

	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
	Physical Education Progression Map					
	Year 1 - Physical Education	Year 1 - Physical Education	Year 1 - Physical Education	Year 1 - Physical Education	Year 1 - Physical Education	Year 1 - Physical Education
	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	Run Jump Throw - Year 1 - Unit 1 Attack Defend Shoot - Year 1 - Unit 1	Send & Return - Unit 1 Gymnastics - Unit 1	OAA - Year 1 Dance - Unit 1	Attack Defend Shoot - Unit 2 Send & Return - Unit 2	Run Jump Throw - Unit 2 Hit Catch Run - Unit 1	Hit Catch Run - Unit 2 Send & Return - Unit 2
Knowledge	<p><b>Run Jump Throw - Year 1 - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know the quickest way to move an object from one place to another</li> <li>Know how to change speed when running</li> <li>Know how the arms can increase the speed of running</li> <li>Know how to perform a two-footed jump</li> <li>Know how to overarm throw for distance</li> <li>Know how the importance of balance, agility and coordination in athletics</li> </ul> <p><b>Attack Defend Shoot - Year 1 - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know key steps to send a ball accurately</li> <li>Know what the principles of attacking and defending in a game refers to</li> <li>Know some of the reasons why games have rules</li> </ul>	<p><b>Send &amp; Return - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know how to hit a ball accurately in different ways</li> <li>Know how to track, stop and return a beanbag or ball</li> <li>Know how to work with a partner to collect a ball</li> <li>Know techniques to send a ball or object to a partner accurately</li> </ul> <p><b>Gymnastics - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know some of the fundamental gymnastics shapes</li> <li>Know the risks of working on low apparatus</li> <li>Know difference between large and small body parts</li> <li>Know how to take off jump and land with a run-up</li> <li>Know a variety of ways to travel on their feet</li> <li>Know actions that can be performed at different levels</li> <li>Know how to create a short gymnastics sequence</li> </ul>	<p><b>OAA - Year 1</b></p> <ul style="list-style-type: none"> <li>Know simple instructions to complete a trail.</li> <li>Know how to find matching symbols.</li> <li>Know how to copy and create a hoop challenge.</li> <li>Know how to work with a partner to complete a hoop challenge.</li> <li>Know how to recognise a drawn symbol as a real object, e.g. square = ball.</li> <li>Know how to use decision-making skills to hide equipment.</li> </ul> <p><b>Dance - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know how to show moods and feelings we would experience in the jungle</li> <li>Know how to move as if we were living in the jungle</li> <li>Know how to create and perform movements which show friendship</li> <li>Know how to take off and land and use shape in our jumps</li> <li>Know how to travel on our feet, showing good body tension</li> <li>Know how we can create different levels in our performance</li> </ul>	<p><b>Attack Defend Shoot - Unit 2</b></p> <ul style="list-style-type: none"> <li>Know why heart rate increases during exercise</li> <li>Know how to move sideways to defend a goal</li> <li>Know techniques to bounce a ball both to yourself and to a partner</li> <li>Know techniques to send a ball accurately to a target</li> <li>Know how to adapt to rule changes in a game</li> <li>Know how to work with a partner in both attack and defence</li> </ul> <p><b>Send &amp; Return - Unit 2</b></p> <ul style="list-style-type: none"> <li>Know what it means to feed a ball</li> <li>Know what it means to track a moving object</li> <li>Be able to show where the core muscles of the body are</li> <li>Know and name some net/wall games</li> <li>Know that people with disabilities have their own class of sports e.g. goalball, sitting volleyball.</li> </ul>	<p><b>Run Jump Throw - Unit 2</b></p> <ul style="list-style-type: none"> <li>Know why agility is important when changing direction at speed</li> <li>Know and recognise different ways of starting and stopping an activity</li> <li>Know what a lap is</li> <li>Understand the importance of stamina when running</li> <li>Know how to bound or stride to improve jumping height</li> <li>Know the best position to start a running activity in</li> <li>Know why it is important to stay in your lane</li> </ul> <p><b>Hit Catch Run - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know what tracking a ball is and how to stop the ball</li> <li>Know and use a range of different throws for different situations</li> <li>Know the principles of catching a ball</li> <li>Know how to score points in a striking and fielding game</li> <li>Understand the role of teamwork when fielding</li> </ul>	<p><b>Hit Catch Run - Unit 2</b></p> <ul style="list-style-type: none"> <li>Know where to hit a ball to maximise the chance of scoring</li> <li>Be able to decide where to stand when fielding to intercept a ball</li> <li>Know how to position a group of fielders to restrict run-scoring</li> <li>Understand the importance of collaboration and teamwork when fielding</li> <li>Know how to play a game with basic rules</li> </ul>
Skills	<p><b>Run Jump Throw - Year 1 - Unit 1</b></p> <ol style="list-style-type: none"> <li>To start and stop moving at speed.</li> <li>To use our arms when running at different speeds.</li> <li>To take off on two feet to jump for distance.</li> <li>To use the correct technique to throw different objects for distance</li> <li>To show improvement in our throwing.</li> <li>To take part in a competition using running, jumping and throwing skills.</li> </ol> <p><b>Attack Defend Shoot - Year 1 - Unit 1</b></p> <ol style="list-style-type: none"> <li>To hit a target.</li> <li>To defend a target.</li> <li>To roll and slide balls and beanbags.</li> <li>To shoot in a game to get points.</li> <li>To work with a partner to score points.</li> <li>To use our attacking and defending skills in a game.</li> </ol>	<p><b>Send &amp; Return - Unit 1</b></p> <ol style="list-style-type: none"> <li>To slide a beanbag to a target.</li> <li>To hit a ball in different ways with our hands.</li> <li>To move towards a ball to return it.</li> <li>To work with a partner to stop and return a beanbag.</li> <li>What a rally is and rallying with a partner.</li> <li>To send a ball into space to make it harder for our opponent.</li> </ol> <p><b>Gymnastics - Unit 1</b></p> <ol style="list-style-type: none"> <li>To perform 'like' actions in a sequence</li> <li>To carry and set up apparatus safely.</li> <li>To perform shapes on large and small body parts</li> <li>To take off and land and use shape in our jumps</li> <li>To travel on our feet, showing good body tension</li> <li>How we can create different levels in our performance</li> </ol>	<p><b>OAA - Year 1</b></p> <ol style="list-style-type: none"> <li>To follow simple instructions to complete a trail.</li> <li>To find matching symbols.