



Swindon Village Primary School



PE Curriculum

PE Overview

	Autumn Term		Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Balance and Agility 	Dance 	Gymnastics 	Throwing & Catching 	Athletics 	
Year 2	Multi-skills 	Dance 	Gymnastics 	Throwing & Catching 	Athletics 	Kickball 
					HRE 	OAA 
Year 3	Swimming 		Dance 	Netball 	Rounders 	Cricket 
			Multi-Skills 	Gymnastics 	Athletics 	HRE 
Year 4	Football 	Netball 	Swimming 		Rounders 	Cricket 
	Gymnastics 	Dance 			Athletics 	Invictus 

PE Overview

	Autumn Term		Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	HRE 	Rugby 	Swimming 		Gymnastics 	Athletics 
	Football 	Dance 			Hockey 	Basketball 
Year 6	Swimming 		Netball 	Hockey 	Cricket 	Handball 
			Gymnastics 	Golf 	Athletics 	Invictus 

Inter House Competition Schedule

Tournament to be run by year group staff with the winners of Year 5/6 to play a staff team.

Tournaments to be completed before the penultimate week of term.

	Year 1/2	Year 3/4	Year 5/6
Autumn Term	-	Football	Rugby
Spring Term	-	Netball	Hockey
Summer Term	Kickball	Cricket	Handball

Year 1

	Autumn Term			
	Autumn 1		Autumn 2	
Overview	Balance and Agility 		Dance 	
Skills to be Learnt	<ul style="list-style-type: none"> • Be able to start and stop running on command • Change direction while showing balance • Understand the difference between a sprint and a jog • Develop control of arm movements when running • Develop an understanding of how to play a game fairly and competitively • Listen to an adult and complete physical instructions • Copy balances and show 1,2,3 and 4 point balances • Develop control when balancing for longer than 3 seconds 		<ul style="list-style-type: none"> • Move to music • Copy dance moves in unison • Change rhythm, speed, level and direction • Move with control and co-ordination • Link movements to show a mood, feeling or in response to a stimulus • Learn short, individual sequences to perform • Understand and demonstrate repetition in dance 	
Required Resources	<ul style="list-style-type: none"> ✓ Bibs ✓ Cones ✓ Variety of balls ✓ Gym Mats 		<ul style="list-style-type: none"> ✓ Gym Mats ✓ Sound System ✓ Related Music 	
Vocabulary	Direction	Sprint	Unison	Rhythm
	Jog	Instructions	Beat	Direction
	Point Balance	Rules	Sequence	Repeat
	Fair Play	Competition	Travel	Gesture
Location	Hall or KS2 playground		Hall	

Year 1

	Spring Term							
	Spring 1				Spring 2			
Overview	Gymnastics 				Throwing and Catching 			
Skills to be Learnt	<ul style="list-style-type: none"> • Make body tense, relaxed, curled and stretched • Copy sequences and repeat them <ul style="list-style-type: none"> • Roll in different ways • Travel safely in different ways <ul style="list-style-type: none"> • Balance in different ways • Stretch and curl in different ways • Create a sequence which follows a set of simple 'rules' • Perform simple movement phrases that are controlled on different apparatus <ul style="list-style-type: none"> • Watch, copy and describe performances and suggest improvements 				<ul style="list-style-type: none"> • Move fluently, changing speed and direction easily and avoid collisions • Develop control and accuracy when throwing underarm • Develop fluency when catching solo and as a pair <ul style="list-style-type: none"> • Understand the concept of tracking a ball and being in line with its trajectory • Make good choices between types of throw <ul style="list-style-type: none"> • Understand the difference between throwing for distance and accuracy • Copy, watch and describe what others do and how they do it 			
Required Resources	<ul style="list-style-type: none"> ✓ Gym Mats ✓ Benches ✓ Climbing Frame ✓ Gym Tables 				<ul style="list-style-type: none"> ✓ Cones ✓ Variety of different balls <ul style="list-style-type: none"> ✓ Balloons ✓ Bean bags ✓ Targets (hoops/buckets) 			
Vocabulary	Tense	Relax	Balance	Travel	Speed	Collide		
	Curl	Routine	Point	Tuck Jump	Accuracy	Solo		
	Stretch	Apparatus	Hold	Pencil Roll	Pair	Throw		
	Sequence	Perform/ance	Pointed	Bunny Jumps	Distance	Coach		
Location	Hall				Hall or KS2 Playground			

