

Year 1 and 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Fundamental Movement Skills: Underarm throw	Outdoor Adventurous Activities: The Great Outdoors	Fundamental Movement Skills: Overarm throw	Net and Wall Games	Striking and Fielding - Games	Athletics
Developing Skills	Sending - Roll a ball underarm. - Throw an object underarm (beanbag). Receiving - Catching a ball. - Catching a ball at different heights. Travelling - Running, hopping, skipping, galloping. - Change direction easily i.e. dodging and swerving. - Travelling with an object i.e. beanbag, ball, bat and ball.	- In this unit, the children will work as a team to solve a range of problems including problems with time limits and increasing difficulty. - Develop teamwork - Develop hand/eye coordination	Sending - Roll a ball underarm. - Throw an object overarm (beanbag). Receiving - Catching a ball. - Catching a ball at different heights. Travelling - Running, hopping, skipping, galloping. - Change direction easily i.e. dodging and swerving. - Travelling with an object i.e. beanbag, ball, bat and ball.	Travelling - Running, hopping, skipping, galloping. - Change direction easily i.e. dodging and swerving. Striking - Strike a ball from a drop feed - Strike a ball from a tee Receiving - Catching a ball. - Catching a ball at different heights.	Travelling - Running, hopping, skipping, galloping. - Change direction easily i.e. dodging and swerving. - Travelling with an object i.e. beanbag, ball, bat and ball. Sending - Roll a ball underarm. - Throw an object underarm (beanbag). - Throw an object overarm (beanbag, ball). - Aiming at various targets using different equipment (beanbag, ball, quoit, shuttlecock etc.). - Striking a ball with a bat. Receiving - Catching a ball. - Catching a ball at different heights.	Travelling - Running, hopping, skipping, galloping. - Change direction easily i.e. dodging and swerving. - Travelling with an object i.e. beanbag, ball, bat and ball.
Attacking and Defending Strategies	- Understand the concept of aiming and the need for accuracy. - Use a feint to try and win a net type game. - Recognise and use space in a game.	Not applicable for this unit.	- Understand the concept of aiming and the need for accuracy. - Use a feint to try and win a net type game. - Recognise and use space in a game.	- Net and striking and fielding games – look for space to throw, hit or run into to help them score. Understand why they need to throw or hit into space. - Understand the concept of aiming and the need for accuracy. - Use a feint to try and win a net type game.	- Recognise and use space in a game. - Understand the concept of aiming and the need for accuracy. - Throw or hit an object into space to make it more difficult for their opponents. - Net and striking and fielding games – look for space to throw, hit or run into to help them score. Understand why they need to throw or hit into space.	Not applicable for this unit.
Evaluating Success	- Describe what they have done or seen others doing. <i>i.e. opposite foot forward to throwing arm.</i> - Copy actions and ideas and use the information they collect to improve their skills.	- Describe what worked well and evaluate their own successes. - Look at other groups and compare their successes to yours.	- Describe what they have done or seen others doing. <i>i.e. opposite foot forward to throwing arm.</i> - Copy actions and ideas and use the information they collect to improve their skills.	- Describe what they have done or seen others doing. <i>i.e. opposite foot forward to throwing arm.</i> - Copy actions and ideas and use the information they collect to improve their skills.	- Describe what they have done or seen others doing. <i>i.e. opposite foot forward to throwing arm.</i> - Copy actions and ideas and use the information they collect to improve their skills.	- Describe what they have done or seen others doing. <i>i.e. opposite foot forward to throwing arm.</i> - Copy actions and ideas and use the information they collect to improve their skills.

