

	WRENBURY PRIMARY SCHOOL EYFS – Physical Development											
	N1 Autumn	N1 Spring	N1 Summer	N2 Autumn	N2 Spring	N2 Summer						
Gross Motor Skills	Spin, roll and indepen Sit on a push-a Around their third birth Use large and small mo	nd climb – and start to use th dently use ropes and swings long wheeled toy, use a scoor day, can the child climb confi pedal a tricycle? tor skills to do things independ buttons and zips, and pour di he toilet with help, and then i	(for example, tyre swings). ter or ride a tricycle. dently, catch a large ball and dently, for example manage rinks.	Go up steps and Skip, hop, stand on o Use large-muscle moven Start taking part in some Are increasingly able to u wh Match their developin example, they decide whe	and ball skills. stairs, or climb up apparatus one leg and hold pose for a g nents to wave flags and streat e group activities which they t teams. use and remember sequence sich are related to music and g g physical skills to tasks and thether to crawl, walk or run a its length and width. rces to carry out their own pl enlarge a small hole they dug	ame like musical statues. Imers, paint and make marks. Imake up for themselves, or in Is and patterns of movements Inhythm. In activities in the setting. For excross a plank, depending on In ay. For example, choosing a with a trowel. In as moving a long plank safely,						



Children to be encouraged to 'active travel' to and from the setting – for example, walking, scooter or bike. Provide children with a range of climbing and jumping activities.

Encourage children to ride a tricycle safely and correctly.

Children to learn to walk upstairs correctly and come down them correctly.

Encourage children to use materials flexibly and combine them in different ways.

Help young children learn what physical risks they are confident and able to take.

Encourage children to climb unaided and to stop if they do not feel safe.

Children to learn to roll, spin and use a tyre swing or ropes in the hall.

Children to begin toilet training when they show signs of readiness and discuss this with their parents. Do children know when they know when they have got a wet or dirty nappy? Do they show an awareness when they are urinating and tell you they are doing it? Do they show they need to pee by fidgeting or going somewhere quiet or hidden? Do they know when they need to pee and may say so in advance? Practice and learn to throw

and catch a ball.

Learn to ride a scooter

effectively and safely.

Encourage children to transfer physical skills learnt in one context to another one.
Encourage children to paint, chalk or make marks with water on large vertical surfaces.
Activities and experiences such as these help children to 'cross the mid-line' of

their bodies.

Encourage children to Adult to lead movementplay activities when become more confident, appropriate. These will competent, creative and challenge and enhance adaptive movers. children's physical skills Provide opportunities to and development - using play outdoors in larger areas, such as larger parks both fixed and flexible resources, indoors and and spaces in the local outside. area, or through Forest or Model the vocabulary of Beach school movement – 'gallop', Children to run safely on 'slither' - and encourage their whole foot avoiding children to use it. Also obstacles. model the vocabulary of *Balance ability to be instruction - 'follow', completed and 'lead', 'copy' - and progression in children encourage children to use development to be monitored in the balance it. Explain why safety is an ability planning across the important factor in year.

handling tools, and moving

equipment and materials.

Have clear and sensible rules for everybody to follow.



Use large and small motor skills to do things independently, for example manage
buttons and zips, and pour drinks.

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Show an increasing desire to be independent, such as wanting to feed themselves and dress or undress.

Use one-handed tools and equipment, for example, making snips in paper with scissors.

Use a comfortable grip with good control when holding pens and pencils. Start to eat independently and learning how to use a knife and fork.

Show a preference for a dominant hand.

Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips.

Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the toilet, washing and drying their hands thoroughly.

Make healthy choices about food, drink, activity and tooth brushing.



Encourage children to help with carrying, pouring drinks, cleaning and sorting. At meal and snack times, encourage children to try a range of foods as they become more independent eaters. Children can zip and unzip large zippers Children can build a tower 9 blocks high Children can complete lacing cards Children can transfer small objects (sequins, sand, glitter etc) using a spoon.

Encourage young children's personal decision making by offering real choices – water or milk, for example. Encourage good eating habits and behaviours, such as not snatching, sharing and waiting for a second helping. Children can cut a piece of paper in half. Children can thread ½ inch beads on a string or pipe cleaner

Encourage them to dress and undress independently. Be patient, do not rush and take time to talk about what they are doing and why: "It's a bit cold and wet today – what do we need to wear to keep warm and dry?" They can comment on how to eat healthily, listen to children's responses and develop conversations about this. Children to be able to put one arm in their coat independently with support from an adult to put in their second arm. Children can cut along a line within ½ inch of accuracy. Children can copy prewriting vertical and horizontal lines, as well as

circles.

Encourage children by helping them, but leaving them to do the last steps, such as pulling up their zip after you have started it off. Gradually reduce your help until the child can do each step on their own. Encourage children to pick up small objects like individual gravel stones or tiny bits of chalk to draw with.

Children to put both arms in their coat and

put it on with some

support.

You can begin by showing children how to use onehanded tools (scissors and hammers, for example) and then guide them with hand-over-hand help. Talk to children about the importance of eating healthily and brushing their teeth.

Consider how to support oral health. For example, some settings use a tooth brushing programme. Talk

oral health. For example, some settings use a tooth brushing programme. Talk to children about why it's important to wash their hands carefully and throughout the day, including before they eat and after they've used the toilet.

Children to select a dominant hand and hold their mark making tools correctly.

The tripod grip is a comfortable way to hold a pencil or pen. It gives the child good control. The pen is pinched between the ball of the thumb and the forefinger, supported by the middle finger with the other fingers tucked into the hand. You can help children to develop this grip with specially designed pens and pencils, or grippers. Children to independently put their coat on and zip it Children to put their shoes on without support.

	PE										
	Base 1 – Year 1 (Reception curriculum - see Reception MTP for gross and fine motor skills)										
Whole School Theme											
	What does this mean to me? Why does this matter?										