Year 1

Summer Term

Summer 1 and 2

Overview

Athletics



Running

- Run a sprint (30m)
- Jump hurdles whilst running
- Understand how to start a race

Skills to be Learnt

Jumping

- Jump from a stationary position
- Understand how best to land when jumping

Throwing

- Understand how to throw for distance
- Using a side on position to gain distance when throwing

Required Resources

- ✓ Bean bags
- ✓ Cones
- ✓ Hoops
- ✓ Hurdles

Vocabulary

Sprint

Measure

Hurdle

Finish Line

Side On

Landing feet

Improve

Metres

Location

Field, KS2 Playground or Hall

Year 2

Autumn Term 1

Overview

Multi-Skills



Skills to be Learnt

- Show control when running and moving around a large space
 - Be able to start and stop running on command
 - Change direction while showing balance
 - Show hands to signal a readiness to catch
 - Be able to stop a ball
- Show an understanding for creating tactics
- Be able to react to what is seen and heard simultaneously

Required Resources

- ✓ Cones
- ✓ Bibs
- ✓ Bean bags
- ✓ Tennis balls
- ✓ Hoops

Vocabulary

Start

Stop

Pause

Ready Hands

Location

KS2 playground

Year 2

Autumn Term 2

Overview

Dance



Skills to be Learnt

- Move to music
- Copy dance moves in unison
- Change rhythm, speed, level and direction
- Move with control and co-ordination
- Link movements to show a mood, feeling or in response to a stimulus
- Learn short, individual sequences to perform
- Understand and demonstrate repetition in dance

Required Resources

- ✓ Gym Mats
- ✓ Sound System
- ✓ Related Music

Vocabulary

Unison	Rhythm	Beat
Direction	Sequence	Repeat
Travel	Gesture	Canon

Location

Hall

Year 2

Spring Term 1

Overview

Gymnastics



Skills to be Learnt

- Make body tense, relaxed, curled and stretched
 - Copy sequences and repeat them
 - Roll in different ways
 - Travel safely in different ways
 - Balance in different ways
 - Stretch and curl in different ways
- Create a sequence which follows a set of simple 'rules'
- Perform simple movement phrases that are controlled on different apparatus
- Watch, copy and describe performances and suggest improvements

Required Resources

- ✓ Gym Mats
- ✓ Benches
- ✓ Climbing Frame
- ✓ Gym Tables

Vocabulary

Tense	Relax	Balance	Travel	Squat
Curl	Routine	Point	Tuck Jump	Mirror/Match
Stretch	Apparatus	Hold	Pencil Roll	Dismount
Sequence	Perform/ance	Pointed	Bunny Jumps	Egg Roll

Location

Hall

Year 2

Spring Term 2

Overview

Throwing and Catching



Skills to be Learnt

- Move fluently, changing speed and direction easily and avoid collisions
 - Develop control and accuracy when throwing underarm
 - Develop fluency when catching solo and as a pair
- Understand the concept of tracking a ball and being in line with its trajectory
 - Make good choices between types of throw
- Understand the difference between throwing for distance and accuracy
- Copy, watch and describe what others do and how they do it

