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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Year 3** | **Football**   * To develop controlling the ball and dribbling. * To develop passing to a teammate * To be able to control the ball with different parts of the body * To develop changing direction with the ball * To be able to jocky and track an opponent * To apply the skills in a game related scenario | **Netball**   * To develop passing and moving with the footwork rule * To develop passing and moving towards a goal * To develop movement skills to lose a defender * To defend an opponent and try to win the ball * To develop the shooting action * 6. To apply skills in a game related scenario | **OAA**   * To develop co-operation and teamwork skills. * To develop trust and team work. * To involve all team members in an activity and work towards a collective goal. * To develop trust and accept support whilst listening to others and following instructions. * To be able to identify objects on a map, draw and follow a simple map. * To draw a route using directions. * To be able to orientate a map and navigate around a grid. | **Tennis**   * To develop racket and ball control. * To develop returning the ball using a forehand groundstroke. * To be able to rally using a forehand. * To develop the two handed backhand. * To work collaboratively with a partner and compete against others. | **Athletics**   * To develop the sprinting technique and improve on your personal best. * To develop changeover in relay events. * To develop jumping technique in a range of approaches and take off positions. * To develop throwing for distance and accuracy. * To develop throwing for distance in a pull throw. * To develop officiating and performing skills. | **Rounders**   * To play different roles in a game and begin to think tactically about each role. * To develop the bowling action and learn the rules of bowling. * To run around the outside of the bases and make decisions about when to stop and when to run. * To field a ball using a two handed pick up and a short barrier. * To develop batting technique and an understanding of where to hit the ball. * To apply the skills and rules learnt to play rounders. |
| **Fundamental skills / RBWM Dance CPD**   * To develop balancing and the importance of this skill * To understand how to change speed and be able to demonstrate good technique when running at speed * To demonstrate change of speed and to outwit others * To develop control when jumping hopping and landing * To develop skipping in a rope * To apply fundamental skills in a variety of challenges | **Gymnastics**   * To be able to create interesting points and balances * To develop stepping into shapes with control * To develop the straight, barrel and forward roll * To transition safely into and of balances * To create a sequence with matching and contrasting actions and shapes * To create a partner sequence incorporating equipment | **Ball Skills**   * To develop confidence and accuracy when tracking a ball. * To develop confidence and accuracy when tracking a ball. * To explore and develop a variety of throwing techniques. * To develop catching skills using one and two hands. * To develop dribbling a ball with hands. * To use tracking, sending and dribbling skills with feet. | **Health and fitness**   * To develop and awareness of what the body is capable of * To develop speed and strength * To complete actions to develop coordination * To develop actions to improve coordination * To develop actions to improve agility * To complete actions to develop balance * To complete actions to develop stamina | **Swimming**   * To develop an understanding of buoyancy and balance in the water. * To develop independent movement and submersion. * To develop gliding and crawl legs. * To develop front crawl breathing. * To develop gliding and backstroke. * To develop rotation, sculling and treading water. | **Swimming**   * To develop surface dives, submersion and handstands. * To develop head above water breaststroke technique. * To develop head above water breaststroke technique. * To develop basic skills in water safety and floating. * To learn techniques for personal survival. * To develop water safety skills and an understanding of personal survival. |
| **Year 4** | **Tag Rugby**   * To develop throwing, catching and running with the ball. * To develop an understanding of tagging rules. * To begin to use the ‘forward pass’ and ‘off side’ rule. * To be able to dodge a defender and move into space when running towards the goal. * To develop defending skills and use them in a game situation. * To be able to apply the rules and tactics you have learnt and play in a tag rugby tournament. | **Basketball**   * To develop the attacking skill of dribbling. * To be able to use protecting dribbling against an opponent. * To develop the bounce and chest pass and begin to recognise when to use them. * To develop tracking and defending an opponent. * To develop the technique for the set shot. * To be able to apply the skills. Rules and tactics you have learnt to a mini tournament | **Hockey**   * To develop sending the ball with a push pass. * To develop receiving the ball. * To develop dribbling using the reverse stick (Indian dribble). * To develop moving into space after passing the ball. * To be able to use an open stick tackle. * To apply defending and attacking principles and skills in a hockey tournament. | **Cricket**   * To develop overarm throwing and catching. * To