Unit of Work	Agility and coordination	Throwing and catching	Developing balance	Running	Jumping	Throwing and catching
National Curriculum	Tennis	Basketball/ and netball	Dance and gymnastics	Football	Athletics	Striking and fielding
Additional focus pupils:	Master basic movements in agility and coordination and begin to apply these in a range of activities through participating in team games	Participate in team games, developing simply tactics for attacking and defending. Master basic movements in throwing and catching	Master basic movements in balance and coordination through a range of activities and gymnastics Perform dances using simple movement patterns	Master basic movements in balance and running while participating in team games and developing simply tactics for attacking and defending	Master basic movements in jumping and coordination	Master basic movements in running and agility Master basic movements in throwing and catching
Prior Learning	Y1 as YR developed gross motor skills through a range of activities in indoor and outdoor environments using a range of equipment. Tennis is a new sport for Y1. Y1 as YR began to develop spatial awareness.	Y1 as YR developed gross motor skills through a range of activities in indoor and outdoor environments using a range of equipment. Y1 as YR developed throwing and catching skills with a range of ball sizes within provision to develop gross motor skills.	Y1 as YR developed gross motor skills through a range of activities in indoor and outdoor environments using a range of equipment. Y1 as YR learnt to develop fluent styles of moving with control and grace. Y1 as YR learnt to develop strength, coordination, balance and agility within gymnastics and combine movements with ease and fluency.	Y1 as YR developed gross motor skills through a range of activities in indoor and outdoor environments using a range of equipment. Football is a new sport to develop for Y1. Y1 as YR develop a range of ball skills, including kicking and aiming.	Y1 as YR developed gross motor skills through a range of activities in indoor and outdoor environments using a range of equipment. Y1 as YR refined fundamental movement skills.	Y1 as YR developed gross motor skills through a range of activities in indoor and outdoor environments using a range of equipment. Y1 as YR learnt to develop a range of ball skills including throwing, catching and passing and developed confidence and precision in activities involving a ball.



Why this, why now?	Agility is developed in Autumn 1 following the 6 week holiday to develop children's stamina and fitness. Tennis is a new sport to both Y1 and Y2.		each other as they both develop similar skills. Football is a new sport to year 1.			
Core Learning	Year 1 To send the ball. To return the ball. To learn how to hold a tennis racket correctly. To develop linear and lateral movement.	Year 1 To use running in basketball/netball. To receive a ball. To catch in a nest. To throw a basketball/netball.	Year 1 TO perform own dance moves. To copy or make up a short dance. To move safely in a space. Year 1 To learn the shapes star, tuck and stretch. To develop balancing. To roll in a log and egg. To developing ability to jump. To travel in bunny hops.	Year 1 To use running within football games/activities. To kick a ball. To receive a ball with feet.	Year 1 To run with speed. To throw for distance. To develop jumping to land on two feet.	Year 1 To develop an understanding of cricket and rounders. To learn to run for points. To throw a small ball underarm.
Opportunities for deepening learning Know more and remember more.	Competitive elements will be provided for children to embed and apply their skills/knowledge of tennis. Potential to utilise the tennis courts for realistic experience.	Competitive elements will be provided for children to embed and apply their skills/knowledge of basketball/netball. Infant Sportshall festival - TBC	Opportunities for performing in front of a group of people and providing constructive feedback at an age appropriate level. Opportunity for a multiskills after school club to develop previously learnt skills.	Competitive elements will be provided for children to embed and apply their skills/knowledge of football. Opportunity for a football club	Competitive elements will be provided for children to embed and apply their skills/knowledge of athletics. Sports Day during Health and Wellbeing Week Health and Wellbeing week will embed and develop a range of	Competitive elements will be provided for children to embed and apply their skills/knowledge of cricket/rounders. Infant cricket skills festival TBC.



					sports skills and game knowledge.	
					Opportunity for an Athletics afterschool club in summer 2 to practise and embed skills.	
Opportunities			Discussion in revi	sit/review session	Sitings	
for oracy and			Text order			
reading			Discussion in er	nguiry guestion		
reading			Explanations of skills,			
			Opportunities to lea			
Key Figure / Artist	Billie Jean King	Michael Jordan	Bryony Page	Lucy Bronze	Paavo Nurmi	Sachin Tendulkar
Vocabulary	Tracking a ball Opposite team Rebound Racket Net Send Receive Controlling Direction Passing Siming Follow	Catching throwing Bouncing Free space Own space Team Rules Overarm throw Underarm throw	Beat Perform Flow Movements Performance Travel Apparatus Direction Onto and off Pike Posture Rolling – egg, log Sequence Straddle Straight Travel Tuck Balance Points Shapes	Tracking a ball. Free space Own space Opposite team Follow Aiming Speed Direction Passing Controlling Shooting scoring	Balance Obstacle Overarm throw Relay Speed Sprint Take-off and landing Balance Direction Distance Hurdle Power	Striking Fielding Tracking a ball Catching Underarm throw Overarm throw Direction Scoring



			Travelling			
Quick Quiz	Year 1	Year 1	Year 1	Year 1	Year 1	Year 1
•	Can you show me how	Can you show me how	What dance moves	Why do you need to	Can you show me how	What do you know
	to send a ball using a	you would use running	have you performed?	use running in football?	you can run with	about cricket and
	tennis racket?	in basketball/netball?	Can you show me a	Can you show me how	speed? What	rounders? Can you tell
	How do you hold a	Can you show me how	short dance you have	you would kick a	techniques did you use	me some of the rules?
	tennis racket?	to receive a ball?	copied or made?	football?	to go as fast as you	How do you gain the
	Can you return the ball	How do you catch in a	How do you move	Which part of your foot	can?	most points?
	to me using the tennis	nest?	safely into a space?	do you use to kick a	How do you throw so	Can you show me how
	racket?	Can you show me how	Year 1	football?	that the javelin will go	to throw a small ball
	How do you move	to throw a	Can you show me a	How to you receive and	far?	underarm?
	when playing tennis?	basketball/netball?	star, tuck and stretch?	stop a football with	Can you show me how	
			How do you balance?	your feet?	to jump and land	
			Can you show me how		correctly?	
			to roll in a log and an			
			egg?			
			How do you jump in			
			gymnastics?			
			Can you show me			
			travelling in a bunny			
			hop?			

	PE										
Base 2 – Year 1/2											
Whole School	Around t	he World	Wild	Isles	Peering in	to the Past					
Theme											
		What does	this mean to me? Why d	loes this matter?							
Unit of Work	Unit of Work Agility and coordination Throwing and catching Developing balance Running Jumping Throwing and catching										