Required Resources

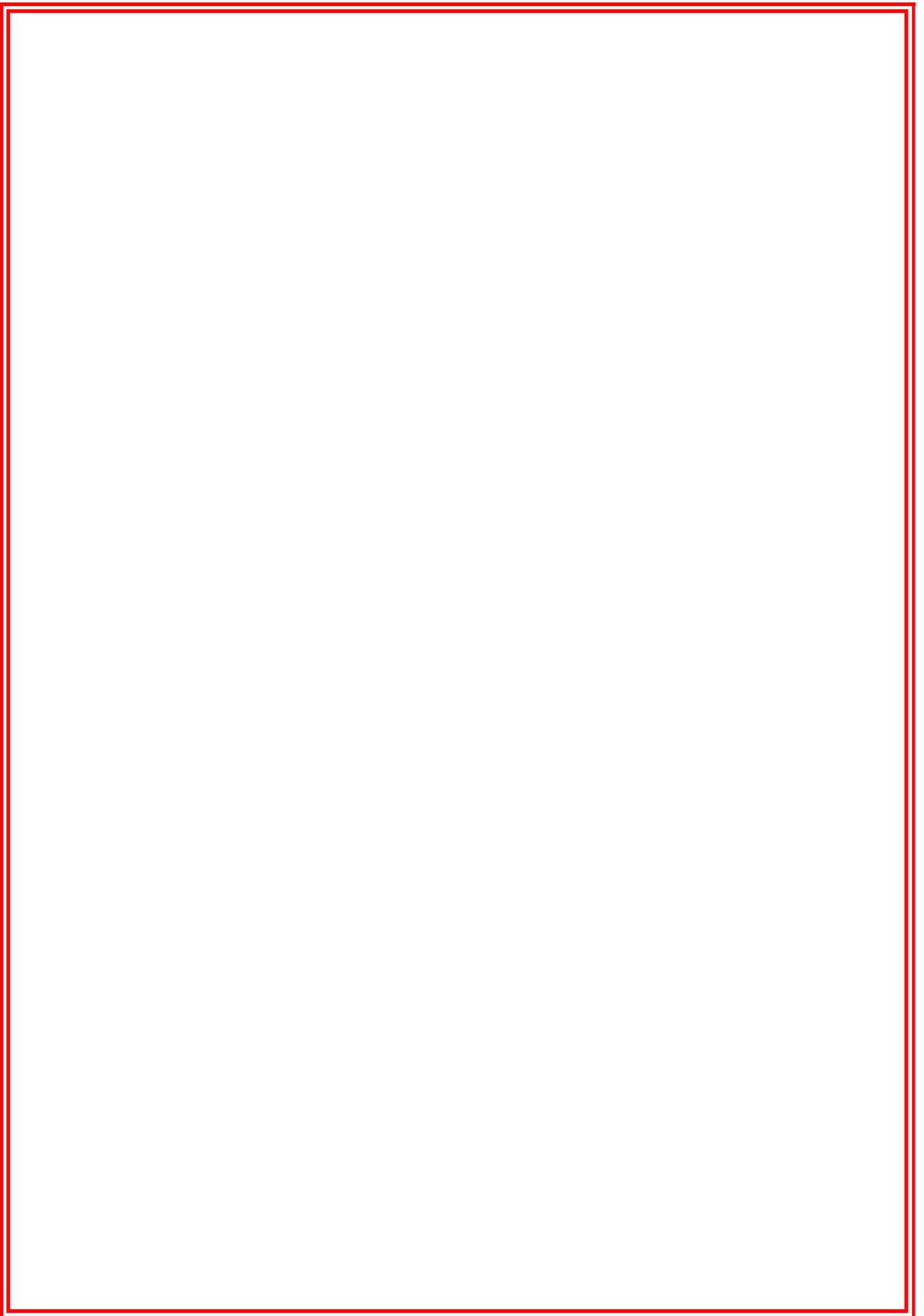
- ✓ Cones
- ✓ Variety of different balls
- ✓ Balloons
- ✓ Bean bags
- ✓ Targets (hoops/buckets)