Year 3 and 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Invasion Games: Football	Trust and Trails	Invasion Games - Rugby	Striking - Tennis	Striking and fielding - Rounders	Athletics
Developing Skills	Travelling - Change speed and direction easily i.e. dodging and swerving. - Travelling with an object i.e. running or dribbling a ball with/without equipment. Scoring Skills - Shoot and score accurately in a range of ways. - Shot from a distance and from close range. Sending and Receiving – Invasion Games - Perform using a number of sending and receiving skills with consistency, accuracy, confidence and control and later speed.	- In this unit, the children will work as a team to solve a range of problems including problems with time limits and increasing difficulty. - Develop teamwork - Develop hand/eye coordination - Travel and balance carefully when carrying out activities - Demonstrate teamwork during plan, do, review stages	Travelling - Change speed and direction easily i.e. dodging and swerving. - Travelling with an object i.e. running or dribbling a ball with/without equipment. Sending and Receiving – Invasion Games - Perform using a number of sending and receiving skills with consistency, accuracy, confidence and control and later speed. Scoring Skills - Shoot and score accurately in a range of ways. - Shot from a distance and from close range. Net Wall Games - Throw a ball underarm, overarm. - Intercept a ball. - Play shots with reasonable accuracy.	Travelling - Change speed and direction easily i.e. dodging and swerving. - Travelling with an object i.e. running or dribbling a ball with/without equipment. Net Wall Games - Throw a ball underarm, overarm. - Intercept a ball. - Hold and swing the racket well and play shots on both sides of the body and above their heads. - Play shots with reasonable accuracy. - Keep a rally going that is not cooperative.	Travelling - Change speed and direction easily i.e. dodging and swerving. - Travelling with an object i.e. running or dribbling a ball with/without equipment. Sending and Receiving – Invasion Games - Perform using a number of sending and receiving skills with consistency, accuracy, confidence and control and later speed. Striking Fielding Games - Hit a ball off a tee. - Different ways of striking a ball using different equipment (e.g. rounders, cricket). - Catch a small ball with two hands. - Stop a ball and throw it back to partner, bowler or wicket keeper quickly and accurately. - Bowl underarm and overarm with increasing accuracy and speed. - Retrieve, intercept and stop a ball when fielding.	Travelling - Change speed and direction easily i.e. dodging and swerving. - Travelling with an object i.e. running or dribbling a ball with/without equipment. Sending and Receiving – Invasion Games - Perform using a number of sending and receiving skills with consistency, accuracy, confidence and control and later speed.
Attacking and Defending Strategies	- Use a range of skills to keep possession and make progress towards a goal or target on their own and with others. - Choose when to pass or dribble, so they keep possession and make progress towards the goal. Defending Skills - Know how to mark and defend their goal(s). - Ways of keeping the ball away from defenders. - How to mark a player and space. - Intercept and tackle to get the ball back.	Not applicable for this unit.	- Use a range of skills to keep possession and make progress towards a goal or target on their own and with others. - Choose when to pass or dribble, so they keep possession and make progress towards the goal. Defending Skills - Know how to mark and defend their goal(s). - Ways of keeping the ball away from defenders. - How to mark a player and space. - Intercept and tackle to get the ball back. - Position themselves well on court.	Defending Skills - Position themselves well on court. - Try to make things difficult for the opponent by directing the ball to space, at different speeds and heights. - Choose and use batting or throwing skills to make the game hard for their opponents. - Strike the ball accurately into spaces and different parts of the playing area. - Direct the ball away from fielders using different angles and speeds.	Defending Skills - Try to make things difficult for the opponent by directing the ball to space, at different speeds and heights. - Choose and use batting or throwing skills to make the game hard for their opponents. - Strike the ball accurately into spaces and different parts of the playing area. - Direct the ball away from fielders using different angles and speeds.	Not applicable for this unit.
Evaluating Success	- Identify what they do best and what they find difficult. - Explain why a performance is good. - Recognise and describe the best points in an individuals and a team's performance. - Identify aspects of their own and others performances that needs improving.	- Describe what worked well and evaluate their own successes. - Look at other groups and compare their successes to yours.	- Explain how to keep possession and describe how they and others have achieved it. - Identify what they do best and what they find difficult. - Explain the tactics and skills that they are confident with and use well in games.	- Identify what they do best and what they find difficult. - Explain why a performance is good. - Recognise and describe the best points in an individuals and a team's performance. - Identify aspects of their own and others performances that needs improving.	- Identify what they do best and what they find difficult. - Explain the tactics and skills that they are confident with and use well in games. - Look for specific things in a game and explain how well they are being done. i.e. marking an opponent.	- Identify what they do best and what they find difficult. - Explain why a performance is good. - Recognise and describe the best points in an individuals and a team's performance.

