

St. Joseph's R.C. Primary School



Physical Education Policy

October 2025

Review: October 2028

Policy Review

This policy will be reviewed by the Governing Body every three years.

The policy was last reviewed and agreed by the Governing Body in October 2025

It is due for review in October 2028.

Hayley Francis

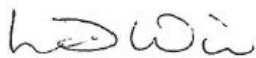
Date: 10th October 2025



Head Teacher

Mrs Lindsay Wise

Date: 10th October 2025



Chair of Governors

Aims and Objectives

At St. Joseph's Primary School, Physical Education forms an important part of the education of each pupil. We aim to promote an active, healthy and enjoyable lifestyle and encourage our pupils to have the motivation, confidence, physical and social competence, knowledge and understanding to maintain physical activity throughout life.

The aims of Physical Education at St. Joseph's Primary School are:

- To promote positive attitudes towards physical activity. Children are to recognise their own successes and others' successes.
- To develop social co-operation and positive attitudes towards others and to compete with a sense of fair play.
- To promote physical activity, physical skills development and a healthy lifestyle.
- To show an awareness, knowledge and understanding of safety when participating in physical activity.
- To encourage lifelong involvement in physical activity by creating intrinsically motivated children.
- To always try to achieve personal best.
- To have age appropriate activities that challenge children at all levels.
- To understand the need for rules in games.
- To provide equal opportunities for all children regardless of their race, gender, background or ability, thus providing a programme of study that is inclusive.
- To provide equal opportunities for all children to achieve their full potential, through curricular and extra-curricular sessions.

Curriculum

Each child at St. Joseph's Primary School receives 2 hours of Physical Education curriculum time per week. The teaching of the Physical Education curriculum is broken into the following areas of activity:

- Dance
- Gymnastics
- Invasion Games
- Net and Wall Games
- Striking and Fielding
- Athletics
- Swimming and water safety
- Outdoor and adventurous activities

In accordance with the National Curriculum, one hour of P.E. is used for swimming sessions for a class each term. Years 1-6 receive swimming lessons at Monmouth School Sports Club and classes rotate every term.

Non-Participation in P.E. Lessons

Children should only miss P.E. lessons on health grounds if this is requested by their parents or guardians either by direct contact with the school or in a note to the teacher.

If a child forgets their P.E. kit, the class teacher will speak to the parents to remind them to bring a full P.E kit into school for their child. If a child persistently forgets a P.E kit, a letter from the head teacher should be sent out to the parents asking them to provide a P.E kit as soon as possible.

Planning and Progression

We use a variety of teaching and learning styles in PE lessons. Our principal aim is to develop the children's knowledge, skills and understanding and we do this through a mixture of whole class teaching and individual/group activities. Teachers draw attention to good

examples of individual performance as models for the other children and we encourage the children to evaluate their own work as well as the work of other children. Peer evaluation is used regularly within the lessons and the children are given the opportunity to give constructive feedback to other children in their group. Within lessons we give the children the opportunity both to collaborate and to compete with each other, and they have the opportunity to use a wide range of resources.

P.E resources and lesson plans can be accessed from the Twinkl PE Scheme to support the planning and implementation of P.E. An overview of the PE curriculum can be found in Appendix 1.

PE must be planned to consider the different ability levels of individual children.

To succeed with this aim we follow the STEP (Space, Task, Equipment, People) Principle, which is summarised into the four categories below:

- 1) **Space**, which involves modifying the space where the children are performing. Depending on attainment you can increase or decrease the space to support individual children.
- 2) **Task**, which involves setting suitable and appropriate objectives for a child's starting level and allows progress to be made. They use their knowledge and understanding to achieve success at different levels.
- 3) **Equipment**, which involves modifying the equipment used in a task by changing the size of the target, the amount of equipment, or the equipment's arrangement.
- 4) **People**, which involves adapting the roles and relationships by having children work alone, with a partner, in bigger teams, smaller teams, as leaders or followers, on different activities or in a smaller group.

Where possible, learning may be planned to fit into a topic, but often the P.E curriculum demands specific skills which are not easily linked with topic work.

SEND

Wherever practical, provision will be made for children with special educational needs where it affects their performance in P.E.

Children who demonstrate advanced skills during P.E. lessons are encouraged to attend after-school clubs and to pursue their Sport outside of school. They will also be used to help demonstrate skills to support the learning of others as well as offering their own advice to other children during feedback sessions to further their own understanding and experience.

Equal Opportunities

All pupils at St. Joseph's Primary School will be given equal opportunities to access the P.E. curriculum regardless of race, sex, religion, ethnic group, culture or ability (including more and less able pupils).

A well-balanced and planned P.E. programme should meet the physical and social needs of all pupils thus allowing all children to succeed.

By setting suitable learning challenges, responding to pupils' diverse learning needs and overcoming potential barriers to learning and assessment, teachers will create a positive and achievement orientated learning environment.

Sports Day

Sports Day is held once a year in the Summer Term. The morning focuses on 'field' events that they participate within their house teams to celebrate teamwork. Parents are welcome to join us for the whole day where they can see their children in different aspects of sport participation. The afternoon includes the running races that are varied in their objectives to allow all children to demonstrate a number of fundamental movement skills.

All children participate in team and individual events and the results of each event contribute towards house points. At the end of the day, the house points are added up and the winning house receives the Sports Day cup. The children also have the chance to display sport values that are aligned with the annual School Games values across the day. They can receive pompoms for their houses and place them in their House pot. Each pot is counted at the end of the day and the winning house receive the 'Spirit Cup' and a choice of rewards they can have in school. For example, wear what you like day.