	Tennis	Basketball/ and	Dance and	Football	Athletics	Striking and fielding
		netball	gymnastics			
National	Master basic	Participate in team	Master basic	Master basic	Master basic	Master basic
Curriculum	movements in agility and coordination and begin to apply these in a range of activities through participating in team games	games, developing simply tactics for attacking and defending. Master basic movements in throwing and catching	movements in balance and coordination through a range of activities and gymnastics Perform dances using simple movement patterns	movements in balance and running while participating in team games and developing simply tactics for attacking and defending	movements in jumping and coordination	movements in running and agility Master basic movements in throwing and catching
Prior Learning	Y1 as YR developed	Y1 as YR developed	Y1 as YR developed	Y1 as YR developed	Y1 as YR developed	Y1 as YR developed
	gross motor skills	gross motor skills	gross motor skills	gross motor skills	gross motor skills	gross motor skills
	through a range of	through a range of	through a range of	through a range of	through a range of	through a range of
	activities in indoor and	activities in indoor and	activities in indoor and	activities in indoor and	activities in indoor and	activities in indoor and
	outdoor environments	outdoor environments	outdoor environments	outdoor environments	outdoor environments	outdoor environments
	using a range of	using a range of	using a range of	using a range of	using a range of	using a range of
	equipment.	equipment.	equipment.	equipment.	equipment.	equipment.
	Y2 as Y1 developed	Y2 as Y1 learnt to throw	Y2 as Y1 learnt to	Y2 as Y1 learnt to move	Y2 as Y1 learnt to run	Y2 as Y1 developed an
	agility and coordination	and receive/catch a	perform own dance	in different ways.	with speed, throw for	understanding of
	through the sport of	netball/basketball in a	moves, copy/make up a	Football is a new sport	distance and develop	cricket and rounders,
	hockey. Tennis is a new	nest catch.	short dance and move	to develop for Y1 and	jumping to land on two	learnt to run for points
	sport for Y1 and Y2.	Y1 as YR developed	safely in a space.	Y2.	feet.	and throw a small ball
	Y1 as YR and Y2 as Y1	throwing and catching	Y1 as YR learnt to	Y1 as YR develop a	Y1 as YR refined	underarm.
	began to develop	skills with a range of	develop fluent styles of	range of ball skills,	fundamental	Y1 as YR learnt to
	spatial awareness.	ball sizes within	moving with control	including kicking and	movement skills.	develop a range of ball
		provision to develop	and grace.	aiming.		skills including
		gross motor skills.	Y2 as Y1 learnt the			throwing, catching and
			shapes star, tuck and			passing and developed
			stretch, developed			confidence and
			balance, to roll in a log			precision in activities
			and egg, develop ability			involving a ball.
			to jump and travel in			
			bunny hops.			



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			Y1 as YR learnt to			
			develop strength,			
			coordination, balance			
			and agility within			
			gymnastics and			
			combine movements			
			with ease and fluency.			
Why this, why		autumn 1 following the 6	Dance and gymnastics v		Paris 2024	Olympics
now?	-	p children's stamina and	each other as they bot			
	fitn		•	o both Year 1 and 2. Last		
	Tennis is a new spor	rt to both Y1 and Y2.	year Y2 as Y1 developed	d rugby skills which are		
			transferable	to football.		
Core Learning	Year 1	Year 1	Year 1	Year 1	Year 1	Year 1
	To send the ball.	To use running in	TO perform own dance	To use running within	To run with speed.	To develop an
	To return the ball.	basketball/netball.	moves.	football	To throw for distance.	understanding of
	To learn how to hold a	To receive a ball.	To copy or make up a	games/activities.	To develop jumping to	cricket and rounders.
	tennis racket correctly.	To catch in a nest.	short dance.	To kick a ball.	land on two feet.	To learn to run for
	To develop linear and	To throw a	To move safely in a	To receive a ball with	Year 2	points.
	lateral movement.	basketball/netball.	space.	feet.	To run over distance.	To throw a small ball
	Year 2	Year 2	Year 2	Year 2	To increase stamina for	underarm.
	To use a one handed	To change speed and	To change rhythm,	To change speed and	running.	Year 2
	throw with accuracy.	direction in	speed and direction in	direction.	To jump for distance.	To throw underarm
	To send and receive	netball/basketball	dance.	To develop spatial	To develop technique	within
	over a net.	context.	To make a sequence by	awareness.	for jumping.	cricket/rounders.
	To develop tennis	To develop teamwork.	linking sections	To kick and receive a		To catch a ball in a bird
	game knowledge.	To bounce a ball.	together.	ball with increasing		position within
		To catch a ball (bird).	To use dance to show a	accuracy.		cricket/rounders.
			mood or feeling.			To further develop an
						understanding of
			Year 1			cricket and rounders.
			To learn the shapes			
			star, tuck and stretch.			
			To develop balancing.			
			To roll in a log and egg.			
			To developing ability to			
			jump.			
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		T	T		T	1
			To travel in bunny			
			hops.			
			Year 2			
			To learn the shapes			
			pike and straddle.			
			To develop the rolls			
			rock and roll and side			
			roll.			
			TO jump and land			
			correctly.			
			To jump creating			
			different shapes.			
			-			
			TO travel in monkey			
			walk, crab walk and			
			caterpillar walk.			
			To create balance in			
			partners.			
Opportunities	Competitive elements	Competitive elements	Opportunities for	Competitive elements	Competitive elements	Competitive elements
for deepening	will be provided for	will be provided for	performing in front of a	will be provided for	will be provided for	will be provided for
learning	children to embed and	children to embed and	group of people and	children to embed and	children to embed and	children to embed and
	apply their	apply their	providing constructive	apply their	apply their	apply their
V 12 2 1 1 12 2 12 2 12 2 1	skills/knowledge of	skills/knowledge of	feedback at an age	skills/knowledge of	skills/knowledge of	skills/knowledge of
Know more and	tennis.	basketball/netball.	appropriate level.	football.	athletics.	cricket/rounders.
remember	Potential to utilise the	Infant Sportshall	Opportunity for a multi-	Opportunity for a	Sports Day during	,
more.	tennis courts for	festival - TBC	skills after school club	football club	Health and Wellbeing	Infant cricket skills
	realistic experience.		to develop previously	. o o co an enab	Week	festival TBC.
	realistic experience.		learnt skills.		· · · · · · ·	restival raci
			icarric skins.		Health and Wellbeing	
					week will embed and	
					develop a range of	
					sports skills and game	
					knowledge.	
					Opportunity for an	
					Athletics afterschool	
					club in summer 2 to	



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					practise and embed					
					skills.					
Opportunities		Discussion in revisit/review session								
for oracy and				rs from ELS						
reading				nquiry question						
J			Explanations of skills,	tactics or game rules.						
			Opportunities to lea	d and referee games						
Key Figure /	Billie Jean King	Michael Jordan	Bryony Page	Lucy Bronze	Paavo Nurmi	Sachin Tendulkar				
Artist										
Vocabulary	Tracking a ball	Catching	Beat	Tracking a ball.	Balance	Striking				
	Opposite team	throwing	Perform	Free space	Obstacle	Fielding				
	Rebound	Bouncing	Flow	Own space	Overarm throw	Tracking a ball				
	Racket	Free space	Movements	Opposite team	Relay	Catching				
	Net	Own space	Performance	Follow	Speed	Underarm throw				
	Send	Team	Travel	Aiming	Sprint	Overarm throw				
	Receive	Rules		Speed	Take-off and landing	Direction				
	Controlling	Overarm throw	Apparatus	Direction	Balance	Scoring				
	Direction	Underarm throw	Direction	Passing	Direction					
	Passing		Onto and off	Controlling	Distance					
	Siming		Pike	Shooting scoring	Hurdle					
	Follow		Posture		Power					
			Rolling – egg, log							
			Sequence							
			Straddle							
			Straight							
			Travel							
			Tuck							
			Balance							
			Points							
			Shapes							
			Travelling							
Quick Quiz	Year 1	Year 1	Year 1	Year 1	Year 1	Year 1				
•	Can you show me how	Can you show me how	What dance moves	Why do you need to	Can you show me how	What do you know				
	to send a ball using a	you would use running	have you performed?	use running in football?	you can run with	about cricket and				
	tennis racket?	in basketball/netball?			speed? What	rounders? Can you tell				
					techniques did you use	me some of the rules?				