</li> <li>To copy and create a hoop challenge.</li> <li>To work with a partner to complete a hoop challenge.</li> <li>To recognise a drawn symbol as a real object, e.g. square = ball.</li> <li>To use decision-making skills to hide equipment.</li> </ol> <p><b>Dance - Unit 1</b></p> <ol style="list-style-type: none"> <li>To show moods and feelings we would experience in the jungle</li> <li>To move as if we were living in the jungle</li> <li>To create and perform movements which show friendship</li> <li>To take off and land and use shape in our jumps</li> <li>To perform a short dance with a clear start, middle and end</li> <li>To use repeated actions in our dance</li> </ol>	<p><b>Attack Defend Shoot - Unit 2</b></p> <ol style="list-style-type: none"> <li>To find our pulse on our wrists.</li> <li>To move side to side to defend a goal.</li> <li>To bounce a ball with control to ourselves.</li> <li>To aim at different targets.</li> <li>To adapt to a game with changing rules.</li> <li>To play in the best defensive position in a game.</li> </ol> <p><b>Send &amp; Return - Unit 2</b></p> <ol style="list-style-type: none"> <li>To send the ball over a net to our partner.</li> <li>To track and stop a moving object using both hands.</li> <li>Why different muscles are important when playing games.</li> <li>To use balls differently from different positions, e.g. kneeling or sitting.</li> <li>To spot space in the playing area and hit the ball there</li> <li>To play a game with a partner.</li> </ol>	<p><b>Run Jump Throw - Unit 2</b></p> <ol style="list-style-type: none"> <li>To use agile movements in different activities.</li> <li>Different ways to recognise the start and end of an activity e.g. whistle.</li> <li>To develop stamina when running.</li> <li>To develop core strength to improve throwing.</li> <li>To stride and jump for height.</li> <li>To choose the best starting position for running quickly.</li> </ol> <p><b>Hit Catch Run - Unit 1</b></p> <ol style="list-style-type: none"> <li>To select a space to throw or roll a ball into.</li> <li>To track and collect a rolling ball.</li> <li>To catch a ball to stop an opponent from scoring.</li> <li>To use only hands to hit a ball.</li> <li>To run between bases to score points.</li> <li>To work as a team to score points.</li> </ol>	<p><b>Hit Catch Run - Unit 2</b></p> <ol style="list-style-type: none"> <li>To catch a ball over a short distance</li> <li>To begin to hit a ball with power</li> <li>To position ourselves in the path of the ball</li> <li>To field a ball to a base</li> <li>To catch a high ball</li> <li>To stop other teams from scoring points</li> </ol>
	Year 2 - Physical Education	Year 2 - Physical Education	Year 2 - Physical Education	Year 2 - Physical Education	Year 2 - Physical Education	Year 2 - Physical Education
	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	Gymnastics - Unit 1 Attack Defend Shoot - Unit 1	Dance - Unit 1 Run Jump Throw - Unit 1	Gymnastics - Unit 2 Send & Return - Unit 1	Attack Defend Shoot - Unit 2 Send & Return - Unit 2	Swimming - Beginners Hit Catch Run - Unit 1	Hit Catch Run - Unit 2 OAA - Year 2
Knowledge	<p><b>Gymnastics - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know and can name several point and patch balances/shapes</li> <li>Know how to inject power into a range of jumps</li> <li>Know why taking weight on hands is a fundamental skill for gymnastics</li> <li>Know that they can do 'scaled' versions of a skill e.g. glute bridge instead of full bridge</li> <li>Knowing what to stride means</li> </ul> <p><b>Attack Defend Shoot - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know how to kick a ball using the inside of the foot</li> <li>Know sports that use feet to control the ball</li> <li>Know what it means to dribble with control and a range of sports in which dribbling is used</li> <li>Know how to use a bounce throw to send a ball</li> <li>Know techniques to dribble the ball with their hands</li> <li>Know why sending the ball forward to a teammate increases the team's chances of scoring</li> </ul>	<p><b>Dance - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know when a relevé walk might be used and how to do it</li> <li>Know simple techniques to add smooth transition from one action to the next</li> <li>Know the areas of the body that make up the core</li> <li>Know why some actions require more strength than others</li> <li>Know what is meant by explosive power in a jump</li> <li>Know the key elements for a good long-sit technique</li> <li>Know how rhythm and flow improve a performance</li> </ul> <p><b>Run Jump Throw - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know why it is important to be aware of other people when running at speed</li> <li>Know how to generate power to start a running or jumping action</li> <li>Know different ways to overcome obstacles</li> <li>Know when to use different types of throws</li> <li>Know how quick feet helps sprinting</li> <li>Know the difference between static and dynamic balances</li> </ul>	<p><b>Gymnastics - Unit 2</b></p> <ul style="list-style-type: none"> <li>Know when a relevé walk might be used and how to do it</li> <li>Know simple techniques to add smooth transition from one action to the next</li> <li>Know the areas of the body that make up the core</li> <li>Know why some actions require more strength than others</li> <li>Know what is meant by explosive power in a jump</li> <li>Know the key elements for a good long-sit technique</li> <li>Know how rhythm and flow improve a performance</li> </ul> <p><b>Send &amp; Return - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know which is their dominant and non-dominant side</li> <li>Send and receive the ball consistently</li> <li>Know why and when you would need to change direction quickly in a game</li> <li>Explain principle of court boundaries</li> <li>Know why improving your agility would improve your tennis game</li> </ul>	<p><b>Attack Defend Shoot - Unit 2</b></p> <ul style="list-style-type: none"> <li>Know techniques to throw an object and knock over a target</li> <li>Know how a player moving into space is important in a game</li> <li>Know ways to collaborate with a teammate to move the ball forwards</li> <li>Know how to use position their body when goalkeeping</li> <li>Know how to intercept a pass</li> <li>Know how to play a game using rules</li> </ul> <p><b>Send &amp; Return - Unit 2</b></p> <ul style="list-style-type: none"> <li>Know where a long, high ball might go on a court</li> <li>Know where a short, low ball might go on a court</li> <li>Know what an attacking shot is in net/wall games</li> <li>Know some keys personal skills to manage themselves in a competition (listening, self-control, etc)</li> <li>Know what a 'zone' on a court is</li> </ul>	<p><b>Swimming - Beginners</b></p> <ul style="list-style-type: none"> <li>Know how to send a ball using different parts of the foot</li> <li>Know how to be a wicketkeeper/backstop</li> <li>Know different hitting techniques to increase scoring opportunities</li> <li>Know how to play a game using some basic rules</li> </ul> <p><b>Hit Catch Run - Unit 1</b></p> <ul style="list-style-type: none"> <li>Make choices about where to hit the ball to maximise the chances of scoring</li> <li>Know the reason to defend a target when batting</li> <li>Know how to hit the ball to different areas when batting</li> <li>Know how to work as a team to score points in a striking and fielding game</li> <li>Know which bat they would choose when playing</li> </ul>	<p><b>Hit Catch Run - Unit 2</b></p> <ul style="list-style-type: none"> <li>Know how to send a ball using different parts of the foot</li> <li>Know how to be a wicketkeeper/backstop</li> <li>Know different hitting techniques to increase scoring opportunities</li> <li>Know how to play a game using some basic rules</li> </ul> <p><b>OAA - Year 2</b></p> <ol style="list-style-type: none"> <li>To work as a team to complete a task.