Assessment

Assessment in PE is ongoing and formative. Pupils will receive verbal feedback during the lessons where the teacher has picked up on areas of achievement and areas for development. Pupils then have time to act upon their next steps and are able to improve their work in P.E. Assessment in P.E should provide opportunities for pupils to assess their own performance through talk and observation of peers. They should be encouraged to recognise ways of improving skills and make positive comments on their own and others work. Pupils in Year 6 will be expected to expand their own understanding of PE sessions by beginning to plan their own lessons with guidance from the class teacher. Parents should be informed of their children's abilities in P.E during parents' evenings.

Dress Code for Pupils

It is expected that children will wear the school PE kit during lessons.
This includes:

- Light blue polo T-shirt
- Navy blue shorts/ jogging bottoms
- Black daps/trainers
- Navy blue sweatshirt

The pupils can work with bare feet indoors during gymnastics and dance. Tights must not be worn under shorts.

In outdoor P.E lessons, when it is cold navy blue jogging bottoms and sweatshirt must be worn. No hats, gloves or scarves.

Staff

All staff involved in the P.E lessons must wear P.E clothing that will be comfortable and appropriate for demonstrating skills to the pupils. This includes appropriate clothing and footwear during sporting events off school premises.

Use and Storage of Apparatus

Games equipment is stored in the PE shed and the class teacher must get the equipment ready prior to the lesson starting. All staff take responsibility for returning the equipment after lessons to the appropriate place. Any damaged equipment or shortage of equipment is to be reported to the P.E Lead.

New members of staff

Any new members of staff including ECTs will be shown how to use, move and store all apparatus. Teacher training students need to be with a teaching member of staff during a P.E lesson. They should not be left alone with children during apparatus, dance and games lessons.

Extra-Curricular Activities

We are committed to recognising the importance of physical activity of children outside the curriculum. We believe that links with local sporting clubs and organisations (e.g. Ross Rugby Club) and the provision of extracurricular activities organised by the school is a positive experience. Children should be encouraged to take part in the sporting clubs we have on offer at St. Joseph's.

St. Joseph's School is part of the Ross cluster for sporting events. Pupils are given regular opportunities to represent St. Joseph's Primary School in various sporting events throughout the year.

Safe Practice

We aim to create a safe working environment for Physical Education throughout the school. The children are informed of the need for safety.

The school follows the guidelines laid out in the BAALPE Safe Practise in Physical Education and School sport Guidelines 2004.

- Hair - long hair must be tied back for all PE activities
- Jewellery - items of jewellery (including watches) must be removed for all PE activities, the only exception being studs in recently pierced or infected ears (which are to be covered with medical tape which can be found in each class). Children should remove their own earrings – the teacher should not do this
- Swimming – taught by qualified instructors with support from life guards at Monmouth School Sports Club.

Monitoring and Evaluation

The monitoring and evaluation of the P.E. curriculum will be carried out in the following ways: -

- By the P.E. Lead meeting with teachers and external coaches to discuss their plans and match them against the P.E. schemes of work.
- Supporting colleagues in the teaching of P.E. by being informed about current developments in the subject.
- By evaluating the strengths and weaknesses of the subject and identifying areas that need further development.
- By carrying out lesson observations.
- The children are also actively involved in evaluating and improving the P.E within the school. Sports Council members help to inform the P.E Lead of what they would like to do to further improve the provision of P.E.



PE Long Term Plan							
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	
RECEPTION							
UNIT	<u>BEST OF BALL SKILLS</u>	<u>GYM IN THE JUNGLE</u>	<u>DANCE TILL YOU DROP</u>	<u>GYMNASTICS JUMPING JACKS</u>	<u>DANCE DINOSAURS</u>	<u>GAMES: THE OLYMPICS</u>	
Lesson Objectives	<u>Move the Ball</u> To develop the ability to control a ball in a range of ways.	<u>Exploring the Jungle</u> To develop the ability to move in a range of ways	<u>I'm a Little Teapot</u> To develop the ability to adapt a known dance. I can change the speed of my dance moves. I can change the style of my dance moves.	<u>Jumping Jacks</u> To develop the ability to jump in a range of ways from one space to another. I can jump from one space to another. I can hop from one space to another. I can confidently join a range of movements to create a short sequence.	<u>Dinosaur Movers</u> To develop the ability to create movements to music. I can create movements to music. I can find suitable moves to suit the music.	<u>Move that Ball!</u> To develop the ability to throw an object. I can push an object towards a target. I can throw an object. I can throw an object at a target.	
	<u>Roll It, Throw It</u> To develop the ability to throw accurately at a target. I can travel confidently in a range of ways (jogging).	<u>Mirror that Monkey</u> To increase the ability to move around and onto equipment.	<u>The Wheels on the Bus</u> To develop the ability to adapt a known dance. I can change the speed of my dance moves. I can change the style of my dance moves. I can share my ideas about a dance performance.	<u>Jump and Stop</u> To control my body when jumping and balancing. I can jump from one space to another. I can hop from one space to another. I can confidently jump over a range of small equipment. I can confidently join a range of movements to create a short sequence. I can balance on one leg.	<u>Dinosaur Dance Duets</u> To practise movements and join them together to create a motif. I can create movements to music. I can combine a range of dance movements. I can create a sequence of movements or gestures in response to an experience.	<u>Throw that Ball</u> To develop the ability to throw an object. I can throw an object. I can throw an object at a target. I can throw an object into a target.	

