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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.
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| **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.
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| **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.
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| **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.
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| **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.
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| **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
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| **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.
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| **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
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