</li> <li>To use problem-solving skills to complete a simple treasure hunt.</li> <li>To copy and then create a simple movement pattern.</li> <li>To give clues to guide a blindfolded person safely.</li> <li>To improve performance through repetition.</li> <li>To use a key on a map to re-create a map with accuracy.</li> </ol>
Skills	<p><b>Gymnastics - Unit 1</b></p> <ol style="list-style-type: none"> <li>To combine 4 elements into a floor sequence.</li> <li>To create power in a variety of different jumps.</li> <li>To take weight on our hands and move in different ways.</li> <li>To use our flexibility in a bridge and jompa gymnastic shape.</li> <li>To perform the point balance arabesque.</li> <li>To perform a teddy roll.</li> </ol> <p><b>Attack Defend Shoot - Unit 1</b></p> <ol style="list-style-type: none"> <li>To kick the ball over long and short distances.</li> <li>To stop a ball with control using the foot.</li> <li>To work as a team to keep the ball.</li> <li>To bounce a ball with my partner.</li> <li>To bounce the ball while we are moving (dribbling).</li> <li>To pass the ball forward in a game.</li> </ol>	<p><b>Dance - Unit 1</b></p> <ol style="list-style-type: none"> <li>To use speed to run past defenders</li> <li>To use a short pass in a game</li> <li>To use agility to evade being tagged.</li> <li>To understand and apply the tag protocol in game situations.</li> <li>To close down an attacker's space as a defender.</li> <li>To perform a backward pass to continue an attack.</li> </ol> <p><b>Run Jump Throw - Unit 1</b></p> <ol style="list-style-type: none"> <li>To move quickly whilst being aware of others around.</li> <li>To create power with our legs to turn at control.</li> <li>To move through an obstacle course with speed and control.</li> <li>To choose the best throw for different situations.</li> <li>To use quick feet whilst sprinting.</li> <li>To perform static and dynamic balances.</li> </ol>	<p><b>Gymnastics - Unit 2</b></p> <ol style="list-style-type: none"> <li>To use a relevé walk in a sequence.</li> <li>To perform a dish and arch shape moving smoothly from one to the other.</li> <li>To frog jump and leap frog.</li> <li>To hold on L-sit with a straight back.</li> <li>To bring rhythm and flow to our sequence.</li> </ol> <p><b>Send &amp; Return - Unit 1</b></p> <ol style="list-style-type: none"> <li>To stay on our toes to move quickly to the ball.</li> <li>To identify which hand is dominant in a game.</li> <li>The basic rules of serving to our partner.</li> <li>To develop agility and use it in a game.</li> <li>To use the correct grip to hit a self-feed ball.</li> <li>To use the ready position in a rally.</li> </ol>	<p><b>Attack Defend Shoot - Unit 2</b></p> <ol style="list-style-type: none"> <li>To throw different types of equipment.</li> <li>To move to space after passing the ball.</li> <li>To pass and move forwards to a target with a partner.</li> <li>To position ourselves as a goalkeeper.</li> <li>To intercept a ball from a person on the other team.</li> <li>To use the skills we have developed in a competition.</li> </ol> <p><b>Send &amp; Return - Unit 2</b></p> <ol style="list-style-type: none"> <li>To feed a ball to our partner with consistency.</li> <li>To send the ball to different parts of the court.</li> <li>The basic rules of serving to our partner.</li> <li>To accurately serve the ball to different parts of the court.</li> <li>To use overarm attacking shots in a game.</li> <li>To manage what we should be doing within the competition.</li> </ol>	<p><b>Swimming - Beginners</b></p> <ol style="list-style-type: none"> <li>To keep our balance by pushing and pulling against the water.</li> <li>To lift our feet off the ground and make shapes in the water.</li> <li>To use our hands to move forward.</li> <li>To put our faces in the water.</li> <li>To stand again after floating on our front.</li> <li>To stand again after floating on our backs.</li> <li>To swim a short distance on our backs with a float.</li> <li>To push and glide from the side of the pool.</li> <li>To use the 'sculling' technique to swim on our backs.</li> <li>To use 'doggy paddle' to swim a short distance on our front.</li> <li>To move from a glide into a doggy paddle.</li> <li>To swim as far as we are able on our front and backs.</li> </ol> <p><b>Hit Catch Run - Unit 1</b></p> <ol style="list-style-type: none"> <li>To hit a ball and score points running to cones</li> <li>To defend a target by kicking</li> <li>To bowl underarm with control</li> <li>To hit a ball using different bats and techniques</li> <li>To throw accurately to a base</li> <li>To hit a ball into space, away from fielders</li> </ol>	<p><b>Hit Catch Run - Unit 2</b></p> <ol style="list-style-type: none"> <li>To time our run around the bases to stay safe</li> <li>To kick a ball into space using different parts of the foot</li> <li>To respond to how a ball is being bowled when hitting</li> <li>About the role of the backstop and its likeness to the wicketkeeper</li> <li>To bowl underarm in a game with accuracy</li> </ol> <p><b>OAA - Year 2</b></p> <ol style="list-style-type: none"> <li>To work as a team to complete a task.</li> <li>To use problem-solving skills to complete a simple treasure hunt.</li> <li>To copy and then create a simple movement pattern.</li> <li>To give clues to guide a blindfolded person safely.</li> <li>To improve performance through repetition.</li> <li>To use a key on a map to re-create a map with accuracy.</li> </ol>
	Year 3 - Physical Education	Year 3 - Physical Education	Year 3 - Physical Education	Year 3 - Physical Education	Year 3 - Physical Education	Year 3 - Physical Education
	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	Tennis - Year 3 OAA - Year 3	Tag Rugby - Year 3 Dance - Year 3 - Unit 1	Swimming - Intermediate Handball - Year 3	Netball - Year 3 Gymnastics - Year 3 - Unit 1	Athletics - Year 3 Rounders - Year 3	Cricket - Year 3 Hockey - Year 3