<u>Hit that Target</u> To use throwing skills in a small-sided game. To travel confidently in a range of ways (jumping). To throw an object at a target. To throw an object into a target	<u>Slithering Snakes</u> To increase the ability to move under and onto equipment.	<u>Head Shoulders Knees and Toes</u> To develop the ability to share my ideas about how to adapt a dance. I can change the speed of my dance moves. I can change the style of my dance moves. I can share my ideas about a dance performance.	<u>Joining Jumps</u> To create a sequence using a jump and a balance. I can confidently climb on a range of different equipment. I can confidently jump off a range of equipment. I can land safely and with confidence when jumping off of equipment. I can confidently join a range of movements to create a short sequence. I can confidently balance on a range of different equipment.	<u>Dinosaur Dance Motifs</u> To practise and improve a dance motif. I can combine a range of dance movements. I can create a sequence of movements or gestures in response to an experience.	<u>Run, Run as Fast as You Can</u> To develop the ability to move at speed. I can travel confidently in a range of ways (running). I can safely play a chasing game with other children. I can successfully move in and out of objects at speed.
<u>Rackets, Bats, Sticks and Balls</u> To be able to use a bat or racket to move and control an object	<u>Lie Down Lions</u> To increase the ability to move over and onto equipment.	<u>The Hokey-Pokey</u> To develop the ability to change movements and adapt a simple dance. I can change the speed of my dance moves. I can change the style of my dance moves. I can share my ideas about a dance performance.	<u>Rock and Rolls</u> To develop the ability to roll in a range of ways. I can make my body roll in different ways. I can perform a range of different rolls.	<u>Dancing Dinosaurs</u> To work as a team to create a short dance. I can remember a range of movements to create a short dance. I can build up a repertoire of dances. I can confidently put my dance to suitable music.	<u>Avoid that Object</u> To adapt the body when moving at speed. I can travel confidently in a range of ways (running). I can confidently negotiate a space. I can change direction when travelling at speed. I can avoid objects when travelling at speed.
<u>Bounce and Catch</u>	<u>Frozen Frogs</u> To increase the ability to move	<u>Here we Go Round the Mulberry Bush</u>	<u>Range of Rolls</u>	<u>Dinosaur Divas</u>	<u>Jump, Jump and Jump Some More</u>

To develop the ability to catch and bounce a ball.	through and onto equipment.	To develop the ability to change movements and adapt a simple dance. I can change the speed of my dance moves. I can change the style of my dance moves. I can share my ideas about a dance performance. I can confidently join a wide range of different movements.	To control my body when rolling in a range of ways. I can make my body roll in different ways. I can perform a range of different rolls. I can confidently join a range of movements to create a short sequence.	To remember and perform a short dance. I can remember a range of movements to create a short dance. I can build up a repertoire of dances.	To learn how to jump safely. I can travel confidently in a range of ways (jumping). I can jump in a range of ways. I can bend my knees to make myself jump further. I can land safely when jumping.
It's a Goal To develop the ability to kick a ball.	Journey through the Jungle To combine movements together while negotiating different equipment.	Dancing Stars To share opinions and give my own ideas about how to adapt and alter a simple dance. I can build a repertoire of dances. I can adapt and change my dance to suit a different style. I can create a short dance that shows my own ideas and thoughts. I can confidently join a wide range of different movements. I can share my ideas about a dance performance. I can think about how to make a dance even better. I can kick a range of objects into a target.	Super Sequences To perform a sequence with confidence and control. I can confidently join a range of movements to create a short sequence. I can control my body when performing my sequence of movements.	Dinosaur Stomp To evaluate and improve a short dance. I can talk about a dance performance. I can share my ideas about a dance performance. I can say what is good about a dance. I can think about how to make a dance even better.	Jump It To develop the ability to jump in different ways. I can travel confidently in a range of ways (jumping). I can jump in a range of ways. I can jump over an obstacle.

YEAR 1 (Swimming lessons Summer 1)						
UNIT	BALL SKILLS	GYMNASTICS ANIMALS	DANCE	INVASION GAMES: AT THE FAIR	MULTI-SKILLS BAT & BALL	ATHLETICS
Lesson Objectives	Object Handling To explore how to handle different objects.	Animal Antics To safely carry and place sown apparatus.	National Curriculum Dance Relevant Objectives Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Master basic movements and perform dances using simple moving patterns.	Fairground Fun! To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. To travel in different ways with control.	Holding a Racket To develop balance and co-ordination when holding a racket. To master basic movements and apply these in a range of activities. I can hold a racket correctly and use it to control a beanbag in a variety of ways.	Sprinting Race To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of sprinting in a race. To use appropriate skills and technique to sprint in a race.
	Just Keep To practice rolling a ball towards a target.	Bouncing Bunnies To travel safely in different ways.		Roll a Ball To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. To travel with a ball in different ways.	Strike It To develop balance and co-ordination when hitting a ball or beanbag. To master basic movements and apply these in a range of activities. I can use a racket to hit a ball or beanbag with control.	Egg and Spoon Race To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of competing in an egg and spoon race.

						To be able to balance an egg on a spoon while racing against others.
Underarm Throw To use the underarm technique to throw towards a target.	At the Zoo To practice travelling at different speeds and levels.		Monorail To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. To control a ball while travelling in different directions.	Game Time! To develop balance and co-ordination when playing a small-sided game. To master basic movements and apply these in a range of activities. I can apply my racket skills to play a target game.	Sack Race To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of sprinting in a race. To jump in a sack while racing against others.	
Stop the Ball To track and stop a rolling ball with an object or body part.	Fantastic Frogs To understand different ways of making and holding shapes.		Pinball To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. To change direction quickly while travelling with a ball.	Cricket Bats To develop balance and co-ordination when using a cricket bat. To master basic movements and apply these in a range of activities. I can use a cricket bat to control a ball along the ground.	Target Throwing To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of throwing towards a target. To throw overarm and underarm to reach a target.	

Catch Master To throw and catch an object by myself.	Hurting Hedgehogs To demonstrate how to link two actions together to make a sequence.		Coconut Shy To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. To pass the ball to another player	Bat the Ball To develop balance and co-ordination when hitting a ball. To master basic movements and apply these in a range of activities. I can use a cricket bat to hit a ball with control.	Football Race To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of travelling with a football around obstacles in a race. To travel in different directions while pushing a football with the feet.	
Partner Catch To use a two-handed catch technique.	Speedy Squirrels To develop my understanding of showing two actions together with a movement.		All the fun of the Fair To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. To use travelling and passing skills in a game.	Use Your Skills To develop balance and co-ordination when applying bat and ball skills. To master basic movements and apply these in a range of activities. I can apply my bat and ball skills to play a small-sided game.	Obstacle Race To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities in the context of competing in an obstacle race. To travel using a range of movements across obstacles in a race.	