develop underarm bowling. * To learn how to grip the bat and develop batting technique. * To be able to field a ball using a two handed pick up and a short barrier. * To develop overarm bowling technique. * To play and apply skills learnt to mini cricket. | **Athletics**   * To develop stamina and an understanding of speed and pace in relation to distance. * To develop power and speed in the sprinting technique. * To develop technique when jumping for distance. * To develop power and technique when throwing for distance. * To develop a pull throw for distance and accuracy. * To develop officiating and performing skills. | **Tri**-**golf**   * To explore hitting technique and aiming towards a target. * To explore shot accuracy. * To explore the technique for putting. * To explore the technique for chipping * To explore the techniques used for a short game. * To explore the technique for a long game. |
| **Badminton**   * To develop footwork and the forehand and backhand grip. * To develop the backhand serve over a net. * To develop rallying using an overhead forehand clear. * To develop the forehand serve over a net. * To learn how to score points and play in competitive games. | **Gymnastics**   * To develop individual and partner balances * To develop control in performing and landing rotation jumps * To develop the straight, barrel and forward roll * To develop strength in inverted movements * To create a partner sequence to include apparatus | **Archery**   * Develop the stance and grip needed to shoot an arrow. * Develop an understanding of how far back to pull the bow in order to reach the target. * Develop an understanding of shot accuracy with eye coordination. * Understand and apply the rules of archery to a game situation. * To take part in an Archery tournament. | **Dodgeball**   * To learn the rules of dodgeball and apply them to a game situation. * To develop throwing at a moving target. * To use jumps, dodges and ducks to avoid being hit. * To develop catching a dodgeball at different heights. * To learn how to block using the ball. * To understand the rules of dodgeball and use them to play in a tournament. | **Swimming**   * To develop an understanding of buoyancy and balance in the water. * To develop independent movement and submersion. * To develop gliding and crawl legs. * To develop front crawl breathing. * To develop gliding and backstroke. * To develop rotation, sculling and treading water. | **Swimming**   * To develop surface dives, submersion and handstands. * To develop head above water breaststroke technique. * To develop head above water breaststroke technique. * To develop basic skills in water safety and floating. * To learn techniques for personal survival. * To develop water safety skills and an understanding of personal survival. |
| **Year 5** | **Football**   * To be able to dribble to ball under pressure * To be able to pass the ball accurately * To use different turns * To use defending skills to gain possession * To develop goal keeping skills * To apply the tactics in a game related scenario | **Netball**   * To develop passing and moving * To use the attacking principle of creating and using space * To be able to change direction and lose a defender * To be able to defend ball side and know when to intercept * To develop the shooting action * To apply skills in a game related scenario | **OAA**   * To build communication and trust whilst showing an awareness of safety. * To work as a team to solve problems, sharing ideas and collaborating with one another. * To develop tactical planning and problem solving. * To share ideas and work as a team to solve problems. * To develop navigational skills and map reading. * To be able to use a key to identify objects and locations. | **Tennis**   * To develop returning the ball using a forehand groundstroke. * To develop returning the ball using a backhand groundstroke. * To work cooperatively with a partner to keep a continuous rally. * To develop the underarm serve and understand the rules of serving. * To develop the volley and understand when to use it. * To use a variety of strokes to outwit and opponent. | **Athletics**   * To be able to apply different speeds over varying distances. * To develop fluency and coordination when running for speed. * To develop technique in relay changeovers. * To develop technique and coordination in the triple jump. * To develop throwing with force for longer distances. * To develop throwing with greater control and technique. | **Rounders**   * To develop the bowling action and understand the role of the bowler. * To develop batting technique. * To make decisions about where and when to send the ball to stump a batter out. * To develop a variety of fielding techniques and when to use them in a game. * To develop long and short barriers in fielding and when to use them. * To apply the rules and skills you have learnt to play in a rounder's tournament. |