Vocabulary

Speed	Collide
Accuracy	Solo
Pair	Throw
Distance	Coach

Location

KS2 playground



Year 2

Summer Term 1

Overview	Athletics 		Health Related Exercise 	
Skills to be Learnt	Running	<ul style="list-style-type: none"> • Run a sprint (45m) • Jump hurdles whilst running • Understand how to start a race 	<ul style="list-style-type: none"> • Understand what a pulse is • Understand that the heart beats faster while exercising • Be able to take part in a meditation session • Understand that there are different types of fitness • Understand what types of food are good for us • Be able to track fitness • Understand that continuous exercise will improve overall fitness 	
	Jumping	<ul style="list-style-type: none"> • Jump from a stationary position • Understand how best to land when jumping 		
	Throwing	<ul style="list-style-type: none"> • Understand how to throw for distance • Using a side on position to gain distance when throwing 		
Required Resources	<ul style="list-style-type: none"> ✓ Bean bags ✓ Cones ✓ Hoops ✓ Hurdles 		<ul style="list-style-type: none"> ✓ Cones ✓ 15 Tennis Balls ✓ 30 Fitness Testing Sheets ✓ Hoops 	
Vocabulary	Sprint	Measure	Pulse	Meditation
	Side On	Landing feet	Strength	Nutrition
	Hurdle	Finish Line	Muscle	Personal Best
	Improve	Metres	Sugar	Health
Location	Field		Hall	

Year 2

Summer Term 2

Overview	Orienteering 	Kickball 		
Skills to be Learnt	<ul style="list-style-type: none"> • Be able to name 4 points on a compass • Understand the importance of a key on a map • Show an understanding for reading a compass • Work collaboratively, showing communication with others • Work independently while problem solving • Be able to solve more complex problems 	<ul style="list-style-type: none"> • Develop an understanding for the rules of Kickball • Roll the ball with control and accuracy • Be able to make contact with a rolled ball • Aim and control ball kick • Make decisions of when to run or throw when fielding • Communicate with others while fielding affectively • Work collaboratively with others to achieve a common goal 		
Required Resources	<ul style="list-style-type: none"> ✓ Map of school grounds ✓ Bean Bags ✓ Hoops ✓ 15 compasses ✓ Cones 	<ul style="list-style-type: none"> ✓ Kickballs ✓ Cones ✓ Notepad for scoring 		
Vocabulary	Compass East West Communication	North South Key Determination	Roll Posts Bowling Common goal	Distance Fielding Decision Making Accuracy
Location	Field and KS2 Playground		Field	

Year 3

Autumn Term 1+2

Overview

Swimming



Skills to be Learnt

Content delivered by Tewkesbury High School's qualified swimming teachers

- Develop pool safety skills and confidence in and around water
- Travel vertically and horizontally (with the aid of floats)
 - Practise a push and glide
- Develop kicking action on front and back
- Develop safe entry and exit of a pool
- Learn to float and submerge in water
 - Show breath control
 - Tread water
- Select a stroke suitable for an intended purpose

Required Resources

Class teacher and teaching assistants to oversee behaviour whilst in the pool and changing. Please also spread around the pool and support the swimming teachers where possible. Previous teachers have offered to enter the pool. This is only advisable should you choose to and if there are enough adults to support changing.

Vocabulary

Front crawl	Backstroke	Breaststroke	Deep End	Shallow End
Submerge	Float	Vertically	Horizontally	Push and Glide

Location

Tewkesbury High School

Year 3

Spring Term 1

Overview

Dance



Multi-Skills



Skills to be Learnt

- | | |
|---|--|
| <ul style="list-style-type: none"> • Improvise freely, translating ideas from a stimulus into movement • Share and create phrases with a partner and in small groups • Repeat, remember and perform these phrases in a dance • Use dance to communicate an idea • Lead when working with a partner or group • Ensure that dance is rehearsed and purposeful • Work with rhythm using a variety of musical stimulus <ul style="list-style-type: none"> • Learn group dances • Understand and demonstrate unison and begin to understand canon in dance | <ul style="list-style-type: none"> • Show control when running and moving around a medium space • Be able to start and stop running on command quickly • Change direction in multiple ways while showing balance • Show hands and call to signal a readiness to catch • Be able to stop a ball when fielding • Show an understanding of the importance for creating tactics • Be able to react to what is seen and heard simultaneously |
|---|--|

Required Resources

- ✓ Gym Mats
- ✓ Sound System
- ✓ Related Music

- ✓ Cones
- ✓ Bibs
- ✓ Bean bags
- ✓ Tennis balls
- ✓ Hoops

Vocabulary

Improvise

Lead

Dodge

Tactics

Partner

Group

Run

Jog

Phrase

Rehearse

Sprint

Fielding

Location

Hall

KS2 Playground

Year 3

Spring Term 2

Overview

Netball



Gymnastics



Skills to be Learnt

- Develop an understanding for the rules of Netball
- Pass effectively using a variety of techniques (chest, shoulder and bounce pass)
- Send and receive a pass whilst moving
- Develop the skill of shooting in to a target
- Shoot whilst under pressure from a defender
- Begin to pivot legally while holding the ball
- Show an understanding for marking an opponent to limit their space