YEAR 2 (Swimming lessons Spring 2)						
UNIT	BALL SKILLS	INVASION GAMES	DANCE	MULTI-SKILLS BAT & BALL	GYMNASTICS UNDER THE SEA	ATHLETICS
Lesson Objectives	<u>Track the Target</u> To track a ball with eyes and body.	<u>Groovy Moving</u> To move confidently with the ball in a game.	<u>National Curriculum Dance Relevant Objectives</u> Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. Master basic movements and perform dances using simple moving patterns.	<u>Racket Recap</u> To develop balance and coordination when holding a racket to hit a ball. To master basic movements and apply these in a range of activities. To hold a racket correctly to hit a ball.	<u>Balancing</u> To develop balance, agility and co-ordination when balancing on different parts of the body. To perform and improve upon balances on different parts of the body.	<u>Olympic Values</u> To master basic movements including running, jumping, throwing and catching in the context of the Olympic Values and Olympic-style events. To show the Olympic values of friendship and respect in a jumping for height activity.
	<u>Moving Target Throw</u> To use the underarm throwing technique to throw towards a moving target.	<u>Race into Space</u> To use space when passing and receiving in a game.		<u>Hit it Back</u> To develop balance and coordination when hitting a ball back to a partner. To master basic movements and apply these in a range of activities. To hit a ball that has been thrown underarm.	<u>Partner Balances</u> To develop balance, agility and co-ordination by performing balances with a partner. To create matching balances with a partner.	<u>Excellence</u> To master basic movements including running, jumping, throwing and catching in the context of the Olympic Values and Olympic-style events. To show the Olympic value of excellence in a throwing for accuracy activity.
	<u>What's the Catch?</u>	<u>Flashy Passing</u>		<u>Top Tactic</u>	<u>Rolling</u>	<u>Determination</u>

	To use the most appropriate catching technique in different scenarios.	To use throwing and catching to pass and receive a ball in a game.		To develop balance and coordination. To master basic movements and apply these in a range of activities, making use of a practised tactic. To practise and use a simple tactic.	To develop balance, agility and co-ordination when rolling. To roll in different ways while showing control.	To master basic movements including running, jumping, throwing and catching in the context of the Olympic Values and Olympic-style events. To show the Olympic value of determination in a running activity.
	<u>Stop and Roll</u> To roll a ball with accuracy. To stop a rolling ball with balance and control.	<u>You Can't Catch Me</u> To know how to make or deny space when attacking and defending in a game.		<u>Cricket Control</u> To develop balance and coordination when using a cricket bat. To master basic movements and apply these in a range of activities. To hold a cricket bat correctly and use it to hit a ball.	<u>Jumping</u> To develop balance, agility and co-ordination when jumping. To jump safely in a variety of ways, including on and off apparatus	<u>Courage</u> To master basic movements including running, jumping, throwing and catching in the context of the Olympic Values and Olympic-style events. To show the Olympic value of courage in a running activity.
	<u>Throw and Catch Showdown</u> To apply throwing and catching skills to a game situation.	<u>Stop the Shot</u> To use attacking and defending principles in a game.		<u>Getting Game Ready</u> To develop balance and coordination. To master basic movements and apply these in a range of activities using a variety of cricket skills. To practise a range of cricket skills.	<u>Building Sequences</u> To develop balance, agility and co-ordination by combining movements to create a sequence. To combine a selection of movements to create a gymnastic sequence.	<u>Equality</u> To master basic movements including running, jumping, throwing and catching in the context of the Olympic Values and Olympic-style events. To show the Olympic value of equality in a jumping for distance activity.

	Super Throwers To use the overarm throwing technique with increasing control and accuracy.	Game Time To apply specific skills to an invasion game. To follow the rules of a game.		Let's Play To develop balance and coordination when applying bat and ball skills. To master basic movements and apply these in a range of activities. To combine my skills to play a competitive team game.	Building Sequences To develop balance, agility and co-ordination by working with a partner to create a sequence. To work with a partner to create a matching sequence.	Inspiration To master basic movements including running, jumping, throwing and catching in the context of the Olympic Values and Olympic-style events. To show the Olympic value of inspiration in athletics activities.	
YEAR 3 (Swimming lessons Spring term 1)							
UNIT	INVASION GAMES: FUNDAMENTALS	GYMNASTICS - MOVEMENT	DANCE	NET & WALL GAMES: TENNIS	STRIKING & FIELDING	ATHLETICS	
Lesson Objectives	The Basics To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. To understand the basic principles of invasion games.	Jumps and Leaps Develop flexibility, strength, technique, control and balance by learning and performing a range of different jumps and leaps. To perform a range of jumps accurately.	Layers and Levels To perform dances using a range of movement patterns in the context of creating a dance inspired by rainforests. To create a short dance, inspired by rainforests.	Fancy Footwork Use running, jumping, throwing and catching in isolation and in combination; develop flexibility, strength, technique, control and balance in the context of footwork and movement in net and wall-based games. To use effective footwork, movement and positioning in the context of net and wall games.	Careful Catching To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can catch with accuracy.	The Basics To use running, jumping, throwing and catching in isolation and in combination. To practise and refine existing running, jumping and throwing skills.	
	Masterful Moving To develop flexibility, strength, technique,	Rolls Develop flexibility, strength, technique,	Rainforest Weather To perform dances using a range of	Aiming Games Use running, jumping, throwing	Target Practice To play competitive games, modified	Super Sprinting To use running, jumping, throwing	