How do you hold a	Can you show me how	Can you show me a	Can you show me how	to go as fast as you	How do you gain the
tennis racket?	to receive a ball?	short dance you have	you would kick a	can?	most points?
Can you return the ball	How do you catch in a	copied or made?	football?	How do you throw so	Can you show me how
to me using the tennis	nest?	How do you move	Which part of your foot	that the javelin will go	to throw a small ball
racket?	Can you show me how	safely into a space?	do you use to kick a	far?	underarm?
How do you move	to throw a	Year 2	football?	Can you show me how	Year 2
when playing tennis?	basketball/netball?	How do you change	How to you receive and	to jump and land	Can you show me how
	Year 2	rhythm, speed and	stop a football with	correctly?	you throw underarm in
Year 2	Why is changing speed	direction in dance? Why	your feet?	Year 2	cricket/rounders?
Can you show me how	and direction	is this important in	Year 2	What do you do to run	How do you catch in a
you would use a one	important in	dance?	Why is being able to	for a longer distance?	bird position?
handed throw in	basketball/netball?	Can you show me how	change speed and	Can you show me how	What do you know
tennis?	How would you use	you would link sections	direction important in	you would jump? What	about playing
How do you send and	teamwork in	in a sequence?	football?	makes you jump	cricket/rounders?
receive and ball over a	basketball/netball?	Which moods or	What is spatial	further?	What rules have you
net with a tennis	Can you show me how	feelings have you	awareness?		learnt?
racket?	you would bounce a	showed through	Why do you need to		
How do you play	ball in basketball?	dance?	use spatial awareness		
tennis?	How do you catch a ball	Year 1	in football?		
	in a bird position?	Can you show me a	Can you show me how		
	•	star, tuck and stretch?	to kick and receive a		
		How do you balance?	football?		
		Can you show me how	Which parts of your		
		to roll in a log and an	foot can you use to kick		
		egg?	a football?		
		How do you jump in			
		gymnastics?			
		Can you show me			
		travelling in a bunny			
		hop?			
		Year 2			
		Can you show me a			
		pike and a straddle?			
		Can you show me the			
		rolls you have learnt?			
		Tons you have learnt:			



How do you jump and	
land in gymnastics?	
What shapes can you	
create when you jump?	
How can you travel in	
gymnastics?	
Can you show me a	
partner balance?	

	PE											
	Base 3 – Year 3											
Whole School Theme	Around th	ne World	Wild	Isles	Peering i	nto the Past						
What does this mean to me? Why does this matter?												
Unit of Work	Strength and flexibility	Throwing and catching	Control and balance	Running	Jumping	Throwing and catching						
National Curriculum	Tennis	Basketball/netball	Dance and gymnastics	Football	Athletics	Striking and fielding – cricket + rounders						
Additional focus pupils:	Develop flexibility, strength while playing competitive games and apply basic principles suitable for attacking and defending	Perform dances using a range of movement patterns Use running and throwing and catching in combination while playing competitive games and apply basic principles	Develop flexibility, strength, technique, control and balance through a range of games and gymnastics	Use running in isolation and whilst playing competitive games and apply basic principles suitable for attacking and defending	Through a range of games and athletics use running, jumping, throwing and catching in isolation and in combination	Use throwing and catching whilst also playing competitive games and apply basic principles suitable for attacking and defending						



		suitable for attacking and defending				
Prior Learning	As Y2 children	As Y2, the children	As Y2, the children	As Y2, children developed	As Y2 the children	As Y2, the children
	developed basic movements (changing speed and direction) within the sport of hockey. As y1 children began	learnt to change speed and direction within a netball/basketball context. They learnt to develop	learned to change rhythm, speed and direction in dance. They learning to make and link sequences.	basic movement skills within a game of rugby. Children learnt how to use spatial awareness. As Y1, children learnt to pass and receive a	developed their running skills to increase stamina and run over a longer distance. They developed their	learnt to throw underarm and catch in the bird position. The children developed their understanding of cricket and rounders.
	their learning about the basic skills needed for tennis.	teamwork and the bounce and catch a ball.		football.	jumping techniques to jump for distance.	
Why this, why now?	Last year the children developed their skills for playing hockey and the previous year as year 1 they learnt some skills for tennis. They will build on previously learnt tennis skills but also apply skills learnt within hockey to another sport. Agility is developed in Autumn 1 following the 6 week holiday to develop children's stamina and fitness.		other as they both of Football was taught to Y3 previously learnt skills ar developed skills in rugby	l be taught alongside each develop similar skills. as Y1 so they will build on ad knowledge. As Y2 they which are transferable to ball.		
Core Learning	Y3 – To send and return a ball over a net. To use space on a tennis court. To develop game knowledge of tennis.	To pass with hands. To receive with hands. To shoot with hands at a goal.	Y3 – to improvise freely and translate ideas from a stimulus to a movement. To share and create phrases with a partner/small group. To remember and repeat dance performance phrases. Y 3 – To learn shapes front support and back support. To balance in a bridge. To roll in a teddy bear roll. To jump along a bench.	Y3 – to dribble a ball using their feet. To turn with and without a football. To pass and receive a football with feet. To shoot at a goal. To develop football game knowledge.	Y3 – To run over obstacles. To develop throwing technique. To jump for height.	Y3 – To bowl underarm. To catch one handed. To strike a ball with a cricket/rounders bat.



			To travel in front and back support. To partner balance with matching and mirroring.			
Opportunities for deepening learning Know more and remember more.	Competitive elements will be provided for children to embed and apply their skills/knowledge of tennis. Potential to utilise the tennis courts for realistic experience	Competitive elements will be provided for children to embed and apply their skills/knowledge of basketball/netball. Opportunity for an afterschool netball club – offered to all Y3/4 children	Opportunities for performing in front of a group of people and providing constructive feedback at an age appropriate level.	Competitive elements will be provided for children to embed and apply their skills/knowledge of football.	Competitive elements will be provided for children to embed and apply their skills/knowledge of athletics. Sports Day during Health and Wellbeing Week Health and Wellbeing week will embed and develop a range of sports skills and game knowledge. Some children will participate in Town Sports – annual athletics competitions against other Crewe and Nantwich schools. Opportunity for an afterschool athletics club – offered to all Y3/4 children	Competitive elements will be provided for children to embed and apply their skills/knowledge of cricket/rounders.



