

Year	Autumn	Spring	Summer
Yr 5	KEY AREA/TOPIC: Invasion Games	KEY AREA/TOPIC: Dance	KEY AREA/TOPIC: Striking & Fielding
	<ul style="list-style-type: none"> -To control balls using hands, feet -To send and receive a ball and keeping possession -To design simple methods to keep the score in a game situation 	<ul style="list-style-type: none"> -To explore creating characters and acting out narratives in response to a range of stimuli -To perform movements and dance patterns that communicates characters and stories -To rehearse and perform narrative dance to an audience 	<ul style="list-style-type: none"> -To develop skills to score -To send, hit , strike a ball into target -To learn rules/of simple game
	<p><u>KEY AREA/TOPIC: Gymnastics</u></p> <ul style="list-style-type: none"> -To improve the quality of their movements by adding, twisting and turning actions -To link twisting and turning movements to create a sequence -To evaluate and help improve others performance 	<p><u>KEY AREA/TOPIC: 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><u>KEY AREA/TOPIC: Athletics</u></p> <ul style="list-style-type: none"> -To explore a range of jumping activities -To develop controlled jumping -To comment on others performance and how they could improve -Demonstrate good technique for starting a sprint race and follow through towards the finish line with pace and consistent running technique -Jump various distances with control and a safe landing -Throw a javelin and or shot-put with control to the required distance as set by the teacher and beyond with consistency
Yr 6	KEY AREA/TOPIC: Invasion Games	KEY AREA/TOPIC: Dance	KEY AREA/TOPIC: Striking and Fielding Games
	<ul style="list-style-type: none"> -To develop skills to attack and defend using a variety of equipment -To develop skills to tackle opponents -To pass, dribble, shoot, track, mark an opponent and score in game 	<ul style="list-style-type: none"> -To explore and create dances from different styles, working alone, with a partner or in a group -To explore and improve movement ideas using different visual and auditory images -To create and perform short dances using step formations and patterns 	<ul style="list-style-type: none"> -To control a ball to bowl in a variety of ways -To learn how to using different body parts -To work collaboratively as a team in a variety of game situations

	<p>KEY AREA/TOPIC: Gymnastics</p> <ul style="list-style-type: none"> -To develop increasing control and accuracy in their actions, movements and body shape -To perform balances and movements with increasing consistency and control -To select balances, movements and shapes to create a composition 	<p>KEY AREA/TOPIC: Net and Wall Games</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 -Understand the tactics of the games and use this knowledge effectively (i.e. Playing various tactical shots and reacting to situations quickly) to strategically advise others -Understand why exercise is important for health, the benefits of warming up and cooling down and can explain the short and long term effects of exercise 	<p>KEY AREA/TOPIC: Athletics</p> <ul style="list-style-type: none"> -To extend their range of running skills through the use of sprinting techniques -To develop correct body positions to improve their jumping skills -To develop and practice different throwing actions i.e. javelin, shot, discus -Demonstrate good technique for starting a sprint race and follow through towards the finish line with pace and consistent running technique -Jump various distances with control and a safe landing -Throw a javelin and or shot-put with control to the required distance as set by the teacher and beyond with consistency