull, push and sling throw. Perform a combination of 5 jumps.
	FMS – Catch up. Playground Games in the 20th Century. Develop the skill of dodging/changing direction when playing a tig game. Develop the skill of hopping when playing a game. Demonstrate catching a ball with some control. Throw underarm with some accuracy. Throw a ball underarm to a partner with some accuracy. Catch a ball. Demonstrate a side gallop. Show the ready position. Catch a ball from the ready position. Strike a ball to a partner.	Dance – Dance Around the World. To share what we know about the theme. Creatively use the words from the mind map to help us move in different ways. Show good timing, posture and extension. Use actions from the motif creatively, using different body parts and movements. Show changes in level and pathway when travelling. Use pictures creatively. Show use of mirror image and changes in levels. To work cooperatively. To work well in groups showing good cooperation skills. Use a poem as a stimulus for creative and imaginative actions. Show use of canon and changes in formation. To understand what makes a good performance. Give useful feedback to a partner. Improve our own performance based on feedback.	Gymnastics – Core Task 1. Demonstrate travelling with control on 4 points. Show balances on 2 and 3 points of the body. Show balances with stillness on 1,2,3 and 4 points of the body. Combine actions of travelling and balance. Demonstrate basic rolls with accuracy and control. Move from one action to another smoothly. Demonstrate jumping and landing safely. Create and demonstrate a sequence to a partner. Create and demonstrate a gymnastic sequence of at least six actions using travelling, rolling, jumping and balancing on small body parts.	Dance - Romans. To share what we know about the theme. Creatively use the words from the mind map to help us move in different ways. Show good timing, posture and extension. Use actions from the motif creatively, using different body parts and movements. Show changes in level and pathway when travelling. Use pictures creatively. Show use of mirror image and changes in levels. To work cooperatively. To work well in groups showing good cooperation skills. Use a poem as a stimulus for creative and imaginative actions. Show use of canon and changes in formation. To understand what makes a good performance. Give useful feedback to a partner. Improve our own performance based on feedback.	Net and Wall – Core Task 1. Explore different throwing actions. Consolidate throwing actions and practise catching. Explore different ways of throwing. Consolidate catching skills. Suggest ideas and practices to improve their play. Strike the ball using their hand or small bat. Improve movement skills and body positions. Familiarise with a racquet and practise striking skills using a racquet. Devise their own game. Consolidate striking and ball control skills.	Striking and Fielding – Cricket. Demonstrate an underarm throw with accuracy. Catch a ball. Throw a ball underarm with some accuracy. Catch a ball in a striking and fielding game. Strike a ball from a batting tee or drop feed. Catch a ball in a striking and fielding game. Demonstrate bowling a ball underarm. Apply simple tactics in a modified competitive game.
3 / 4 4	Invasion Games – Basketball. Pass a ball using a chest pass and bounce pass accurately. Move into space after using a chest pass and/or bounce pass in a game. Demonstrate dribbling a basketball with some control. Pass a ball accurately to a teammate using a chest and bounce pass. Find a space to receive a chest or bounce pass. Use tactics to outwit an opponent. Evaluate what worked well in a game.	Invasion Games – Rugby 1. Demonstrate passing a ball using a swing pass. Move into space after using a swing pass in a game. Perform a feint when passing to outwit a defender. Perform a pass in an invasion game using a swing pass. Apply a tactic to outwit a defender.	Invasion Games – On the Attack. Pass a ball using a one-handed pass accurately. Move into space after using a one-handed pass accurately. Pass a ball accurately to a teammate using a one-handed bounce pass. Demonstrate a simple tactic in a game. Pass a handball with some accuracy. Find a space to receive a pass.	Target Games – Dodgeball. Demonstrate throwing a ball at a target using a one-handed pass. Demonstrate throwing a ball at a target using a one-handed throw with accuracy in a game situation.	OAA – Team Work and Problem Solving. Work as part of a team to solve challenges. Demonstrate cooperating and working together as a team to complete challenges. Show encouragement and support to team members. Demonstrate concise instructions. Explain how they worked as a team to solve challenges.	Athletics. Throw using a pull action. Explore different running techniques. Perform the sling throwing action. Develop jumping actions (two feet to two feet for distance). Throw using a push action. Throw for distance using a pull, push and sling throw. Pass a quoit/baton to a teammate in a relay. Perform a hop, step and jump.