					Opportunity for an athletics after school club.					
Opportunities			Discussion in rev	visit/review session						
for oracy and			Text orde	ers from ELS						
reading			Discussion in	enquiry question						
J				s, tactics or game rules.						
	Opportunities to lead and referee games									
Key Figure / Artist	Billie Jean King	Michael Jordan	Bryony Page	Lucy Bronze	Paavo Nurmi	Sachin Tendulkar				
Vocabulary	Send	Passing	Direction	Keep possession	Balance	Batting				
	Receive	Marking	Formation	Keep the ball	Direction	Fielder				
	Court	Netball positions	Performance	Scoring goals	Distance	Bowler				
	Net	(High 5)	Pivot	Making space	Hurdle	Wicket				
	Hitting	Defence	Tempo	Dribble	Obstacle	Base				
	Stance	Scoring goals	Timing	Travel with a ball	Power	Boundary				
	Forehand	Making space	Unison	Make use of space	Relaxed	Innings				
	Backhand	Chest pass	Agility	Goals	Relay	Rounder				
	Volley	Bounce pass	Dynamics	Rules	Speed	Backstop				
	Singles	Dribble	Balance	tactics	Improve	Hitting				
	Doubles	Speed	Posture		Landing					
	Rally	Attack	Beats		Overarm					
	Overhead	Receiving	Emotion		Take-off					
		support	Rhythm		underarm					
			Sequence							
			Timing							
			Flexibility							
			Space							
			Cooperation							
			Jumps							
			Landing							
			Empathy							
			Shapes							
			Roll							
			Teamwork							
			Travel							



			Balance			
			Asymmetry			
			Counterbalance			
			Moves			
			Pike			
			Posture			
			Sequence			
			Straddle			
			Symmetry			
			Techniques			
			Tension			
			Tuck			
			Unison			
Quick Quiz	Y3 – show me the	Y3 How do you pass	Y3	Y3 – Can you show me	Y3	Y3
	position I would stand	in netball/basketball?	How would you use ideas	how to dribble a ball with	Can you show me	What do you need to
	in to send a ball over a	How do you receive a	from a stimulus in	your feet and explain	how you would rub	do when you bowl
	net.	ball in	movement?	what you are doing?	over obstacle? What	underarm?
	How would you stand	netball/basketball?	What phrases can you	Can you show me how to	technique have you	Can you show me how
	to receive a ball over	How do you shoot at	create within a group for	turn using a football?	used?	you would catch one
	the net?	a goal/hoop?	dance?	Why would you need to	Which throwing	handed?
	What must you do with		Can you show me any	turn in a game of	techniques have you	How do you strike and
	you arm to return a ball		dance performances you	football?	learnt? Can you show	ball with a
	over the net.		have learnt this term?	What do you need to do	me any?	cricket/rounders bat?
	How do you use the		Y3	to shoot at the goal?	How do you jump for	
	space on a tennis		What does a front/back	How do you pass and	height?	
	court?		support look like?	receive a football with		
	Can you tell me about a		How do you balance in a	your feet?		
	game of tennis and		bridge?	Can you tell me about		
	how you play it?		What does a teddy bear	how to play a game of		
			roll look like?	football?		
			Can you show me how			
			you would jump along a			
			bench?			
			How can you travel in			
			gymnastics?			



partner balance where you match/mirror?

			PE									
			Base 4 – Year 4/5									
Whole School Theme	Around th			Isles	Peering i	nto the Past						
	What does this mean to me? Why does this matter?											
Unit of Work	Strength and flexibility	Throwing and catching	Control and balance	Running	Jumping	Throwing and catching						
	Tennis	Basketball/netball	Dance and gymnastics	Football	Athletics	Striking and fielding - cricket + rounders						
National Curriculum	Develop flexibility, strength while playing competitive games and apply basic principles suitable for attacking and defending	Perform dances using a range of movement patterns Use running and throwing and catching in combination while playing competitive games and apply basic principles suitable for attacking and defending	Develop flexibility, strength, technique, control and balance through a range of games and gymnastics	Use running in isolation and whilst playing competitive games and apply basic principles suitable for attacking and defending	Through a range of games and athletics use running, jumping, throwing and catching in isolation and in combination	Use throwing and catching whilst also playing competitive games and apply basic principles suitable for attacking and defending						
Prior Learning	Y4 as Y2 began to develop basic skills to send and receive a ball with a racket over a	Y4 as Y3 learnt to pass and receive with hands and shoot at the goal.	Y4 as Y3 learnt to improvise freely and translate ideas from a stimulus to a movement.	Y4 and 5 as y3 and y4 developed skills with rugby including fundamental movements	Y4 as Y3 learnt to run over obstacles, developed throwing	Y4 as Y3 learnt to bowl underarm, catch one handed and strike a bal						



	T				T	
	net. Y4 as Y3	Y5 as Y4 learnt to use	create performances in	and team work which will	techniques, and	with a cricket/rounders
	developed different	a chest and bounce	groups, remember and	be transferred to	juping for height.	bat.
	ways of moving, spatial	pass, move into	repeat dance	football.	Y5 as Y4 learn to run	Y5 as Y4 learn to hit
	awareness and	space, shoot at a	performance phrases.	Y4 as Y2 started to	in relays, throw a	with power using a
	developed aiming skills	goal and develop	Y5 as Y4 learn to take the	develop their	javelin and shot put	cricket/rounders bat,
	Y5 as Y3 learnt how to	their	lead within a group and	understanding of football	and jump in different	run for points and
	send and receive a ball	netball/basketball	use dance to	and learnt to kick and	combinations.	increase accuracy when
	with a racket over a net	knowledge.	communicate ideas.	receive a football.		throwing over and
	with increasing			Y5 as Y3 developed their		underarm.
	accuracy and started to		Y4 as Y3 learnt front and	knowledge of the game		
	use lateral and linear		back support, balance in	of football, sent and		
	movements.Y5 as Y4		a bridge, teddy bear roll,	received a ball with		
	learnt to move into		how to jump along a	increasing accuracy and		
	space, start defending		bench, travel in front and	developed shooting at a		
	and pass and move.		back support and develop	goal.		
	1		partner balances.	S		
			Y5 as Y4 learnt the dish,			
			arch, arabesque balance,			
			half and full turns, to			
			travel using stepping and			
			develop partner balances.			
			acreiop paranei baiancesi			
Why this, why	Agility is developed in Au	tumn 1 following the 6	Dance and gymnastics wil	be taught alongside each	Paris 202	4 Olympics
now?	week holiday to develop		other as they both o			. , ,
	fitne		Football is a new sport to b	•		
	Tennis is a new sport	to both Y1 and Y2.	•	kills which are transferable		
	·			otball.		
Core Learning	Y4 – to control the ball	Y4 To use chest and	Y4 – To take the lead	Y 4 – to dribble a ball with	Y 4- to run in relays.	Y4 – To hit with power
	with a racket.	bounce pass.	when working with a	accuracy.	To throw a javelin.	using a
	To send the ball	To pass and move.	partner of group.	To pass and move.	To throw a shotput.	cricket/rounders bat.
	To return the ball.	To move into a	To use dance to	To pass and receive a	To jump in different	To hit with accuracy
	To develop movement	space.	communicate ideas.	football.	combinations.	use a cricket/rounders
	on the court.	To shoot at a net.	Y5 – To compose own	To shoot at a net.		bat.
	To hit the ball with	To develop	dances in a creative way.	To develop defending	Y5 – To throw	To run for points with
	accuracy.	defending skills.	To perform dance to an	skills.	javelins, shotput and	increasing speed.
	-	_	accompaniment.		_	