Knowledge	<p><b>Tennis - Year 3</b></p> <ul style="list-style-type: none"> <li>Know how to keep score in a game of tennis</li> <li>Know how to describe different styles of shots in tennis</li> <li>Know what the Ready Position is in tennis</li> <li>Know how to play over a net</li> <li>Know how to start a point in tennis</li> </ul> <p><b>OAA - Year 3</b></p> <ul style="list-style-type: none"> <li>To use clear communication, strength and flexibility to complete a task.</li> <li>To work with others to complete map-reading tasks.</li> <li>To draw and create a clear route on a map for others to follow.</li> <li>To work with others and identify what went well and what we could do to improve.</li> <li>To use the outside of the foot to control the ball and dribble.</li> <li>To safely take part in trust-based activities.</li> </ul>	<p><b>Tag Rugby - Year 3</b></p> <ul style="list-style-type: none"> <li>Know how to use speed to run past defenders</li> <li>Know why we use a short pass</li> <li>Know techniques to evade defenders</li> <li>Know the tag protocol</li> <li>Know how and when to close down an attacker's space</li> <li>Know the similarities and differences between tag rugby and other invasion games</li> </ul> <p><b>Dance - Year 3 - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know how to use speed to run past defenders</li> <li>Know how to use a short pass in a game</li> <li>Know how to evade being tagged.</li> <li>Know how to use the 3 step rule in a game</li> <li>Know what it means to intercept and draw links to other activity areas</li> <li>Know what it means to build an attack</li> <li>Know the main aspects they have learned and analyse them to improve</li> </ul>	<p><b>Swimming - Intermediate</b></p> <ul style="list-style-type: none"> <li>Know how to use speed to run past defenders</li> <li>Know why we use a short pass</li> <li>Know techniques to evade defenders</li> <li>Know the tag protocol</li> <li>Know how and when to close down an attacker's space</li> <li>Know the similarities and differences between tag rugby and other invasion games</li> </ul> <p><b>Handball - Year 3</b></p> <ul style="list-style-type: none"> <li>Know how to use speed to run past defenders</li> <li>Know why we use a short pass</li> <li>Know techniques to evade defenders</li> <li>Know the tag protocol</li> <li>Know how and when to close down an attacker's space</li> <li>Know the similarities and differences between tag rugby and other invasion games</li> </ul>	<p><b>Netball - Year 3</b></p> <ul style="list-style-type: none"> <li>Know when to use a chest pass</li> <li>Know dodging can be used in netball and other invasion games</li> <li>Know how to show that you are ready to catch the ball</li> <li>Know when to use a bounce pass</li> <li>Know the role of the goal shooter</li> <li>Know when to use a shoulder pass</li> </ul> <p><b>Gymnastics - Year 3 - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know what contrast means in a gymnastics context</li> <li>Know what it means to show extension in a shape</li> <li>Know ways to move in and out of shapes with fluency</li> <li>Know how to use rolls effectively in a sequence</li> <li>Know how to exert power in a jump</li> <li>Know how to use unison effectively with a partner and group</li> </ul>	<p><b>Athletics - Year 3</b></p> <ul style="list-style-type: none"> <li>Know how to select the most appropriate technique for the best performance when running, jumping or throwing</li> <li>Know how to use a run-up to increase the distance when jumping</li> <li>Know how to use a long barrier to stop a moving ball</li> <li>Know how to measure a throw accurately</li> <li>Know when and how to perform a relay baton exchange</li> <li>Know how to measure and track scores in competitive running, throwing and jumping events</li> <li>Know what a sling throw is used for</li> <li>Know how to score single runs</li> <li>Know where the crease is and its purpose in a game</li> <li>Know how to deliver an overarm bowl</li> <li>Know when to play a pull shot when batting</li> <li>Know how to stop a bouncing ball when fielding</li> <li>Know how to set up a game of French cricket independently</li> </ul>	<p><b>Cricket - Year 3</b></p> <ul style="list-style-type: none"> <li>Know how to hit a straight drive that travels along the floor</li> <li>Know how to bowl accurately underarm</li> <li>Know how to move towards a delivered ball to hit it consistently</li> <li>Know how to use a long barrier to stop a moving ball</li> <li>Know how and when to use an overarm throw</li> <li>Know how the wicket keeper supports the fielding team</li> </ul> <p><b>Hockey - Year 3</b></p> <ul style="list-style-type: none"> <li>Know how to dribble the ball</li> <li>Know other invasion games where you would pass to space</li> <li>Know how to perform the defensive body position</li> <li>Know how to stop a moving ball</li> <li>Know what sport specific agility means</li> <li>Know what happens if the ball hits a foot</li> </ul>
Skills	<p><b>Tennis - Year 3</b></p> <ol style="list-style-type: none"> <li>To use the ready position to return a ball.</li> <li>To hit the ball to different parts of the court using a forehand hit.</li> <li>To perform an underarm serve to start a rally.</li> <li>To move towards a ball to return it over the net.</li> <li>To play cooperatively with a partner to keep the ball moving over the net.</li> <li>To perform forehand hits to score points in a competition.</li> </ol> <p><b>OAA - Year 3</b></p> <ol style="list-style-type: none"> <li>To use clear communication, strength and flexibility to complete a task.</li> <li>To work with others to complete map-reading tasks.</li> <li>To draw and create a clear route on a map for others to follow.</li> <li>To work with others and identify what went well and what we could do to improve.</li> <li>To use the outside of the foot to control the ball and dribble.</li> <li>To safely take part in trust-based activities.</li> </ol>	<p><b>Tag Rugby - Year 3</b></p> <ol style="list-style-type: none"> <li>To use speed to run past defenders</li> <li>To use a short pass in a game</li> <li>To use agility to evade being tagged.</li> <li>To understand and apply the tag protocol in game situations.</li> <li>To close down an attacker's space as a defender.</li> <li>To perform a backward pass to continue an attack.</li> <li>To move forward with our faces in the water using the sculling action.</li> <li>To move smoothly through the water transitioning from front to back.</li> <li>To propel ourselves underwater while using breaststroke.</li> <li>To swim over longer distances without floats or armbands.</li> </ol> <p><b>Handball - Year 3</b></p> <ol style="list-style-type: none"> <li>To use the ready position to catch effectively.</li> <li>To perform accurate passes in different situations.</li> <li>To move the ball using the three step rule.</li> <li>To prevent the ball from being passed by blocking and intercepting.</li> <li>To use quick effective passes to attack as a team</li> <li>To develop accurate passing and move into space in a game</li> </ol>	<p><b>Swimming - Intermediate</b></p> <ol style="list-style-type: none"> <li>To jump in and submerge in deeper water.