- Combine action, balance and shape
- Improve the quality of my actions (inc rolls), body shapes, travelling and balances
- Create gymnastic sequences that meet a set of conditions
- Adapt sequences to suit different types of apparatus
- Include a change in speed and direction within my movements
- Describe and evaluate the effectiveness and quality of a performance (including how strength and suppleness affect performance)
- Recognise how performances have improved
- Describe own and others' work, making simple judgments about the quality of performances and suggest ways they could be improved

Required Resources

- ✓ 15 Netballs
- ✓ 4 Hoops/Targets
- ✓ Bibs
- ✓ Cones

- ✓ Gym Mats
- ✓ Benches
- ✓ Climbing Frame
- ✓ Gym Tables

Vocabulary

Pivot	Chest pass	Adapt Sequence	Quality	Unison
Shoulder Pass	Bounce Pass	Body Shape	Strength	Suppleness
Thirds	Offside	Create Sequence	Canon	Teddy Roll
Center Pass	Court			

Location

KS2 Playground

Hall

Year 3

Summer Term 1

Overview

Rounders



Athletics



Skills to be Learnt

- Develop an understanding for the rules of Rounders
- Understand the different ways a fielder can stop the ball (Long/short barrier and catching) while stationary
 - Throw overarm to a designated base
- Begin to make good and effective decisions when fielding
 - Throw and catch with accuracy and control
 - Bowl underarm to a set height
- Become more familiar with the rounders bat and how to hold it

Running

- Run a relay with fluent baton changes
- Jump hurdles whilst running
- Understand the importance of different body positions when running

Jumping

- Jump from a stationary position
- Understand how best to land when jumping
- Learn the basics of the triple jump in isolation

Throwing

- Chest pass for distance using the correct technique
- Understand 45° is key to throw for distance

Required Resources

- ✓ Rounders Bats
- ✓ Batting Tees
- ✓ Hoops
- ✓ 15 Tennis Balls
- ✓ Cones
- ✓ Bibs

- ✓ Bean bags
- ✓ Cones
- ✓ Hoops
- ✓ Hurdles
- ✓ Netballs
- ✓ Batons

Vocabulary

Bases	Backstop	Relay	Hurdle
Bowler	Fielding	Stationary	Hop
Overarm	Underarm	Skip/Step	Baton
Rounder	Caught Out	Chest Pass	Change Over

Location

Field

Field

Year 3

Summer Term 2

Overview

Cricket



Health Related Exercise



Skills to be Learnt

- Develop an understanding of the values of Cricket
 - Hold a bat correctly
- Catch the ball at a variety of heights and speeds
- Move and gather a ball on the ground using an appropriate method
- Throw the ball for distance
- Hold the ball showing good technique
- Begin to bowl in a straight line
- Keep bowling arm straight during action

- Understand what a pulse is and begin to find it independently
- Understand that the heart beats faster while exercising
- Be able to take part in a meditation session
- Understand that there are different types of fitness
- Understand that different foods have different nutritional value
 - Be able to name some important muscles in the human body
- Be able to track fitness through written means
- Understand that continuous exercise will improve overall fitness