	control and balance. To know how to move and dribble with the ball in different invasion games.	control and balance by learning and performing a range of rolls. To accurately perform a forward roll from standing and a tucked backward roll.	movement patterns in the context of creating a dance inspired by the weather in rainforests. To adapt movement phrases to vary the length of a dance.	and catching in isolation and in combination; play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending in the context of aiming for a target in net and wall-based games. To roll and throw a ball accurately.	where appropriate, and apply basic principles suitable for attacking and defending. I can use an overarm throw to hit a target with accuracy.	and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance. To compare performances with previous ones and demonstrate improvement to achieve a personal best. To sprint effectively.	
	Passing Practice To develop flexibility, strength, technique, control and balance; play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. To use a range of techniques to pass a ball.	Vaulting Develop flexibility, strength, technique, control and balance by learning and performing different vaulting movements. To perform a squat on vault accurately.	Fast and Slow To perform dances using a range of movement patterns in the context of creating a dance inspired by rainforest animals. To combine movement phrases of different speeds in a dance.	Racket Skills Use running, jumping, throwing and catching in isolation and in combination; develop flexibility, strength, technique, control and balance in the context of net and wall game racket skills. To develop ball control when using a racket.	Successful Striking To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can strike a ball in an intended direction.	Heroic Hurdling To use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance. To compare performances with previous ones and demonstrate improvement to achieve a personal best. To run over hurdles.	
	Defend, Defend, Defend To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. To understand the basic	Handstands and Cartwheels Develop flexibility, strength, technique, control and balance by learning and performing a lunge into handstand and a cartwheel.	Deforestation To perform dances using a range of movement patterns in the context of creating a dance inspired by rainforests and deforestation. To use dance vocabulary to	Skilful Hitting – Part 1 Use running, jumping, throwing and catching in isolation and in combination; develop flexibility, strength, technique, control and balance in the	Fantastic Fielding To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.	Jumping Animals To use running, jumping, throwing and catching in isolation and in combination. To jump for distance.	

	principles of defending in invasion games.	To perform a lunge into handstand and a cartwheel accurately.	evaluate and improve a dance performance.	context of the learning the forehand technique in net and wall-based games. To hit a ball accurately using the forehand technique.	I can work cooperatively to field a ball.	
	Attack, Attack, Attack To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. To understand the basic principles of attacking in invasion games.	Linking Movements Develop flexibility, strength, technique, control and balance by learning and performing effective linking actions as part of a sequence. To link movements together by performing a chassis step, straight jump half-turn and cat leap.	Rainforest Roundup To perform dances using a range of movement patterns in the context of creating a dance inspired by features of rainforests. To develop movement phrases to create a dance sequence that represents the rainforest.	Skilful Hitting – Part 2 Use running, jumping, throwing and catching in isolation and in combination; develop flexibility, strength, technique, control and balance in the context of the learning the backhand technique in net and wall-based games. To use the backhand technique in different ways.	Game Play To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can use striking and fielding skills in a game.	Thorough Throwing To use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance. To develop and refine different throwing techniques.
	Game Play To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. To apply attacking and defending skills in invasion games.	Performance Compare their performances with previous ones and demonstrate improvement to achieve their personal best by choosing ideas to compose a movement sequence. To create and perform a	Rainforest Showcase To perform dances using a range of movement patterns in the context of creating a dance inspired by features of rainforests. To use dance vocabulary to improve the sequence and performance of a dance.	Game, Set, Match! Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending in the context of net and wall-based games. To understand and demonstrate the basic principles of attacking and	Game Play 2 To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can use striking and fielding skills in a game.	Push Throw Space Mission To use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance. To compare performances with previous ones and demonstrate

		gymnastics sequence with a partner.		defending in net and wall games. To play competitive net and wall-based games.		improvement to achieve a personal best. To learn different push throw techniques.
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YEAR 4 (Swimming lessons - Autumn term 2)

YEAR 4 (Swimming lessons - Autumn term 2)						
UNIT	TAG RUGBY	GYMNASTICS: MOVEMENT	DANCE	HOCKEY	CRICKET	ATHLETICS
Lesson Objectives	Throwing and Catching To develop flexibility, strength, technique, control and balance in the context of tag rugby ball handling skills. To throw and catch a rugby ball.	Jumps and Leaps Develop flexibility, strength, technique, control and balance by learning and performing a range of different jumps and leaps. To perform a range of jumps and leaps.	Roman Round Up To perform dances using a range of movement patterns in the context of the Roman Empire. To combine and perform movement phrases to represent facts about the Roman Empire.	Passing and Receiving To develop flexibility, strength, technique and balance in the context of passing and receiving in hockey. To pass and receive the ball in hockey.	Catches Win Matches To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate, applying basic principles suitable for attacking and defending. To develop flexibility, strength, technique, control and balance in the context of fielding in cricket. To use correct techniques for catching a ball when fielding in cricket.	FUNDamentals To develop flexibility, strength, technique, control and balance; to use running, jumping, throwing and catching in isolation and in combination. To use and apply existing running, jumping and throwing skills.
	Moving and Dodging To develop flexibility, strength, technique, control and balance in the context of moving with the ball and passing in tag rugby	Rolls Develop flexibility, strength, technique, control and balance by learning and performing a range of rolls. To perform a straddle.	Roman Invasion To perform dances using a range of movement patterns in the context of the Roman army. To compose and perform movement	Moving with the Ball To develop flexibility, strength, technique and balance in the context of passing and receiving in	Stop and Throw To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate, applying	Finish Fast To use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance.