</li> <li>To sink and then roll under the water.</li> <li>To use front crawl leg action to swim longer distances.</li> <li>To tuck, float and collect objects from the bottom of the pool.</li> <li>To transition from one floating shape to another without putting our feet down.</li> <li>To use breaststroke leg action to swim on my front and back.</li> <li>To handstand on the bottom of the pool.</li> <li>To somersault underwater.</li> <li>To move forward with our faces in the water using the sculling action.</li> <li>To move smoothly through the water transitioning from front to back.</li> <li>To propel ourselves underwater while using breaststroke.</li> <li>To swim over longer distances without floats or armbands.</li> </ol> <p><b>Handball - Year 3</b></p> <ol style="list-style-type: none"> <li>To use the ready position to catch effectively.</li> <li>To perform accurate passes in different situations.</li> <li>To move the ball using the three step rule.</li> <li>To prevent the ball from being passed by blocking and intercepting.</li> <li>To use quick effective passes to attack as a team</li> <li>To develop accurate passing and move into space in a game</li> </ol>	<p><b>Netball - Year 3</b></p> <ol style="list-style-type: none"> <li>To perform quick, accurate chest passes</li> <li>To use dodging to get free from our opponent</li> <li>To catch a netball</li> <li>To use a bounce pass to feed a goal shooter</li> <li>To throw for distance using a shoulder pass</li> <li>To collect a loose ball</li> </ol> <p><b>Gymnastics - Year 3 - Unit 1</b></p> <ol style="list-style-type: none"> <li>To show full extension during a balance</li> <li>To move in and out of contrasting shapes with fluency</li> <li>To perform a sequence using different types of rolls</li> <li>To perform powerful jumps from low apparatus</li> <li>To perform in unison with a partner</li> <li>To create a group performance using contrasting actions</li> </ol>	<p><b>Athletics - Year 3</b></p> <ol style="list-style-type: none"> <li>Jumping and hopping sequences.</li> <li>To run at different speeds.</li> <li>To approach and jump hurdles.</li> <li>To throw a javelin using the pull-throw technique.</li> <li>A variety of skipping techniques</li> <li>To keep score accurately over a range of events</li> </ol> <p><b>Rounders - Year 3</b></p> <ol style="list-style-type: none"> <li>To get into the best body position to field a ball</li> <li>To bowl with some consistency in a game</li> <li>To hit a moving ball with one hand</li> <li>To stop a moving ball with the long barrier technique</li> <li>To throw longer distances using the overarm technique</li> <li>To select and apply new skills in a competition</li> </ol>	<p><b>Cricket - Year 3</b></p> <ol style="list-style-type: none"> <li>To hit a stationary ball into space using the straight drive</li> <li>To bowl underarm to a batter with some consistency</li> <li>To use the correct footwork to strike a bowled ball</li> <li>To stop a moving ball using the long barrier technique</li> <li>To throw longer distances overarm</li> <li>To perform as a wicketkeeper</li> </ol> <p><b>Hockey - Year 3</b></p> <ol style="list-style-type: none"> <li>To keep close control of the ball using the flat side of the stick.</li> <li>To control the ball and pass it into space.</li> <li>To use a defensive body position.</li> <li>To consistently stop a moving ball ready to pass or shoot.</li> <li>To improve our agility and apply it in a game situation.</li> <li>To avoid our feet contacting the ball and apply basic rules to the game.</li> </ol>
	Year 4 - Physical Education	Year 4 - Physical Education	Year 4 - Physical Education	Year 4 - Physical Education	Year 4 - Physical Education	Year 4 - Physical Education
	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	Football - Year 4 OAA - Year 4	Gymnastics - Year 4 - Unit 1 Dance - Year 4 - Unit 1	Tag Rugby - Year 4 Distanced PE Fitness - KS2 - Unit 1	Swimming - Intermediate Hockey - Year 4	Athletics - Year 4 Cricket - Year 4	Tennis - Year 4 Rounders - Year 4
Knowledge	<p><b>Football - Year 4</b></p> <ul style="list-style-type: none"> <li>Know what it means to 'run onto the ball'.</li> <li>Know how to use both front-side and goal-side marking</li> <li>Know how to use the standing tackle technique</li> <li>Know why close control is essential for forward dribbling</li> <li>Know how to pass accurately over a longer distance</li> <li>Know why passing on the move is important in football</li> </ul> <p><b>OAA - Year 4</b></p> <ul style="list-style-type: none"> <li>To use clear communication, strength and flexibility to complete a task.</li> <li>To work with others to complete map-reading tasks.</li> <li>To draw and create a clear route on a map for others to follow.</li> <li>To work with others and identify what went well and what we could do to improve.</li> <li>To use the outside of the foot to control the ball and dribble.</li> <li>To safely take part in trust-based activities.</li> </ul>	<p><b>Gymnastics - Year 4 - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know what the word composition means in relation to gymnastics</li> <li>Know what the STEP principle is</li> <li>Know several actions that require gymnasts to take their weight on their hands</li> <li>Know 3 compositional ideas</li> <li>Know what cooperation is in a PE context</li> <li>Know how to judge a basic gymnastic sequence</li> </ul> <p><b>Dance - Year 4 - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know how to use speed to run past defenders</li> <li>Know why we use a short pass</li> <li>Know techniques to evade defenders</li> <li>Know the tag protocol</li> <li>Know how and when to close down an attacker's space</li> <li>Know the similarities and differences between tag rugby and other invasion games</li> </ul>	<p><b>Tag Rugby - Year 4</b></p> <ul style="list-style-type: none"> <li>Know how to use speed to run past defenders</li> <li>Know why we use a short pass</li> <li>Know techniques to evade defenders</li> <li>Know the tag protocol</li> <li>Know how and when to close down an attacker's space</li> <li>Know the similarities and differences between tag rugby and other invasion games</li> </ul> <p><b>Distanced PE Fitness - KS2 - Unit 1</b></p> <ul style="list-style-type: none"> <li>Know how to use speed to run past defenders</li> <li>Know why we use a short pass</li> <li>Know techniques to evade defenders</li> <li>Know the tag protocol</li> <li>Know how and when to close down an attacker's space</li> <li>Know the similarities and differences between tag rugby and other invasion games</li> </ul>	<p><b>Swimming - Intermediate</b></p> <ul style="list-style-type: none"> <li>Know how to use speed to run past defenders</li> <li>Know why we use a short pass</li> <li>Know techniques to evade defenders</li> <li>Know the tag protocol</li> <li>Know how and when to close down an attacker's space</li> <li>Know the similarities and differences between tag rugby and other invasion