| **Yoga**   * To develop an understanding of yoga. * To develop strength through yoga flows. * To create your own flow showing quality in control, balance and technique. * To develop balance through yoga flows. * To work collaboratively to create a controlled paired yoga flow. * To create your own yoga flow that challenges technique, balance and control. | **Gymnastics**   * To be able to perform symmetrical and asymmetrical balances * To develop straight, forward, backward and straddle roll * To explore different methods of travelling, linking actions in both cannon and synchronisation * To perform progression of inverted movements * To explore matching and mirroring actions on the floor and on apparatus * To create a partner sequence using apparatus | **Dance\* ( Theme dependent on RBWM Festival)**   * To develop solo actions * To develop group actions * To make appropriate choices related to the them * To rehearse whole dance in preparation for the performance * To take part in the RBWM dance festival in front of a live external audience | **Health and fitness**   * To develop and awareness of what the body is capable of * To develop speed and strength * To complete actions to develop coordination * To develop actions to improve coordination * To develop actions to improve agility * To complete actions to develop balance * To complete actions to develop stamina | **Swimming**   * To develop gliding, front crawl and backstroke. * To develop rotation, sculling and treading water. * To develop the front crawl stroke and breathing technique. * To develop the technique for backstroke arms and legs. * To develop breaststroke technique. * To develop breaststroke and breathing technique. | **Swimming**   * To develop basic skills of water safety and floating. * To develop the dolphin kick. * To learn techniques for personal survival. * To develop water safety skills and an understanding of personal survival. * To increase endurance in swim challenges. * To identify fastest strokes and personal bests |
| **Year 6** | **Tag Rugby**   * To develop attacking principles, understanding when to run and when to pass. * To be able to use the ‘forward pass’ and ‘offside’ rules. * To be able to play games using tagging rules. * To develop dodging skills to lose a defender. * To develop drawing defence and understanding when to pass. * To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament. | **Basketball**   * To develop protective dribbling against an opponent. * To be able to more into space to support a teammate. * To be able to choose when to pass and when to dribble. * To be able to track an opponent and use defensive techniques to win the ball. * To be able to perform a set shot and a jump shot. * To be able to apply the rules and tactics you have learnt to play in a basketball tournament. | **Hockey**   * To develop dribbling to beat a defender, * To develop sending the ball using a push pass. * To develop receiving the ball with control. * To be able to move into space to support a teammate. * To develop using and open stick (block) tackle to gain possession of the ball. * To apply the rules and skills you have learn to play a hockey tournament. | **Cricket**   * To develop throwing accuracy and catching skills. * To develop batting accuracy and directional batting. * To develop catching skills (close/deep catching and wicket keeping). * To develop overarm bowling technique and accuracy. * To develop a variety of fielding techniques and to use them within a game. * To develop long and short barriers and apply them to a game situation. | **Athletics**   * To work collaboratively with a partner to set a steady pace. * To develop your own and others sprinting technique. * To develop power, control and technique for the triple jump. * To develop power, control and technique when throwing for distance. * To develop throwing wit force and accuracy for longer distances. * To work collaboratively in a team to develop the officiating skills of measuring, timing and recording. | **Tri-golf**   * To develop putting technique and accuracy. * To develop the technique for chipping. * To develop technique for a short game. * To develop the technique for a long game. * To select the appropriate shot for the situation. * To design a course and select the appropriate shot for the situation. |
| **Badminton**   * To learn how to score points and play in competitive games * To review forehand, backhand, overhead clear * To apply to game related scenarios\* | **Gymnastics**   * To develop the forwards, backward and straddle roll * To develop counter balance and counter tension * To be able to develop inverted movements with tension * To perform progression of headstand and cartwheel * To be able to use flight from hands to travel over apparatus * To create a group sequence using formations and apparatus | **Curling**   * Develop the curling action by bowling into feet\* * Understand the correct body shape for curing\* * Understand the different type of shot\* * Practise the different weight of shot * Understand and apply the rules for a curling game\* * Take part in a curing game\* | **Dodgeball**   * To recap on the rules of dodgeball and apply them to a game. * To develop throwing at a moving target. * To use jumps, dodges and ducks to avoid being hit. * To develop catching to get an opponent out. * To select and apply tactics in the game. * To develop officiating skills and referee a dodgeball game. | **Swimming**   * To develop gliding, front crawl and backstroke. * To develop rotation, sculling and treading water. * To develop the front crawl stroke and breathing technique. * To develop the technique for backstroke arms and legs. * To develop breaststroke technique. * To develop breaststroke and breathing technique. | **Swimming**   * To develop basic skills of water safety and floating. * To develop the dolphin kick. * To learn techniques for personal survival. * To develop water safety skills and an understanding of personal survival. * To increase endurance in swim challenges. * To identify fastest strokes and personal bests |