	To execute a successful pass of a rugby ball while on the move. To move with the ball into space.		sequences with expression.	hockey. To dribble with the ball in hockey.	basic principles suitable for attacking and defending. To develop flexibility, strength, technique, control and balance in the context of fielding in cricket. To use an overarm throw to hit a target with accuracy. To use the long barrier technique to stop a rolling ball.	To compare performances with previous ones and demonstrate improvement to achieve a personal best. To improve running technique for sprinting.
	Tagging To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending in the context of tagging in tag rugby. To know, understand and apply the rules of tagging in tag rugby.	Vaulting Develop flexibility, strength, technique, control and balance by learning and performing different vaulting movements. To perform a straddle on vault correctly.	Roman Invasion To perform dances using a range of movement patterns in the context of the Roman Colosseum. To link and combine movement phrases.	Getting Past an Opponent To develop flexibility, strength, technique and balance; play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending in the context of dribbling in hockey. To learn the technique for the Indian dribble.	Super Striking - Defending To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate, applying basic principles suitable for attacking and defending. To develop flexibility, strength, technique, control and balance in the context of batting in cricket. To learn defensive hitting techniques for batting in cricket.	Relay Running To use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance. To practise relay running.
	Intercepting To develop flexibility, strength, technique, control and balance; To play competitive	Round-Offs Develop flexibility, strength, technique, control and balance by learning and	Pompeii To perform dances using a range of movement patterns	Tackling To develop flexibility, strength, technique, control and balance; play competitive	Super Striking - Attacking To use running, jumping, throwing	Standing Triple Jump To use running, jumping, throwing

	games, modified where appropriate, and apply basic principles suitable for attacking and defending in the context of intercepting in tag rugby. To gain possession by intercepting a pass.	performing a lunge into cartwheel To perform a lunge into cartwheel correctly.	in the context of the burial of Pompeii following the eruption of Vesuvius. To work as part of a group to develop a longer dance that tells the story of Pompeii.	games, modified where appropriate and apply basic principles suitable for attacking and defending, in the context of tackling in hockey To know how to tackle an opponent	and catching in isolation and in combination. To play competitive games, modified where appropriate, applying basic principles suitable for attacking and defending. To develop flexibility, strength, technique, control and balance in the context of batting in cricket. To learn attacking hitting techniques for batting in cricket.	and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance. To compare performances with previous ones and demonstrate improvement to achieve a personal best. To jump for distance using the standing triple jump.
	Attacking and Defending Tactics To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending in the context of tag rugby. To use my attacking and defending skills and knowledge to make tactical decisions.	Linking Movements Develop flexibility, strength, technique, control and balance by choosing effective linking moves to create sequences of movement. To link movements together by performing a straight jump full turn, a cat leap half turn and a pivot.	Feasts and Festivals To perform dances using a range of movement patterns in the context of the Roman festival of Saturnalia. To perform a dance with precision and control.	It's a Goal! To develop flexibility, strength, technique, control and balance; play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending, in the context of taking penalty shuffles in hockey. To aim for a target. To take a penalty shuffle.	Bowled Over To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate, applying basic principles suitable for attacking and defending. To develop flexibility, strength, technique, control and balance in the context of bowling in cricket. To learn the correct technique for bowling overarm in cricket from a standing position.	Pull It To use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance. To learn the pull throw technique.
	Gameplay	Performance	Roman Revue	Using Your Skills	Kwik Cricket	Pentathlon

	To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending in the context of tag rugby. To apply attacking and defending skills in a game of tag rugby. To watch and evaluate the performance of others.	Compare their performance with previous ones and demonstrate improvement to achieve their personal best by adapting, improving and performing a movement sequence. To work in a small group to create and perform a gymnastics sequence with a theme.	To perform dances using a range of movement patterns in the context of the Roman Empire. To compose longer dance sequences for a performance and use a range of dance vocabulary to describe and improve work.	To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending, in the context of playing in a mini hockey tournament. To apply the hockey skills, I have learnt in a game.	To use running, jumping, throwing and catching in isolation and in combination. To play competitive games, modified where appropriate, applying basic principles suitable for attacking and defending. To develop flexibility, strength, technique, control and balance in the context of using these skills in a Kwik Cricket match. To know and apply the rules of Kwik Cricket during a game. To use a range of fielding, batting and bowling skills in a Kwik Cricket match.	To use running, jumping, throwing and catching in isolation and in combination. To compare performances with previous ones and demonstrate improvement to achieve a personal best. To compete in a combined athletics event, aiming to achieve a personal best.	
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YEAR 5 (Swimming lessons – Autumn 1)							
UNIT	BASKETBALL	FOOTBALL	GYMNASTICS	DANCE	CRICKET	ATHLETICS	
Lesson Objectives	Expert Dribbling To develop flexibility, strength, technique, control and balance in the context of the basketball dribbling technique. To dribble with a basketball.	Dribbling Whizz Kids To develop flexibility, strength, technique, control and balance. To use a range of skills to move with the ball.	Jumps and Leaps Develop flexibility, strength, technique, control and balance by learning and performing a range of different jumps and leaps. To accurately perform a cat leap full turn and a stag leap.	Energy To perform dances using a range of movement patterns in the context of creating a dance inspired by the theme of environmental issues. To use transitions to link movements together smoothly.	Batting and Bowling To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending in the context of batting and bowling in cricket. To learn the correct techniques for	FUNDamentals To develop flexibility, strength, technique, control and balance. To use running, jumping, throwing and catching in isolation and in combination in the context of athletics. To practise and refine existing running, jumping and throwing skills.	