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	Y5 – to hit the ball	To develop netball	To dance showing clarity,	To develop football game	discus with	To use accurate
	using forearm drive.	and basketball game	fluency, accuracy and	knowledge.	increasing accuracy.	technique when
	To hit the ball using	knowledge.	consistency.	Y5 – To exploit space.	To compete in events	throwing overarm and
	backhand drive,	Y5 - To set up a pass.	l <u>-</u>	To create space.	using accurate	underarm.
	To hit for success.	To exploit space.	Y4 – To learn shapes dish	To utilise knowledge of	technique.	Y5 – to bowl overarm.
	To learn and use tennis	To use netball and	and arch.	space within a game of	To run over obstacles	To strike a ball with a
	game knowledge.	basketball game	To learn the arabesque	football.	with speed.	rounders bat and
		knowledge.	balance.	To build up play.		cricket bat.
			To jump half and full	To utilise football game		To use crickets and
			turns.	knowledge.		rounders games
			To travel using stepping.	To pass, send and receive		knowledge.
			To develop partner	a football with precision		
			balances that are	and control.		
			contrasting.			
			To develop partner			
			balances with and against			
			a partner.			
			To build sequences.			
			·			
			Y5 – to learn the shapes			
			happy and angry cat.			
			To develop forwards			
			rolls.			
			To jump with/without a			
			partner (over a roll).			
			To match jumps with a			
			partner.			
			To balance with a partner			
			support partial weight			
Opportunities	Competitive elements	Competitive	Opportunities for	Competitive elements will	Competitive	Competitive elements
for deepening	will be provided for	elements will be	performing in front of a	be provided for children	elements will be	will be provided for
	children to embed and	provided for children	group of people and	to embed and apply their	provided for children	children to embed and
learning	apply their	to embed and apply	providing constructive	skills/knowledge of	to embed and apply	apply their
	skills/knowledge of	their	feedback at an age	football.	their	skills/knowledge of
Know more and	tennis.	skills/knowledge of	appropriate level.	100cbail.	skills/knowledge of	cricket/rounders.
remember	CHIII3.	basketball/netball.			athletics.	crickeyrounders.
more.		basketbanjnetban.			acineties.	



	Determinist a sufficiently			O	Consider David design	1
	Potential to utilise the			Opportunity to attend a	Sports Day during	
	tennis courts for	Opportunity to		football after school club	Health and Wellbeing	
	realistic experience.	attend a netball after		(Y5)	Week	
		school club				
					Health and Wellbeing	
					week will embed and	
					develop a range of	
					sports skills and	
					game knowledge.	
					Opportunity to	
					attend an athletics	
					after school club.	
					Opportunity to	
					participate in Town	
					Sports	
					Sports	
Opportunities			Discussion in revi	sit/review session		
for oracy and				rs from ELS		
reading				nquiry question		
reaurig				tactics or game rules.		
				d and referee games		
Key Figure /	Billie Jean King	Michael Jordan	Bryony Page	Lucy Bronze	Paavo Nurmi	Sachin Tendulkar
Artist			, , ,	,		
Vocabulary	Target	Passing	Agility	Keeping possession	Control	Wicket
	Net	Shooting	Posture	Passing	Direction	Tee
	Hitting	Dribbling	Balance	Dribbling	Distance	Base
	Court	Marking	Coordination	Shooting	Javelin	Boundary
	Forhand	Attackers	Dynamics	Pass/send/receive	Landing	Backstop
	Backhand	Defenders	Emotion	Scoring goals	Long jump	Hitting
	Volley	Netball positions	Expression	Making space	Pace	Stance
	Overhead	(high 5)	Improvise	Rules	Position	Batting
	Rally	Scoring goals	Rhythm	Tactics	Relay	Fielding
	stance	Tactics	Sequence	Marking	Stride length	Bowler
		Making space	Flexibility	covering	Take off	Rounder



		Keep the ball Support	Timing Control		Technique Baton	
		partner/team	Fluency		Extend	
		Make use of space	Motif		Throw	
		Rules	Muscular strength		THOW	
		Bounce/chest pass	Unison			
		Pivot	Variation			
		Shoulder pass	Variation			
		Silouidei pass	Balance			
			Asymmetry			
			Counterbalance			
			Moves			
			Pike			
			Posture			
			Sequence			
			Straddle			
			Symmetry			
			Techniques			
			Tension			
			Tuck			
			Unison			
Quick Quiz	Y4 – How can you use	Y4 - Can you show	Y4	Y4 – how do you dribble a	Y4	Y4
•	the racket to control	me a chest and	What would taking the	football accurately?	What technique do	Can you show me how
	the ball?	bounce pass?	lead in dance look like?	Why do you need to pass	you use in relay?	you hit with a
	Can you show me how	Can you show me	How have you used	and move in football?	How do you throw a	cricket/rounders bat?
	to send/receive the ball	how you would pass	dance to communicate	How do you pass and	javelin?	What can give you
	with a tennis racket?	and move?	ideas?	receive a football?	How do you throw a	more power when
	How do you move on a	Why should you	Y5	Can you show me how	shotput?	hitting with a bat?
	tennis court?	move into a space?	How have you composed	you would shoot at a net?	What jumps can you	How do you ensure the
		Can you show me	your own dance?	What would you do to	do?	maximum points for
	Y5 – can you show me a	how you would	Can you show me some	defend?		runs?
	forearm hit/backhand	shoot?	of your dance routines	Tell me about how you	Y5	How do you throw
	hit?		you have developed?	play a game of football.		overarm?