			Demonstrate a one-handed passing with some control. Use simple tactics to outwit an opponent. Shoot a ball with accuracy. Evaluate what worked well in a team.		Demonstrate how to work as a team using individual strengths. Explain how they chose their team roles.	Perform pull, push and sling throw. Perform a combination of 5 jumps.
	Creative Games – Tag and Target. Perform the fundamental skill of dodging. Perform the fundamental skill of dodging in a tag game. Demonstrate aiming skills using the FMS of throwing and rolling a ball. Demonstrate aiming skills using the FMS of throwing and rolling a ball in a target game. Send an object in a target game with accuracy.	Dance – Egyptians. Share what we know about the theme. Creatively use the words from the mind map to help us move in different ways. Show good timing, posture and extension. Use the actions from the motif creatively, using different body parts and movements. Show changes in level and pathway when travelling. Show good timing and control. Use the pictures creatively. Show use of mirror image and changes in levels. Work cooperatively. Work well in groups showing good co-operation skills. Use a poem as a stimulus for creative and imaginative actions. Show use of canon and changes in formation. To understand what makes a good performance. Give useful feedback to a partner. Improve their own performance based on feedback.	Gymnastics. Demonstrate travelling actions on feet and hands. Show balances in front and back support positions. Demonstrate the dish and arch shape. Combine travelling, jumping and balancing actions. Demonstrate basic rolling actions. Plan and perform a simple sequence to include travel, rolling and jumping. Balance on one foot and arabesque. Create and demonstrate a gymnastics sequence of 6 actions. Teach a sequence to a partner and make simple assessments of quality of their performances. Show a sequence of six moves that meets Level 1 competition criteria.	Dance – Space. Share what we know about the theme. Creatively use the words from the mind map to help us move in different ways. Show good timing, posture and extension. Use the actions from the motif creatively, using different body parts and movements. Show changes in level and pathway when travelling. Show good timing and control. Use the pictures creatively. Show use of mirror image and changes in levels. Work cooperatively. Work well in groups showing good co-operation skills. Use a poem as a stimulus for creative and imaginative actions. Show use of canon and changes in formation. To understand what makes a good performance. Give useful feedback to a partner. Improve their own performance based on feedback.	Net and Wall – Core Task 2. Know why warming up is important. Consolidate throwing actions. Suggest ideas and practices to improve their play. Strike the ball using their hand or small bat. Choose a range of simple tactics to use in a simple game. Develop range of striking skills suitable for net/wall type activities.	Striking and Fielding – Rounders. Demonstrate an overarm throw with accuracy. Throw a ball underarm with some accuracy. Catch a ball in a striking and fielding game. Strike a ball from a tee or drop feed. Apply a simple tactic in a striking and fielding game. Demonstrate bowling a ball underarm with accuracy. Apply simple tactics in modified striking and fielding game. Evaluation – To make a simple assessment of their own performance based on the success criteria.
5	Invasion Games – Netball. Demonstrate passing and catching a netball with consistency, accuracy and control. Demonstrate a shoulder pass. Shoot a netball with some accuracy. Apply simple tactics when playing a netball type game. Apply simple tactics with and without the ball when playing a netball type game. Apply simple tactics when playing a netball type game, including defending.	Invasion Games – Football. Develop dribbling with a ball. Develop sending skills. Develop travelling with a ball. Develop shooting skills. Develop tactics in a modified invasion game. Develop travelling with a ball. Develop tactics in a modified invasion game. To evaluate success.	Invasion Games – Rugby 1. Demonstrate passing and catching a rugby ball with consistency, accuracy and control. Apply simple tactics when playing a rugby type game. Apply simple attacking and defending tactics when playing a rugby type game.	Creative Games. To dribble a ball. Pass and receive a pass using a variety of skills. Select and apply appropriate tactics when playing different invasion games. Create rugby type game and select and apply tactics to outwit an opponent. Work as a team to solve a tactical problem through designing a unique invasion game. Adapt an invasion game to include positions and attacking/defending options.	OAA – Teamwork and Problem Solving 1. Demonstrate working as part of a team to solve challenges. Demonstrate cooperating and working together as a team to complete challenges. Show encouragement and support to team members. Demonstrate concise instructions. Explain how they worked as a team to solve challenges. Demonstrate how to work as a team using individual strengths.	Athletics. Perform running techniques for short and long distances. Perform a pull and push throw. Take off and land on one foot to one foot (same and other]. Performer pull throw. Develop running for distance. To take off and land 1 foot to two. To perform a push throw. To develop running for speed. To take off and land using a combination of jumps. To perform a sling throw.