					batting and bowling in .		
	Skilful Passing To develop flexibility, strength, technique, control and balance; Use running, jumping, throwing and catching in isolation and in combination in the context of basketball passing techniques. To use a range of techniques to pass a basketball successfully.	Passing Professionals To develop flexibility, strength, technique, control and balance. To use the correct technique to pass the ball.	Rolls Develop flexibility, strength, technique, control and balance by learning and performing a range of rolls. To accurately perform a dive forward roll and a pike backward roll.	Electricity To perform dances using a range of movement patterns in the context of planning a dance inspired by the theme of environmental issues. To use spatial awareness and demonstrate this skill effectively in a dance.	Throwing and Catching To use running, jumping, throwing and catching in isolation and in combination in the context of fielding in rounders. To use the correct techniques for throwing and catching when fielding in cricket.	Sprint Start To develop flexibility, strength, technique, control and balance. To use running, jumping, throwing and catching in isolation and in combination in the context of sprinting in athletics. To use an effective technique for sprinting including the sprint start.	
	Footwork and Pivoting To develop flexibility, strength, technique, control and balance in the context of pivoting and footwork in basketball. To know how to pivot. To move effectively around the court.	Passing and Possession To develop flexibility, strength, technique, control and balance. To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. To keep possession of the ball.	Vaulting Develop flexibility, strength, technique, control and balance by learning and performing different vaulting movements. To accurately perform a straddle over vault.	Recycling To perform dances using a range of movement patterns in the context of planning a dance inspired by the theme of environmental issues. To demonstrate an ongoing motif throughout a dance.	Backstop and Bases To use running, jumping, throwing and catching in isolation and in combination in the context of fielding in cricket. To know the roles and responsibilities of the backstop and base fielders in cricket. To field effectively in these positions and demonstrate good skill and technique.	Endurance Running To use running, jumping, throwing and catching in isolation and in combination in the context of running for distance in athletics. To sustain my running pace over longer distances.	
	Keeping Possession	Attacking Experts To develop flexibility, strength, technique.	Handstands, Cartwheels and Round-Offs	Weather To perform dances using a range of	Deep Fielding To use running, jumping, throwing	Jump for Height To use running, jumping, throwing	

To develop flexibility, strength, technique, control and balance; Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending in the context of keeping possession in basketball. To use strategies to keep possession of the ball.	control and balance. To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. To use different tactics for attacking in invasion games.	Develop flexibility, strength, technique, control and balance by learning and performing a round-off. To perform a round-off.	movement patterns in the context of planning a dance inspired by the theme of environmental issues. To demonstrate variations in timing throughout a dance.	and catching in isolation and in combination in the context of fielding in cricket. To know the roles and responsibilities of the deep fielders in cricket. To field effectively in these positions and demonstrate good skill and technique.	and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance in the context of the standing vertical jump. To practise jumping for height.	
Smart Marking	Tackling Technique	Linking Movements	Oceans	Tactics and Strategy	Fling Throw	
To develop flexibility, strength, technique, control and balance; Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending in the context of marking and dodging in basketball. To know how to mark a player effectively. To get free from a defender.	To develop flexibility, strength, technique, control and balance. To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. To win back possession of the ball.	Develop flexibility, strength, technique, control and balance by choosing effective linking moves to create sequences of movement. To independently plan a sequence of gymnastics movements that are creatively linked together.	To perform dances using a range of movement patterns in the context of planning a dance inspired by the theme of environmental issues. To demonstrate strong, expressive movements throughout a dance.	To play competitive games, modified where appropriate in the context of identifying and applying tactics and strategies while playing cricket. To be able to 'read' the game and apply tactics to outwit opponents.	To use running, jumping, throwing and catching in isolation and in combination. To develop flexibility, strength, technique, control and balance in the context of fling throw (discus). To learn the fling throw technique.	
Let's Play!	Top Dog Defending	Performance	Environmental Issues	Playing a Competitive Game	Throwing Gala	
To play competitive games, modified where appropriate, and apply basic principles suitable for	To develop flexibility, strength, technique, control and balance. To play competitive games, modified	Develop flexibility, strength, technique, control and balance by choreographing and performing a	To perform dances using a range of movement patterns in the context of	To play competitive games, modified where appropriate in the context of playing	Develop flexibility, strength, technique, control and balance by choreographing and performing a	

	attacking and defending in the context of basketball. To apply our basketball skills when playing as part of a team in a game. To evaluate my performance.	where appropriate, and apply basic principles suitable for attacking and defending. To adapt my movements for attacking and defending.	routine in a pair or group. To perform a gymnastics sequence in a pair or group in time to music.	planning a dance inspired by the theme of environmental issues. To combine movements to create a fluent sequence.	a competitive game of cricket. To know and apply the rules of rounders during a game. To use a range of throwing, catching, fielding and batting strategies.	routine in a pair or group. To perform a gymnastics sequence in a pair or group in time to music.	
YEAR 6 (Swimming lessons – Summer 2)							
UNIT	FOOTBALL	GYMNASTICS	DANCE	LEADERSHIP PE	CRICKET	ATHLETICS & BASKETBALL	
Lesson Objectives	Dribble It! To develop flexibility, strength, technique, control and balance. To apply skills and knowledge to be able to move with the ball.	Jumps and Leaps Develop flexibility, strength, technique, control and balance by learning and performing a range of different jumps and leaps. To accurately perform a cat leap full turn and a stag leap.	Taming Electricity To perform dances using a range of movement patterns. I can respond to stimuli, improvising freely using a range of controlled movements.	All about Leadership Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways; they should enjoy communicating, collaborating and competing with each other; they should learn how to evaluate and recognise their own success. To lead others during the PE lesson, demonstrating different leadership skills including respect and giving clear instructions.	Speedy Catching To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can react quickly and catch balls thrown at different heights and angles.	ATHLETICS Fundamentals To use running, jumping, throwing and catching in isolation and in combination in the context of athletics. To practise and refine fundamental movement skills needed for athletics. BASKETBALL Expert Dribbling To develop flexibility, strength, technique, control and balance in the context of the basketball dribbling technique. To dribble with a basketball.	