\\/\bat door bitting f	Harrida riaris	V.	V= \\/\bu d= \\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\\	11	Harrida varibard
What does hitting for	How do your	Y4	Y5 – Why do you need to	How do you throw	How do you bowl
success mean?	defending skills help	Can you show me a dish	use and create space in	javelin, shotput and	overarm and
What do you know	you?	and an arch?	football?	discus effectively?	underarm?
about the game of	What knowledge of	What is an arabesque	Why is knowing the rules	What do you need to	
tennis?	the game	balance?	of football important?	do to compete in	Y5
	netball/basketball do	What is a half/full turn	What do you do to	athletics events?	How do you bowl
	you have?	jump?	develop a game of	How do you run over	overarm (technique)?
	Y5 - How do you set	How can you travel in	football?	obstacles with	How do you strike a
	up a pass?	gymnastics?	Show me how you would	speed? What	ball with a
	How can you utilise	Can you show me a	pass/send/receive a	techniques do you	cricket/rounders bat
	space to your	contrasting partner	football with control.	need?	and ensure you are
	advantage?	balance?			accurate?
	How does game	Can you show me a			Can you explain how to
	knowledge help you	partner balance			play cricket/rounders
	and what game	with/against your			successfully?
	knowledge have you	partner?			,
	learnt?	How have you built a			
		sequence in gymnastics?			
		Y5			
		Can you show me happy			
		and angry cat?			
		What is the technique for			
		a forwards roll?			
		Can you show me how			
		you would jump			
		with/without a partner			
		(over a roll)?			
		Can you show me how			
		you can match jumps			
		with a partner?			
		Can you show me how			
		you would balance with a			
		-			
		partner and support			
		them?			



	PE						
Base 5 – Y5/6							
Whole School Theme	Around t	he World	Wi	ld Isles	Peering i	nto the Past	
		What do	es this mean to me? Why	does this matter?			
Unit of Work	Strength and flexibility	Throwing and catching	Control and balance	Running	Jumping	Throwing and catching	
	Tennis	Basketball/netball	Dance and gymnastics	Football	Athletics	Striking and fielding – cricket + rounders	
National Curriculum	Develop flexibility, strength while playing competitive games and apply basic principles suitable for attacking and defending	Perform dances using a range of movement patterns Use running and throwing and catching in combination while playing competitive games and apply basic principles suitable for attacking and defending	Develop flexibility, strength, technique, control and balance through a range of games and gymnastics	Use running in isolation and whilst playing competitive games and apply basic principles suitable for attacking and defending	Through a range of games and athletics use running, jumping, throwing and catching in isolation and in combination	Use throwing and catching whilst also playing competitive games and apply basic principles suitable for attacking and defending	
Prior Learning	Y5 as Y4 learnt the game knowledge to play hockey, to move into a space, to pass and move, to shoot with a stick at a goal, to start defending	Y5 as Y3 in basketball/netball, children learnt to pass and receive with their hands, throw overarm and shooting at a goal/net.	Y5 as Y3 learnt front and back support, bridge, teddy bear roll. Jump along a bench, travel in front/back support, matching and mirroring partner balances.	Y5 as Y3 learnt skills of turning, passing, receiving, and moving within football. Y6 as Y4 learnt skills of passing and moving, moving into space and	Y5 as Y3 learnt to run over obstacles, throwing and jumping for height. Y6 as Y4 running in relays, throwing javelin and shotput and	Y5 as Y3 learnt to bowl underarm, catch one-handed and striking a ball with a cricket/rounders bat. Y6 as Y4 learnt to fit with power and hit with accuracy along with	



T .		T .			
Y6 as Y3 learnt to	Y6 as Y4 In	Y6 as Y4 learnt dish and	defending within	jumping in different	revisiting throwing
change speed, change	basketball/netball,	arch shapes, arabesque	football.	combinations.	overarm and bowling
direction, spatial	children developed	balance, jumps (half and	Y5 as Y4 learnt to play 1	Y5 as Y4 learnt to run in	underarm.
awareness, making	basketball/netball	full turn), travel by	v 1 in rugby, pass and	relays, throw a javelin,	Y5 as Y4 learnt to hit
turns and different	game knowledge,	stepping, contrasting	move with rugby ball,	throw a shotput, jump	with power and
ways of moving.	chest pass, bounce	partner balance,	defence, develop rugby	in different	accuracy using
	pass, pass and move,	partner balance with	game knowledge.	combinations.	cricket/rounders bat,
Y5 as Y3 learnt the	moving into a space	and against and	Y6 as Y5 learnt to set up	Y5 as Y4 learnt to throw	run for points with
basic skills and game	and shooting at a net.	sequence building.	a pass, exploit space,	javelins, shotput and	increasing speed,
knowledge for tennis		Y5 as Y3 learnt to	create and use space,	discus, compete in	develop technique to
	Y5 as Y4 developed	improvise freely and	use rugby game	events using accurate	throw overarm and
Y6 as Y4 learnt the	netball and basketball	translate ideas into	knowledge.	technique, run over	underarm.
basic skills and game	game knowledge, to	movement. They shared		obstacles with speed.	Y6 as Y5 learnt to bowl
knowledge for tennis	pass and move, shoot	and created routines			overarm, strike a ball
	in a net and develop	with a partner and small			with rounders/ cricket
	defending skills.	group.			bat, use
	Y6 as Y5 learnt to set	Y6 as Y4 used dance to			cricket/rounders game
	up a pass, exploit	communicate an ideas			knowledge.
	space, use	and learnt to take the			
	basketball/netball	lead when working with			
	knowledge.	a partner or small			
		group.			
		Y5 as Y4 learnt to take			
		the lead in groups and			
		used dance to			
		communicate ideas.			
		Y6 as Y5 learnt to			
		compose own dances,			
		perform dances to an			
		accompaniment, to			
		dance showing clarity,			
		fluency and accuracy.			
		Y5 as Y4 learnt dish and			
		arch, arabesque			
		balance, jump half and			