	Apply simple attacking and defending tactics when playing a netball type game.			Apply simple attacking and defending tactics when playing an invasion type game.	Explain how they chose their team roles.	To develop a running technique at different speeds. To take off and land using hop, step and jump. Perform a heave throw. Develop running techniques. Take part in an athletics event and recording times and distances.
	Invasion Games – Hockey. Show passing a ball to a teammate using a hockey stick. Demonstrate dribbling and passing a ball using a hockey stick. Shoot a ball at a goal. Select attacking tactics when playing a hockey type game. Dribble and shoot a ball using a hockey stick. Select attacking tactics when playing a game. Apply simple attacking and defending tactics when playing a hockey type game. Play a role in a competitive modified game. Select attacking tactics when playing a game.	Dance. Share knowledge of characters, storylines and themes of the poem. Creative imaginative actions based on the words in the theme-related mind map. Focus on food timing and performing motif in unison. Understand dance from 1950's (rock and roll) Include use of level changes and different directions. Understand dance of 1970's (disco, funk) Work well in groups. Effectively use chance choreography. Include changes in formation, dynamics, canon, unison, direction and level. To understand what a good performance is. To give useful feedback to a partner using appropriate and relevant dance vocabulary. Improve own performance based on feedback.	Gymnastics Core Task 1. To perform partner balances. Create a simple sequence of matched and mirrored partner balances. Perform a range of counter-balance actions with a partner. Know the difference between counter balance and counter tension. Perform a range of counter-tension actions with a partner. Create a gymnastic sequence with counter balances and counter tension with a partner. Evaluate and recognise their own success.	Dance – The Victorians. Share our knowledge of the Victorians. Create imaginative actions based on the words in the theme-related min map. Focus on good timing and performing motif in unison. Turn 3-4 actions into a travelling sequence. Show good timing. Include use of level changes, pathway and different directions. Be creative with ideas when using the poems. Good teamwork and communication. Include use of mirror image, and changes in level and direction choreography. Work well in groups showing good cooperation skills. Use chance choreography creatively. Show use of canon, unison and mirror image, and changes in formation level and direction. Work well in groups showing good cooperation skills and provide useful peer feedback. Use chance of choreography effectively. Show use of canon and changes in formation when creating and performing group section. Understand what makes a good performance. Give useful feedback to a partner. Improve own performance based on feedback.	Net and Wall – Tennis. Demonstrate a forehand shot with some consistency. Demonstrate a forehand and backhand shot with some consistency. Direct the ball reasonable well to their partner to continue a rally. Demonstrate simple tactic in a net type game (to be able to hit the ball to targets away from their partner). Demonstrate a simple tactic in a Nat type game. Play a game for the core task and incorporate tactics to score points.	Striking and Fielding – Cricket. Demonstrate bowling underarm with accuracy. Catch a ball when fielding. Strike a ball with a cricket bat off a tee. Bowl overarm with accuracy. Apply a tactic in a cricket type game.