	<p>Pass It!</p> <p>To develop flexibility, strength, technique, control and balance. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. To apply skills and knowledge to be able to pass and move with the ball.</p>	<p>Rolls</p> <p>Develop flexibility, strength, technique, control and balance by learning and performing a range of rolls. To accurately perform a dive forward roll and a pike backward roll.</p>	<p>Circuits</p> <p>To perform dances using a range of movement patterns. I can perform a variety of dance techniques with accuracy and consistency.</p>	<p>Confidence and Positivity</p> <p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways; they should enjoy communicating, collaborating and competing with each other, they should learn how to evaluate and recognise their own success. To lead others during the PE lesson, demonstrating different leadership skills including confidence, positivity and directing others.</p>	<p>Attacking the Ball</p> <p>To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can attack the ball using effective fielding techniques.</p>	<p>ATHLETICS</p> <p>Sprint Relays</p> <p>To develop flexibility, strength, technique, control and balance. To use running, jumping, throwing and catching in isolation and in combination in the context of sprint relays. To work as a team to competitively perform a sprint relay.</p> <p>BASKETBALL</p> <p>Skillful Passing</p> <p>To develop flexibility, strength, technique, control and balance; Use running, jumping, throwing and catching in isolation and in combination in the context of basketball passing techniques. To use a range of techniques to pass a basketball successfully.</p>	
	<p>All about Attacking</p> <p>To develop flexibility, strength, technique, control and balance. To play competitive games, modified</p>	<p>Vaulting</p> <p>Develop flexibility, strength, technique, control and balance by learning and</p>	<p>Musical Moves</p> <p>To perform dances using a range of movement patterns. I can work with a group to create</p>	<p>Leadership ABC's</p> <p>Pupils should continue to apply and develop a broader range of skills, learning how</p>	<p>Distance Throwing</p> <p>To play competitive games, modified where appropriate, and apply basic principles suitable for</p>	<p>ATHLETICS</p> <p>Middle- and Long-Distance Running</p>	

	<p>where appropriate and apply basic principles suitable for attacking and defending. To apply a variety of attacking skills and techniques in a game.</p>	<p>performing different vaulting movements. To accurately perform a straddle over vault.</p>	<p>appropriate dance movements to fit with different musical stimuli.</p>	<p>to use them in different ways; they should enjoy communicating, collaborating and competing with each other, they should learn how to evaluate and recognise their own success. To lead others during the PE lesson, demonstrating different leadership skills including adaptability, safety and good communication.</p>	<p>attacking and defending. I can throw the ball accurately over a large distance.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination; Develop flexibility, strength, technique, control and balance in the context of running for endurance. To control running pace over a range of distances.</p> <p>BASKETBALL</p> <p>Footwork and Pivoting</p> <p>To develop flexibility, strength, technique, control and balance in the context of pivoting and footwork in basketball. To know how to pivot. To move effectively around the court.</p>	
	<p>All about Defending</p> <p>To develop flexibility, strength, technique, control and balance. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>	<p>Cartwheels and Round-Offs</p> <p>Develop flexibility, strength, technique, control and balance by learning and performing a hurdle step into cartwheel and round-off. To perform a hurdle step into a cartwheel and a round-off.</p>	<p>Power House</p> <p>To perform dances using a range of movement patterns. I can represent objects and actions through a dance phrase.</p>	<p>Fitness Circuits</p> <p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways; they should enjoy communicating, collaborating and competing with each</p>	<p>Brilliant Batting</p> <p>To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can strike a bowled ball over a large distance into space.</p>	<p>ATHLETICS</p> <p>How to Hurdle</p> <p>Use running, jumping, throwing and catching in isolation and in combination; Develop flexibility, strength, technique, control and balance</p>	

	To apply a variety of defending skills and techniques in a game.			other; they should learn how to evaluate and recognise their own success. To lead others during the PE lesson, demonstrating different leadership skills including emotional intelligence, resilience and motivating others.		in the context of running over hurdles. To refine my hurdling technique. BASKETBALL Keeping Possession To develop flexibility, strength, technique, control and balance; Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending in the context of keeping possession in basketball. To use strategies to keep possession of the ball.	
	Invent It! To develop flexibility, strength, technique, control and balance. To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. To invent a new game that requires attacking and defending skills.	Linking Movements Develop flexibility, strength, technique, control and balance by choosing effective linking moves to create sequences of movement. To perform a series of similar movements in quick succession, linked together to form a sequence.	The Journey of a Spark To perform dances using a range of movement patterns. I can select and use a range of movements to create a dance phrase that demonstrates my ideas.	Problem Solving Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways; they should enjoy communicating, collaborating and competing with each other; they should learn how to evaluate and	Bowled Over To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can bowl a ball overarm at a target.	ATHLETICS Jumping Jamboree Use running, jumping, throwing and catching in isolation and in combination; Develop flexibility, strength, technique, control and balance in the context of jumping for height and distance.	

				recognise their own success. To learn about different leadership skills including problem-solving, teamwork, empowering others and listening. To recognise and demonstrate a range of leadership skills during problem-solving activities.		To practise and refine jumping techniques. BASKETBALL Smart Marking To develop flexibility, strength, technique, control and balance; Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending in the context of marking and dodging in basketball.	
	Invasion Games Gurus To play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. To apply the skills and techniques I have learnt to play an invasion game and evaluate its success.	Performance Compare their performance with previous ones and demonstrate improvement to achieve their personal best by adapting, improving and performing a group gymnastics routine. To work in a large group to choreograph and perform a gymnastics routine in time to music.	Sharing the Spark To perform dances using a range of movement patterns. I can suggest and make improvements to my group's dance phrase, based on peer feedback.	Leadership Legends Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways; they should enjoy communicating, collaborating and competing with each other; they should learn how to evaluate and recognise their own success. To learn about different leadership skills	Skills Circuit To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. I can apply striking and fielding skills to complete a circuit of activities.	ATHLETICS To Heave Throw To develop flexibility, strength, technique, control and balance. To use running, jumping, throwing and catching in isolation and in combination in the context of the heave throw. To throw for distance using a heave throw technique. BASKETBALL Let's Play!	

				including encouragement, decision making and evaluating. To plan and lead a physical activity for a selected group of children.		To play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending in the context of basketball. To apply our basketball skills when playing as part of a team in a game. To evaluate my performance.	
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