Required Resources

- ✓ Quick Cricket sets
- ✓ Cones
- ✓ Bibs
- ✓ 15 wind/tennis balls

- ✓ Cones
- ✓ 15 Tennis Balls
- ✓ 30 Fitness Testing Sheets
- ✓ Hoops

Vocabulary

Stumps
Overarm
Wicket

Underarm
Caught Out
Wicket Keeper

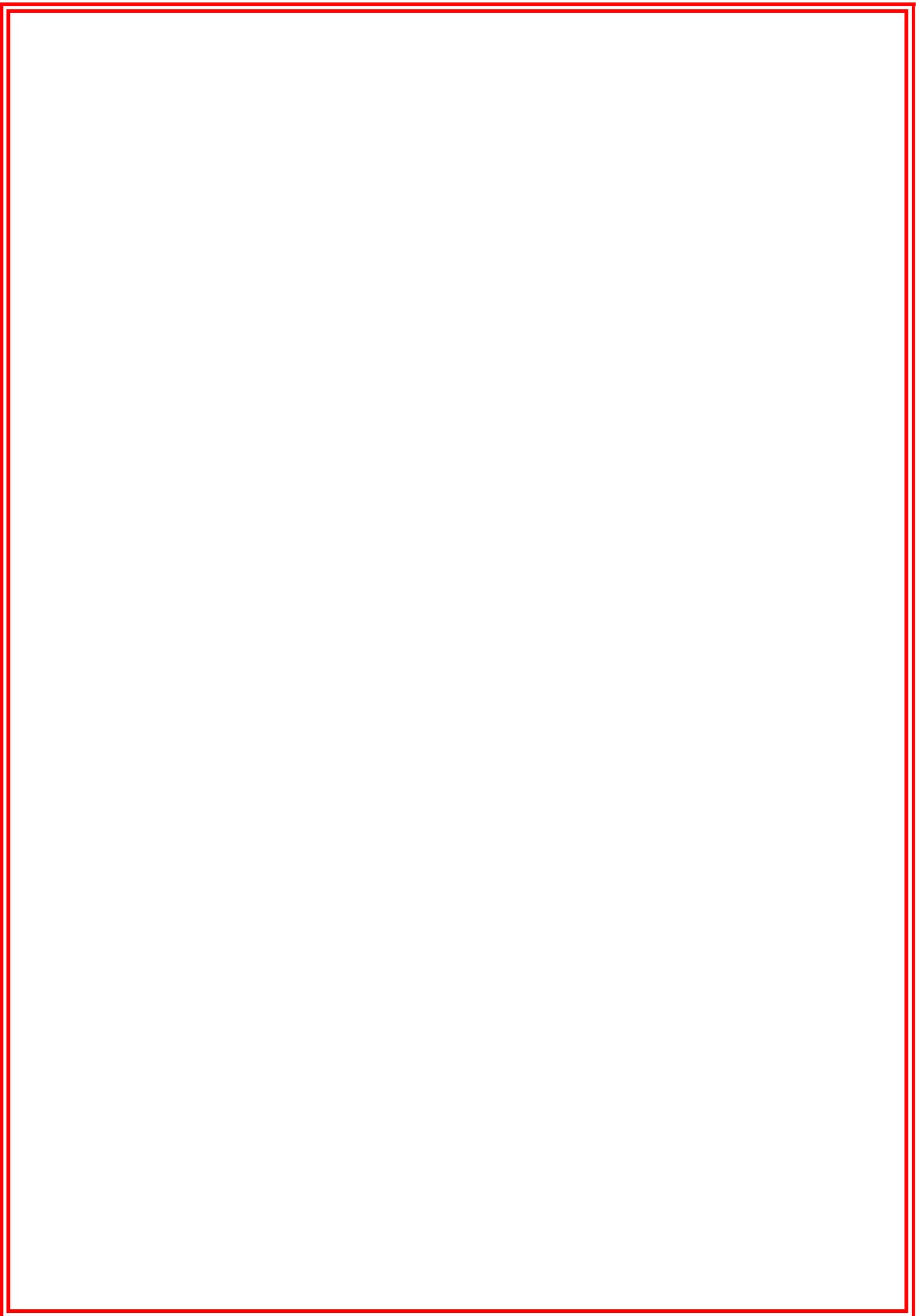
Pulse
Strength
Muscle

Meditation
Nutrition
Continuous Exercise

Location

Field and KS2 Playground

Hall



Year 4

Autumn Term 1

Overview

Football



Gymnastics



Skills to be Learnt

- Develop an understanding for the rules of football
- Dribble with the ball in front of the body
 - Stop the ball
- Pass the ball accurately with the inside of the foot
- Use an appropriate technique while shooting at a target
- Aim for corners when shooting
- Tackle an opponent while they are dribbling