games</li> </ul> <p><b>Hockey - Year 4</b></p> <ul style="list-style-type: none"> <li>Know how to use speed to run past defenders</li> <li>Know why we use a short pass</li> <li>Know techniques to evade defenders</li> <li>Know the tag protocol</li> <li>Know how and when to close down an attacker's space</li> <li>Know the similarities and differences between tag rugby and other invasion games</li> </ul>	<p><b>Athletics - Year 4</b></p> <ul style="list-style-type: none"> <li>Know how to select the most appropriate technique for the best performance when running, jumping or throwing</li> <li>Know how to use a run-up to increase the distance when jumping</li> <li>Know how to use a long barrier to stop a moving ball</li> <li>Know how to measure a throw accurately</li> <li>Know when and how to perform a relay baton exchange</li> <li>Know how to measure and track scores in competitive running, throwing and jumping events</li> <li>Know what a sling throw is used for</li> <li>Know how to score single runs</li> <li>Know where the crease is and its purpose in a game</li> <li>Know how to deliver an overarm bowl</li> <li>Know when to play a pull shot when batting</li> <li>Know how to stop a bouncing ball when fielding</li> <li>Know how to set up a game of French cricket independently</li> </ul>	<p><b>Tennis - Year 4</b></p> <ul style="list-style-type: none"> <li>Know how to play a backhand shot</li> <li>Know how to force an opponent into a mistake</li> <li>Know different court positions in singles and doubles</li> </ul> <p><b>Rounders - Year 4</b></p> <ul style="list-style-type: none"> <li>Know how to hit a ball in different directions</li> <li>Know how to play the role of the backstop</li> <li>Make decisions when running between posts</li> <li>Know and use a scoring system</li> <li>Know and describe successful play in a game</li> <li>Know how to play using basic rounders rules</li> </ul>

	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
	<p><b>Football - Year 4</b></p> <ol style="list-style-type: none"> <li>1. To run onto the ball to receive it.</li> <li>2. To explore front and goal-side marking techniques.</li> <li>3. To perform a standing tackle to dispossess an attacker.</li> <li>4. To dribble showing good control to progress forward.</li> <li>5. To pass and receive the ball over longer distances.</li> <li>6. To perform passing and moving with a teammate.</li> </ol> <p><b>OAA - Year 4</b></p> <ol style="list-style-type: none"> <li>1. To work collaboratively to complete a problem-solving task.</li> <li>2. To name and recognise the cardinal points of the compass.</li> <li>4. To complete an orienteering task calmly under time pressure.</li> <li>5. To work with a partner to use a map to follow a course.</li> <li>6. To recognise and recall common map symbols from a key.</li> </ol>	<p><b>Gymnastics - Year 4 - Unit 1</b></p> <ol style="list-style-type: none"> <li>1. To perform a 6-element sequence that uses changes in speed and direction</li> <li>2. To use the STEP principle to create and perform a partner sequence</li> <li>3. To take weight on our hands, showing control</li> <li>4. To develop a sequence using compositional ideas, e.g. changing speed</li> <li>5. To co-operate as a group to refine a short sequence</li> <li>6. To compare and judge sequences</li> </ol> <p><b>Dance - Year 4 - Unit 1</b></p> <ol style="list-style-type: none"> <li>1. To use freeze frame in our dances</li> <li>2. To perform a slide and roll confidently</li> <li>3. To use a variety of formations when performing</li> <li>4. To extend our 'mission dance' phrases using canon</li> <li>5. To sequence our own dance actions to show good flow</li> <li>6. To create a 5 action dance routine showing good 'stage' entry</li> </ol>	<p><b>Tag Rugby - Year 4</b></p> <ol style="list-style-type: none"> <li>1. To use accurate passes to create an attack as a team</li> <li>2. To pick the ball up from the floor &amp; run with it to start an attack</li> <li>3. To keep possession of the ball and build and attack</li> <li>4. To evade being tagged</li> <li>5. To use changes of speed to create gaps to run into</li> <li>6. To create attacking opportunities in competitive games</li> </ol> <p><b>Distanced PE Fitness - KS2 - Unit 1</b></p> <ol style="list-style-type: none"> <li>1. To use coordination in our exercise</li> <li>2. To keep moving even when we are tired</li> <li>3. What an AMRAP stands for and participate in it</li> <li>4. To identify what we find challenging and why</li> <li>5. To work under time pressure</li> <li>6. To beat our previous score and work out the difference in scores</li> </ol>	<p><b>Swimming - Intermediate</b></p> <ol style="list-style-type: none"> <li>1. To jump in and submerge in deeper water.</li> <li>2. To sink and then roll under the water.</li> <li>3. To use front crawl leg action to swim longer distances.</li> <li>4. To tuck, float and collect objects from the bottom of the pool.</li> <li>5. To transition from one floating shape to another without putting our feet down.</li> <li>6. To use breaststroke leg action to swim on my front and back.</li> <li>7. To stand on the bottom of the pool.</li> <li>8. To somersault underwater.</li> <li>9. To move forward with our faces in the water using the sculling action.</li> <li>10. To move smoothly through the water transitioning from front to back.</li> <li>11. To propel ourselves underwater while using breaststroke.</li> <li>12. To swim over longer distances without floats or armbands.</li> </ol> <p><b>Hockey - Year 4</b></p> <ol style="list-style-type: none"> <li>1. To perform a push pass with accuracy.</li> <li>2. To perform a straight dribble to maintain possession.</li> <li>3. To use reverse-stick to control a ball on the far side of our body.</li> <li>4. To use a slap pass to send the ball over longer distances.</li> <li>5. To turn to keep the ball under control and move into space.</li> <li>6. To develop new skills in competitive situations and look to improve.</li> </ol>	<p><b>Athletics - Year 4</b></p> <ol style="list-style-type: none"> <li>1. To challenge ourselves in running, jumping and throwing tasks</li> <li>2. To accelerate to over short distances</li> <li>3. To run and jump using one-footed take-off.</li> <li>4. To use a sling action to throw a discus.</li> <li>5. To run on a curve and exchange a baton in our team</li> <li>6. To apply the skills we have developed in a competitive way.</li> </ol> <p><b>Cricket - Year 4</b></p> <ol style="list-style-type: none"> <li>1. To hit the ball in different directions</li> <li>2. To anticipate when to run to score singles</li> <li>3. To intercept a moving ball with one hand</li> <li>4. To bowl overarm</li> <li>5. The pull shot and attempting it in a game</li> <li>6. To field a bouncing ball effectively</li> </ol>	<p><b>Tennis - Year 4</b></p> <ol style="list-style-type: none"> <li>1. To return to the middle of the court after playing a shot.</li> <li>2. To accurately use the forehand in game situations to score points.</li> <li>3. To play a backhand shot with some control.</li> <li>4. To combine ready position and court movement to consistently return the serve.</li> <li>5. To work with a partner to score points in a game.</li> <li>6. To use forehand and backhand shots to score points in a competitive situation.</li> </ol> <p><b>Rounders - Year 4</b></p> <ol style="list-style-type: none"> <li>1. To hit the ball in different directions</li> <li>2. To run between the posts and avoid getting stumped out</li> <li>3. To intercept the ball using one hand</li> <li>4. To underarm bowl obiding by the rules of bowling</li> <li>5. To play the role of backstop in a small game</li> <li>6. The rounders scoring system and using it in a game</li> </ol>