Year 5 and 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Invasion Games - Football	Outdoor Adventurous Activities 2	Invasion Games - Rugby	Striking - Tennis	Striking and fielding - Rounders	Athletics
Developing Skills	Travelling - Change speed and direction easily i.e. dodging and swerving. - Travelling with an object i.e. running or dribbling a ball with/without equipment. Scoring Skills - Shoot and score accurately in a range of ways. - Shot from a distance and from close range. Sending and Receiving – Invasion Games - Perform using a number of sending and receiving skills with consistency, accuracy, confidence and control and later speed.	- In this unit, the children will work as a team to solve a range of problems including problems with time limits and increasing difficulty. - Develop teamwork - Develop hand/eye coordination - Travel and balance carefully when carrying out activities - Demonstrate teamwork during plan, do, review stages	Travelling - Change speed and direction easily i.e. dodging and swerving. - Travelling with an object i.e. running or dribbling a ball with/without equipment. Sending and Receiving – Invasion Games - Perform using a number of sending and receiving skills with consistency, accuracy, confidence and control and later speed. Scoring Skills - Shoot and score accurately in a range of ways.	Travelling - Change speed and direction easily i.e. dodging and swerving. - Travelling with an object i.e. running or dribbling a ball with/without equipment. Net Wall Games - Throw a ball underarm, overarm. - Intercept a ball. - Hold and swing the racket well and play shots on both sides of the body and above their heads. - Play shots with reasonable accuracy. - Keep a rally going that is not cooperative.	Travelling - Change speed and direction easily i.e. dodging and swerving. - Travelling with an object i.e. running or dribbling a ball with/without equipment. Striking Fielding Games - Hit a ball off a tee. - Different ways of striking a ball using different equipment (e.g. rounders, cricket). - Catch a small ball with two hands. - Stop a ball and throw it back to partner, bowler or wicket keeper quickly and accurately. Bowl underarm and overarm with increasing accuracy and	Travelling - Change speed and direction easily i.e. dodging and swerving. - Travelling with an object i.e. running or dribbling a ball with/without equipment. Sending and Receiving – Invasion Games - Perform using a number of sending and receiving skills with consistency, accuracy, confidence and control and later speed.
Attacking and Defending Strategies	- Use a range of skills to keep possession and make progress towards a goal or target on their own and with others. - Choose when to pass or dribble, so they keep possession and make progress towards the goal. Defending Skills - Know how to mark and defend their goal(s). - Ways of keeping the ball away from defenders. - How to mark a player and space. - Intercept and tackle to get the ball back.	Not applicable for this unit.	- Use a range of skills to keep possession and make progress towards a goal or target on their own and with others. - Choose when to pass or dribble, so they keep possession and make progress towards the goal. - Use a range of tactics to keep possession of the ball and get into positions to shoot or score. Defending Skills - Know how to mark and defend their goal(s). - Ways of keeping the ball away from defenders. - How to mark a player and space. - Intercept and tackle to get the ball back. - Position themselves well on court. - Try to make things difficult for the opponent by directing the ball to space, at different speeds and heights. - Choose and use batting or throwing skills to make the game hard for their opponents.	- Use a range of skills to keep possession and make progress towards a goal or target on their own and with others. - Choose when to pass or dribble, so they keep possession and make progress towards the goal. - Use a range of tactics to keep possession of the ball and get into positions to shoot or score. Defending Skills - Position themselves well on court. - Try to make things difficult for the opponent by directing the ball to space, at different speeds and heights. - Choose and use batting or throwing skills to make the game hard for their opponents. - Strike the ball accurately into spaces and different parts of the playing area. - Direct the ball away from fielders using different angles and speeds.	- Use a range of skills to keep possession and make progress towards a goal or target on their own and with others. - Choose when to pass or dribble, so they keep possession and make progress towards the goal. - Use a range of tactics to keep possession of the ball and get into positions to shoot or score. Defending Skills - Position themselves well on court. - Try to make things difficult for the opponent by directing the ball to space, at different speeds and heights. - Choose and use batting or throwing skills to make the game hard for their opponents. - Strike the ball accurately into spaces and different parts of the playing area. - Direct the ball away from fielders using different angles and speeds.	
Evaluating Success	- Identify what they do best and what they find difficult. - Explain why a performance is good. - Recognise and describe the best points in an individuals and a team's performance. - Identify aspects of their own and others performances that needs improving.	- Describe what worked well and evaluate their own successes. - Look at other groups and compare their successes to yours.	- Explain how to keep possession and describe how they and others have achieved it. - Identify what they do best and what they find difficult. - Explain the tactics and skills that they are confident with and use well in games.	- Identify what they do best and what they find difficult. - Explain why a performance is good. - Recognise and describe the best points in an individuals and a team's performance. - Identify aspects of their own and others performances that needs improving.	- Identify what they do best and what they find difficult. - Explain the tactics and skills that they are confident with and use well in games. - Look for specific things in a game and explain how well they are being done. i.e. marking an opponent.	- Identify what they do best and what they find difficult. - Explain why a performance is good. - Recognise and describe the best points in an individuals and a team's performance.