5 / 6 6	Invasion Games – Hockey. Show passing a ball to a teammate using a hockey stick. Demonstrate dribbling and passing a ball using a hockey stick. Demonstrate shooting a ball at a goal. Select attacking tactics when playing a hockey type game. Apply simple attacking and defending tactics when playing a hockey type game. Play a role in a competitive modified game. Select attacking tactics when playing a game.	Invasion Games – Rugby. Demonstrate passing and catching a rugby ball with consistency, accuracy and control. Pass and catch rugby ball with consistency, accuracy and control. Apply simple tactics when playing a rugby type game. Apply simple attacking and defending tactics when playing a rugby type game.	Invasion Games – Netball. Demonstrate passing and catching a netball with consistency, accuracy and control. Demonstrate a shoulder pass. Shoot a netball with some accuracy. Apply simple tactics when playing a netball type game. Apply simple tactics with and without the ball when playing a netball type game. Apply simple tactics when playing a netball type game, including defending. Apply simple attacking and defending tactics when playing a netball type game.	Invasion Games – Creative Games. To dribble a ball. Pass and receive a pass using a variety of skills. Select and apply appropriate tactics when playing different invasion games. Create rugby type game and select and apply tactics to outwit an opponent. Work as a team to solve a tactical problem through designing a unique invasion game. Adapt an invasion game to include positions and attacking/defending options. Apply simple attacking and defending tactics when playing an invasion type game.	Orienteering. Demonstrate how to keep a map set when moving. Demonstrate how to “set” or “orientate” a map when moving around a simple course. Plan an efficient route around a simple course. Demonstrate how to get around a simple course using the 8 points of a compass. Plan a route to control. Find the correct control marker using a map. Can record answers correctly. Navigate to a control markers during a score event. Make decisions about which control markers to visit in the time allowed. To recognise ways to improve.	Athletics. Perform running techniques for short and long distances. Perform a pull and push throw. Take off and land on one foot to one foot (same and other]. Performer pull throw. Develop running for distance. To take off and land 1 foot to two. To perform a push throw. To develop running for speed. To take off and land using a combination of jumps. To perform a sling throw. To develop a running technique at different speeds. To take off and land using hop, step and jump. Perform a heave throw. Develop running techniques. Take part in an athletics event and recording times and distances.
	OAA – Teamwork and Problem Solving 2. Communicate effectively. Trust and work with others to solve problems. Take responsibility for others. Listen attentively, record information accurately and apply strategies for remembering important information. Follow instructions and work with others to complete a complex task. Work effectively as part of a team to solve problems. Generate and share ideas. Review performance and apply learning. Share ideas confidently, when working as part of a team. Review a performance and apply the learning to complete a task successfully. Work effectively as part of a team. Recognise the important role played by all team members. Organise time and resources within a team. Encourage others to improve performance.	Dance – The Haka. Share knowledge of the Haka. Learn the actions and words for Ka Mate Kaka. Focus on good timing and performing motif in unison. Turn 3-4 actions into a travelling section. Include use of level changes, pathway and different directions. Be creative with ideas when using stimulus. Good teamwork. Include use of mirror image and changes in level and direction in choreography. Work well in groups. Effectively use chance choreography. Include changes in formation, dynamics, unison, canon, direction and level. To understand what a good performance is. Give useful feedback to our partner using appropriate and relevant dance vocabulary. Improve our own performance based on feedback.	Gymnastics. Perform shapes and balances with a partner. Demonstrate counter balance and counter tension paired balances using apparatus. Demonstrate a good counter balance. Create a gymnastic sequence with counter balances and counter tension in a group. Demonstrate a paired and group counter balances in unison. Create a sequence of gymnastic actions, paired and group balances. To recognise strengths and areas for improvement in their performance.	Dance – World War Two. Share knowledge of World War Two. Create imaginative actions based on the words in the theme-related mind map. Focus on good timing and performing motif in unison. Turn 3-4 actions into travelling section. Include use of level changes, pathway and different directions. Be creative with ideas when using the poem as inspiration. Good teamwork. To include use of mirror image, and changes in level and direction in choreography. To work well in rroups showing good cooperation skills. Use chance choreography creatively. Show use of canon, unison and mirror image, and changes in formation level and direction. Work well in groups showing good cooperation skills and provide useful peer feedback. Use the chance choreograph sheets to help finish dance. Understand what makes a good performance. Give useful feedback to a partner.	Net and Wall – Badminton. Demonstrate a forehand shot with some consistency. Demonstrate a forehand and bacjhand shot with some consistency. Direct the shuttlecock reasonably well to their partner to continue a rally. Demonstrate simple tactic in a net type game. Play a game for the core task and incorporate tactics to score points.	Striking and Fielding Games – Rounders. Demonstrate bowling underarm with some accuracy. Catch a ball when fielding. Strike a ball with a bat. Throw a ball overarm when fielding. Bowl underarm with accuracy. Strike a ball with a bat off a tee. Demonstrate an overarm throw when fielding a ball. Explain where to strike a ball in a game. Demonstrate bowling with accuracy in a game. Strike a ball with a bat. Use tactics in a rounders type game. To identify strengths and areas for improvement.

				Improve own performance based on feedback.		
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