<b>Skills</b>						
	<b>Year 5 - Physical Education</b>	<b>Year 5 - Physical Education</b>	<b>Year 5 - Physical Education</b>	<b>Year 5 - Physical Education</b>	<b>Year 5 - Physical Education</b>	<b>Year 5 - Physical Education</b>
	<b>Module 1</b>	<b>Module 2</b>	<b>Module 3</b>	<b>Module 4</b>	<b>Module 5</b>	<b>Module 6</b>
<b>Focus</b>	Tag Rugby - Year 5 OAA - Year 5	Swimming - Advanced Gymnastics - Year 5 - Unit 1	Basketball - Year 5 Dance - Year 5 - Unit 1	Netball - Year 5 Gymnastics - Year 5 - Unit 2	Tennis - Year 5 Cricket - Year 5	Athletics - Year 5 Rounders - Year 5
<b>Knowledge</b>	<p><b>Tag Rugby - Year 5</b></p> <ul style="list-style-type: none"> <li>• Know what a defensive line is</li> <li>• Know how accurate passing is important in invasion games and give examples</li> <li>• Know when you would use a pop pass</li> <li>• Know what a formation is in invasion games</li> <li>• Know how the magic diamond formation works</li> </ul> <p><b>OAA - Year 5</b></p> <ul style="list-style-type: none"> <li>• Know some recognised ways of communicating with a blindfolded partner.</li> <li>• To follow a designated route at maximum speed and complete a task safely.</li> <li>• Use memory methods to recall different objects whilst navigating</li> <li>• To use clear communication to recreate a shape from memory.</li> <li>• To use imagination and creative thinking to create the tallest marshmallow tower.</li> <li>• To send and interpret messages using Morse code.</li> </ul>	<p><b>Swimming - Advanced</b></p> <ol style="list-style-type: none"> <li>1. To swim as part of a team in a relay.</li> <li>2. To perform a mushroom float for a sustained period of time.</li> <li>3. To get into the correct position for efficient backstroke swimming.</li> <li>4. To perform and perfect a crouching dive to enter the water.</li> <li>5. To swim, surface dive, and move objects without stopping.</li> <li>6. To tread water and use a rescue aid.</li> <li>7. To tumble turn and link a swim stroke with a tumble turn.</li> <li>8. To use breaststroke arms and swim with fluency.</li> <li>9. To use our skills of observation to improve our technique.</li> <li>10. To link lengths together using a tumble turn.</li> <li>11. To enter the water, keeping our head out (head up entry).</li> <li>12. Competition finish to finish well in a race.</li> </ol> <p><b>Gymnastics - Year 5 - Unit 1</b></p> <ol style="list-style-type: none"> <li>1. The key steps to perform a round-off</li> <li>2. To create and perform a partner sequence using symmetry</li> <li>3. To create and perform a partner sequence using asymmetry</li> <li>4. To perform a counter-balance with a partner</li> <li>5. To perform smooth transitions between counterbalances using different levels</li> <li>6. To evaluate each other's work and suggest improvements</li> </ol>	<p><b>Basketball - Year 5</b></p> <ol style="list-style-type: none"> <li>1. To use blocking to stop an opponent from shooting.</li> <li>2. The front pivot and trying to use it in a game.</li> <li>3. To use a forward pass and wing play to build an attack as a team.</li> <li>4. To perform a one-handed push pass under pressure.</li> <li>5. To create space using the box-out technique to recover rebounds.</li> <li>6. To catch the ball under pressure into the triple-threat position.</li> </ol> <p><b>Dance - Year 5 - Unit 1</b></p> <ol style="list-style-type: none"> <li>1. What a non-locomotor movement is and using it in our dance</li> <li>2. To perform both non-locomotor and locomotor movements together</li> <li>3. To create new and exciting group patterns</li> <li>4. A Simple Line Dance routine</li> <li>5. To create our own 3-step line dance with a partner</li> <li>6. To work collaboratively within our group to improve our performance</li> </ol>	<p><b>Netball - Year 5</b></p> <ul style="list-style-type: none"> <li>• Know some recognised netball passes</li> <li>• Know why it is important to find space in a game</li> <li>• Know how to get free of a defender in a game</li> <li>• Know why dodging a crucial skill in netball</li> <li>• Know how to do quick turns help to build an attack</li> <li>• Know why reaction time is important in netball</li> </ul> <p><b>Gymnastics - Year 5 - Unit 2</b></p> <ul style="list-style-type: none"> <li>• Know what a pathway is in a gymnastics context</li> <li>• Know what refining a skill means and be able to give a range of examples</li> <li>• Know why progressions are necessary in gymnastics</li> <li>• Know the key steps to link two cartwheels together</li> <li>• Know why strength and flexibility is essential to perform a bridge</li> <li>• Know how to confidently select and apply skills for the best performance</li> </ul>	<p><b>Tennis - Year 5</b></p> <ol style="list-style-type: none"> <li>1. To recap and perform a range of different shots with accuracy and control.</li> <li>2. To move quickly to the ball to perform a volley.</li> <li>3. To play an overhead shot and know when you might use this.</li> <li>4. To use different court formations during doubles play.</li> <li>5. To refine court movement to hit the ball before the second bounce.</li> <li>6. To perform a diagonal serve to begin a game in competitive situations.</li> </ol> <p><b>Cricket - Year 5</b></p> <ol style="list-style-type: none"> <li>1. To work with a partner to score runs</li> <li>2. To throw accurately over short distances to get batters out</li> <li>3. To follow the path of the ball to catch as a wicketkeeper</li> <li>4. To overarm bowl with accuracy whilst using a run-up</li> <li>5. To play a forward defensive shot</li> <li>6. To set a field in a game to limit the runs scored by a batter</li> </ol>	<p><b>Athletics - Year 5</b></p> <ol style="list-style-type: none"> <li>1. To run for speed &amp; distance on our own and as part of a team.</li> <li>2. To pace our run over longer distances</li> <li>3. Different jumping styles and exploring which ones we can jump further with.</li> <li>4. To use the push-throw technique.</li> <li>5. To exchange a baton within a restricted area.</li> <li>6. To design a running, jumping or throwing activity for others using the STEP principle.</li> </ol> <p><b>Rounders - Year 5</b></p> <ul style="list-style-type: none"> <li>• List the rules of rounders learned so far</li> <li>• Know how to maximise the chance of scoring as a batter</li> <li>• Know how to be effective as a fielder to reduce scoring opportunities</li> <li>• Know how to work with other fielders to restrict runscoring</li> </ul>
