

Year	Autumn	Spring	Summer
Yr 3	<p>KEY AREA/TOPIC: Invasion Games</p> <ul style="list-style-type: none"> -Dribble the ball, using various techniques, with control and accuracy whilst under pressure from opponents -Send and receive the ball with control and accuracy whilst under pressure from opponents -Strike the ball into a target area with control and accuracy whilst under pressure from opponents 	<p>KEY AREA/TOPIC: Dance</p> <ul style="list-style-type: none"> -To experience and explore improving their own performance -To perform movements and dance patterns with awareness of rhythm -To participate in a range of dance activities for a longer period of time 	<p>KEY AREA/TOPIC: Striking & Fielding</p> <ul style="list-style-type: none"> -To develop skills to bat -To develop skills to send, hit or strike a ball to a partner -Successfully catch the moving ball at various heights and speeds with control and accuracy with consistency -Striking the ball confidently into various target areas with control, accuracy and consistency -Bowl the ball accurately in a straight line
	<p>KEY AREA/TOPIC: <u>Gymnastics</u></p> <ul style="list-style-type: none"> -Demonstrate simple actions including shapes at various levels with control, precision and fluency. Demonstrate more complex sequences consistently and accurately -Link sequences, skills and techniques alone and in groups, using a wide range of skills with control, precision and fluency. --Use these skills to be creative and demonstrate my own sequences and performances 	<p>KEY AREA/TOPIC: <u>Net and Wall Games</u></p> <ul style="list-style-type: none"> -Catch and throw the ball at various heights and speeds with control and accuracy with consistency -Strike the ball into various target areas with control, accuracy and consistency 	<p>KEY AREA/TOPIC: <u>Athletics</u></p> <ul style="list-style-type: none"> -To experience and explore a range of travelling activities -To coordinate and control body to use a variety of athletic equipment -To learn how to run in a group

Yr 4	KEY AREA/TOPIC: Invasion Games	KEY AREA/TOPIC: Dance	KEY AREA/TOPIC: Striking and Fielding Games
	<ul style="list-style-type: none"> -Dribble the ball, using various techniques, with control and accuracy whilst under pressure from opponents -Send and receive the ball with control and accuracy whilst under pressure from opponents Strike the ball accurately into a target area with control and accuracy whilst under pressure from opponents -Understand the basic rules and tactics of the game and use this knowledge to influence team games 	<ul style="list-style-type: none"> - To experience explore improving with a partner -To perform movements and dance patterns with an awareness of dynamics -To practice and improve their own dance patterns and share with a partner 	<ul style="list-style-type: none"> -Successfully catch the moving ball at various heights and speeds with control and accuracy with consistency -Striking the ball confidently into various target areas with control, accuracy and consistency -Bowl the ball accurately in a straight line -Understand basic tactics for the game including fielding and anticipating where the ball is going to go -Understand why exercise is important for health, the benefits of warming up and cooling down and can explain the short term and long term effects of exercise. (ongoing skills)
	KEY AREA/TOPIC: Gymnastics Demonstrate simple actions including shapes at various levels with control, precision and fluency. Demonstrate more complex sequences consistently and accurately <ul style="list-style-type: none"> -Link sequences, skills and techniques alone and in groups, using a wide range of skills with control, precision and fluency. --Use these skills to be creative and demonstrate my own sequences and performances Describe my work and performance of others. Describe how to refine, improve and modify sequences. -Suggest ways to improve quality of performance <ul style="list-style-type: none"> -Demonstrate sections of warm up activities and can demonstrate all round safe practice, consistently and effectively. Lead warm ups on my own. 	KEY AREA/TOPIC: Net and Wall Games <ul style="list-style-type: none"> -Catch and throw the ball at various heights and speeds with control and accuracy with consistency. -Strike the ball into various target areas with control, accuracy and consistency. 	KEY AREA/TOPIC: Athletics To explore a range of throwing activities To develop skills to aim at a target To evaluate own performance and how to improve it