	T	1	1	1		
			full turns, developed			
			partner balances.			
			Y6 as Y5 learnt angry			
			and happy cat,			
			developed forwards			
			rolls, jump with/without			
			partner, balance with			
			partner support partial			
			weight.			
Why this, why	Agility is developed in A	utumn 1 following the 6	Ŭ	will be taught alongside	Paris 2024	Olympics
now?		p children's stamina and	0,	th develop similar skills.		, .
110		ess.	_	to both Year 1 and 2. Last		
	Tennis is a new spo	rt to both Y1 and Y2.	<u> </u>	d rugby skills which are		
			-	e to football.		
Core Learning	Concept: Net and Wall	Concept: Invasion	Concept:	Concept: Invasion	Concept: Athletics	Concept: Striking and
core zearning	Y5 – To hit the ball	Y5 - To set up a pass.	Dance/Gymnastics	Y5 – To set up a pass.	Y5 – To throw javelins,	fielding
	with forearm drive	To exploit space.	Y5 – To compose own	To develop and use a	shotput and discus with	Y5 – to bowl overarm.
	and backhand drive.	To use netball and	dances in a creative	javelin pass.	increasing accuracy.	To strike a ball with a
	To hit for success.	basketball game	way.	To create and exploit	To compete in events	rounders bat and
	To develop tennis	knowledge.	To perform dance to an	space.	using accurate	cricket bat.
	game knowledge.	i i i i i i i i i i i i i i i i i i i	accompaniment.	To develop a	technique.	To use crickets and
	Y6 – To serve the ball.	Y6 - To develop game	To dance showing	knowledge of how to	To run over obstacles	rounders games
	To maintain a rally	knowledge of netball	clarity, fluency,	use space in a game	with speed.	knowledge.
	with a partner in	and basketball.	accuracy and	situation.	Y6 - To throw a discus.	Y6 - To field
	tennis.	To dribble into spaces	consistency.	To develop play within a	To use correct	successfully.
	To send and return a	and pass.	Y6 - To develop	game situation.	technique for throwing	To field in appropriate
	ball using a racket.	To use a range of	sequences in a specific	Y6 – To implement	a discus.	places based on the
	To develop movement	throws	style.	tactics within a game	To use correct	batter.
	on the court.	CITIOVV5	To choose own music	situation.	technique for a triple	To further develop
	on the court.		and style.	To defend in numbers.	jump.	overarm bowling.
			and style.	To use football game	To do a triple jump.	To strike a ball with a
			Y5 – to learn the shapes	knowledge effectively.	To do a triple jump.	cricket/rounders bat
			happy and angry cat.	To build up play during		accurately and
			To develop forwards	a game.		consistently with
			rolls.	a game.		power.
		1	10115.			power.



		T				
			To jump with/without a			
			partner (over a roll).			
			To match jumps with a			
			partner.			
			To balance with a			
			partner support partial			
			weight.			
			Y6- To balance in a			
			handstand, V-sit, T-			
			balance.			
			To perform a			
			backwards roll.			
			To travel in a cartwheel.			
			To partner balance			
			supporting full weight.			
			To balance in groups.			
			To work in groups.			
Opportunities	Competitive elements	Competitive elements	Opportunities for	Competitive elements	Competitive elements	Competitive elements
for deepening	will be provided for	will be provided for	performing in front of a	will be provided for	will be provided for	will be provided for
	children to embed and	children to embed and	group of people and	children to embed and	children to embed and	children to embed and
learning	apply their	apply their	providing constructive	apply their	apply their	apply their
	skills/knowledge of	skills/knowledge of	feedback at an age	skills/knowledge of	skills/knowledge of	skills/knowledge of
Know more and	tennis.	basketball/netball.	appropriate level.	football.	athletics.	cricket/rounders.
remember	Potential to utilise the	busicebuil/ricebuil.	appropriate level.	rootsun.	Sports Day during	chekeqi odhacis.
more.	tennis courts for	Opportunity to attend		Opportunity to attend a	Health and Wellbeing	
	realistic experience.	a netball after school		football after school	Week	
	realistic experience.	club		club (Y5)	Week	
		Club		Club (15)	Health and Wellbeing	
					week will embed and	
					develop a range of	
					sports skills and game	
					knowledge.	
					Opportunity to attend	
					an athletics after school	
					club.	



					Opportunity to participate in Town Sports	
Opportunities for oracy and reading			Text ord Discussion in Explanations of skill	visit/review session ers from ELS enquiry question ls, tactics or game rules. ead and referee games	I	
Key Figure / Artist	Billie Jean King	Michael Jordan	Bryony Page	Lucy Bronze	Paavo Nurmi	Sachin Tendulkar
Vocabulary	Net Target Hitting Stance Forehand Court Backhand Volley Overhead Singles Doubles rally	Passing Dribbling Tactics Technique Shoot Basket Rules Rebound Intercepting Marking positions	Compose Creative Perform Accompaniment Demonstrate clarity Fluency Accuracy Consistency Style Interpret Precise Posture Beat Choreograph Match Mirror Pose Routine Timing Unison Asymmetrical Balance	Keeping possession Passing Dribbling Shooting Support Marking Covering Team play Attackers Defenders	Control Direction Distance Extend Handover Javelin Landing Long jump Pace Position Pull Relay Sprint start Standing start Take off Target technique	Batting Fielding Bowler Wicket Base Target Stance Runs Boundary Rounder Backstop Innings



			Front and back support Level Movement Rolling and bridging Rotation Sequence Shape Symmetrical unison			
Quick Quiz	Y5 – can you show me a forearm hit/backhand hit? What does hitting for success mean? What do you know about the game of tennis? Y6 – Show me how to serve a ball. What do you need to do in order to maintain a rally? Show me how to send and return a ball. How do you use movement on the court?	Y5 - How do you set up a pass? How can you utilise space to your advantage? How does game knowledge help you and what game knowledge have you learnt? Y6 - What is some key knowledge you need to play netball/basketball? Can you show me how you dribble into spaces and pass? Which passes can be used in netball/basketball?	Y5 How have you composed your own dance? Can you show me some of your dance routines you have developed? Y6 - Could you show me a sequence in dance? What music would you chose and why? Which style of dance do you prefer? Y5 Can you show me happy and angry cat? What is the technique for a forwards roll? Can you show me how you would jump with/without a partner (over a roll)?	Y5 – Why do you need to use and create space in football? Why is knowing the rules of football important? What do you do to develop a game of football? Show me how you would pass/send/receive a football with control. Y6 – What tactics could I use within a game of football? How would you use those tactics? How could you defend in football? How can I use the knowledge of the game of football to develop play?	Y5 How do you throw javelin, shotput and discus effectively? What do you need to do to compete in athletics events? How do you run over obstacles with speed? What techniques do you need? Y6 -What technique do you use when throwing a discus? Can you throw a discus? What is the technique you need for a triple jump? Can you show me a triple jump?	Y5 How do you bowl overarm (technique)? How do you strike a ball with a cricket/rounders bat and ensure you are accurate? Can you explain how to play cricket/rounders successfully? Y6 -What is fielding? How can you field successfully? Where would you field for a right/left handed batter? Which areas need fielders and why? Can you show me your improved overarm bowl? What technique do you use to strike with a cricket/rounders bat?



Can you show me how you can match jumps	ŀ
with a partner?	
Can you show me how	
you would balance with	
a partner and support	
them?	
Y6 -Can you show me a	
handstand/V-sit/T	
balance?	
Can you perform a	
backwards roll?	
How do you travel in a	
cartwheel?	
Can you show me a	
partner balance?	
Can you show me a	
group balance?	
What would working in	
a team look like in	
gymnastics?	