<b>Skills</b>						
	<b>Year 6 - Physical Education</b>	<b>Year 6 - Physical Education</b>	<b>Year 6 - Physical Education</b>	<b>Year 6 - Physical Education</b>	<b>Year 6 - Physical Education</b>	<b>Year 6 - Physical Education</b>
	<b>Module 1</b>	<b>Module 2</b>	<b>Module 3</b>	<b>Module 4</b>	<b>Module 5</b>	<b>Module 6</b>
<b>Focus</b>	Swimming - Advanced OAA - Year 6	Tag Rugby - Year 6 Gymnastics - Year 6 - Unit 1	Netball - Year 6 Dance - Year 6 - Unit 1	Football - Year 6 Hockey - Year 6	Cricket - Year 6 Rounders - Year 6	Athletics - Year 6 Tennis - Year 6
<b>Knowledge</b>	<p><b>Swimming - Advanced</b></p> <ol style="list-style-type: none"> <li>1. To swim as part of a team in a relay.</li> <li>2. To perform a mushroom float for a sustained period of time.</li> <li>3. To get into the correct position for efficient backstroke swimming.</li> <li>4. To perform and perfect a crouching dive to enter the water.</li> <li>5. To swim, surface dive, and move objects without stopping.</li> <li>6. To tread water and use a rescue aid.</li> <li>7. To tumble turn and link a swim stroke with a tumble turn.</li> <li>8. To use breaststroke arms and swim with fluency.</li> <li>9. To use our skills of observation to improve our technique.</li> <li>10. To link lengths together using a tumble turn.</li> <li>11. To enter the water, keeping our head out (head up entry).</li> <li>12. Competition finish to finish well in a race.</li> </ol> <p><b>OAA - Year 6</b></p> <ol style="list-style-type: none"> <li>1. To work with a partner to successfully orient and follow a map.</li> <li>2. To identify objects for a scavenger hunt quickly from a written description.</li> <li>3. To safely perform a pyramid balance in a small group.</li> <li>4. To work efficiently as part of a team to complete a range of tasks.</li> <li>5. To create a fun and challenging game for others to complete.</li> <li>6. To listen to others to refine and adapt ideas to complete a complex task.</li> </ol>	<p><b>Tag Rugby - Year 6</b></p> <ol style="list-style-type: none"> <li>1. To create attacking continuity by supporting the player with the ball</li> <li>2. To use set plays in attack to create space for the ball carrier</li> <li>3. To develop the 3-step rule, comparing and contrasting to the 3-second pass option</li> <li>4. To attack the space as a ball carrier to create scoring opportunities</li> <li>5. To change from an attacking to a defensive formation when your team loses possession</li> <li>6. To observe and analyse our classmate's performance</li> </ol> <p><b>Gymnastics - Year 6 - Unit 1</b></p> <ol style="list-style-type: none"> <li>1. To use controlled flight onto high apparatus</li> <li>2. To dismount from high apparatus</li> <li>3. To develop a short sequence using flight in canon formation</li> <li>4. To incorporate equipment such as hoops and balls into a group sequence</li> <li>5. To create a paired flight sequence using both canon and unison</li> <li>6. To create and perform a 6-element sequence to music</li> </ol>	<p><b>Netball - Year 6</b></p> <ol style="list-style-type: none"> <li>1. Ways to improve our coordination.</li> <li>2. To mark the pass or the shot.</li> <li>3. Organisation in and around the semi-circle.</li> <li>4. To compete to win the rebounding ball.</li> <li>5. To stay active to intercept a pass.</li> <li>6. To stay onside in games depending on the position being played.</li> </ol> <p><b>Dance - Year 6 - Unit 1</b></p> <ol style="list-style-type: none"> <li>1. The technique of the stag leap and rebound jump</li> <li>2. To explore relationships through dance and perform partner lifts</li> <li>3. To compose a dance phrase based on the Hokka</li> <li>4. To choose and use suitable dynamics for the Hokka</li> <li>5. To link freeze frames to street dance style to create a short movement phrase</li> <li>6. To perform a Top Rock and Slide Step and perform confidently with a partner</li> </ol>	<p><b>Football - Year 6</b></p> <ol style="list-style-type: none"> <li>1. To set up a shooting opportunity for a teammate.</li> <li>2. To restrict an opponent's space by defending with my partner.</li> <li>3. To perform a penalty kick with power and accuracy.</li> <li>4. To attack and shoot as a pair.</li> <li>5. To perform the role of a cover defender to stop the opposition's attack.</li> <li>6. To use close control to keep possession of the ball under pressure.</li> </ol> <p><b>Hockey - Year 6</b></p> <ol style="list-style-type: none"> <li>1. To shoot under pressure from close range.</li> <li>2. To perform long corner routines as part of a team.</li> <li>3. To use goal-side marking to prevent an attacker from getting closer to the goal.</li> <li>4. To use a banana run to force an oncoming attacker out wide.</li> <li>5. To use a hit-out to successfully restart a game.</li> <li>6. Indian dribble and to play competitively using new skills.</li> </ol>	<p><b>Cricket - Year 6</b></p> <ol style="list-style-type: none"> <li>1. To create pressure on a batter by using a ring field</li> <li>2. To track and catch a high ball consistently</li> <li>3. To perform a short-pitched bowl to get a batter to hit the ball in the air</li> <li>4. To work in a pair to restrict runs scored when fielding</li> <li>5. To play an on-drive</li> <li>6. To set an attacking field</li> </ol> <p><b>Rounders - Year 6</b></p> <ol style="list-style-type: none"> <li>1. To communicate clearly with a partner to score points in doubles play.</li> <li>2. To track and catch a high ball.</li> <li>3. To use fast bowling to deceive your opponent.</li> <li>4. To work in a pair in the field to restrict scoring.</li> <li>5. To apply tactics when running around bases to avoid overtakes.</li> <li>6. To apply attacking and defensive tactics in a competitive situation.</li> </ol>	<p><b>Athletics - Year 6</b></p> <ol style="list-style-type: none"> <li>1. Sprint start technique to increase our running speed.</li> <li>2. The three phrases of triple jump.</li> <li>3. To heave throw technique and what it is used for.</li> <li>4. To assess our own ability to play our role in parlauff.</li> <li>5. The scissor jump technique and when it would be used in athletics</li> <li>6. To record and relay results over a range of track and field events.</li> </ol> <p><b>Tennis - Year 6</b></p> <ol style="list-style-type: none"> <li>1. To communicate clearly with a partner to score points in doubles play.</li> <li>2. To attempt a two-handed backhand shot with control.</li> <li>3. To perform a lob shot to hit the ball over our opponent's head.</li> <li>4. To apply the correct rules and scoring system in games.</li> <li>5. To play in different doubles formations and work with our partner to improve.</li> <li>6. To discuss and apply a range of tactics in doubles play to achieve success</li> </ol>
<b>Skills</b>						