- Combine action, balance and shape
- Improve the quality of my actions (inc rolls), body shapes, travelling and balances
- Create gymnastic sequences that meet a set of conditions
- Adapt sequences to suit different types of apparatus
- Include a change in speed and direction within my movements
 - Describe and evaluate the effectiveness and quality of a performance (including how strength and suppleness affect performance)
- Recognise how performances have improved
- Describe own and others' work, making simple judgments about the quality of performances and suggest ways they could be improved

Required Resources

- ✓ 30 Footballs (size 4)
- ✓ Cones
- ✓ Bibs
- ✓ Pop up goals

- ✓ Gym Mats
- ✓ Benches
- ✓ Climbing Frame
- ✓ Gym Tables

Vocabulary

Corner	Foul	Adapt Sequence	Quality	Unison
Goal Kick	Dribbling	Body Shape	Strength	Suppleness
Inside Foot	Penalty Area	Create Sequence	Canon	Teddy Roll
Half Way Line	Goal Line			

Location

KS2 Playground or Field

Hall

Year 4

Autumn Term 2

Overview

Netball



Dance



Skills to be Learnt

- Develop an understanding for the rules of Netball
- Pass effectively using a variety of techniques (chest, shoulder and bounce pass)
- Send and receive a pass whilst moving
- Develop the skill of shooting in to a target
- Shoot whilst under pressure from a defender
- Begin to pivot legally while holding the ball
- Understand which opponent to mark and maintain concentration to restrict possession

- Improvise freely, translating ideas from a stimulus into movement
- Share and create phrases with a partner and in small groups
- Repeat, remember and perform these phrases in a dance
- Use dance to communicate an idea
 - Lead when working with a partner or group
- Ensure that dance is rehearsed and purposeful
- Work with rhythm using a variety of musical stimulus
 - Learn group dances
- Understand and demonstrate unison and begin to understand canon in dance

Required Resources

- ✓ 15 Netballs
- ✓ 4 Hoops/Targets
- ✓ Bibs
- ✓ Cones

- ✓ Gym Mats
- ✓ Sound System
- ✓ Related Music

Vocabulary

Pivot	Chest pass	Improvise	Lead
Shoulder Pass	Bounce Pass	Partner	Group
Thirds	Offside	Phrase	Rehearse
Center Pass	Court	Unison	Canon

Location

KS2 Playground

Hall

Year 4

Spring Term 1+ 2

Overview

Swimming



Skills to be Learnt

Content delivered by Tewkesbury High School's qualified swimming teachers

- Develop pool safety skills and confidence in and around water
- Travel vertically and horizontally (with the aid of floats)
 - Practise a push and glide
- Develop kicking action on front and back
- Develop safe entry and exit of a pool
- Learn to float and submerge in water
 - Show breath control
 - Tread water
- Select a stroke suitable for an intended purpose

Required Resources

Class teacher and teaching assistants to oversee behaviour whilst in the pool and changing. Please also spread around the pool and support the swimming teachers where possible. Previous teachers have offered to enter the pool. This is only advisable should you choose to and if there are enough adults to support changing.

Vocabulary

Front crawl	Backstroke	Breaststroke	Deep End	Shallow End
Submerge	Float	Vertically	Horizontally	Push and Glide

Location

Tewkesbury High School

Year 4

Summer Term 1

Overview	<p style="text-align: center;">Rounders</p> 	<p style="text-align: center;">Athletics</p> 		
Skills to be Learnt	<ul style="list-style-type: none"> • Develop an understanding for the rules of Rounders • Understand the different ways a fielder can stop the ball (Long/short barrier and catching) while stationary and moving 	<p style="text-align: center;">Running</p> <ul style="list-style-type: none"> • Jump hurdles whilst running • Run a relay using a baton • Understand the roll arms play when running for speed • Understand the importance of pace when running a variety of distances 		
	<ul style="list-style-type: none"> • Throw overarm to a designated base • Begin to make good and effective decisions when fielding 	<p style="text-align: center;">Jumping</p> <ul style="list-style-type: none"> • Develop technique of a 1 to 2 foot jump for distance • Begin to understand the fundamentals of the triple jump • Understand the importance of momentum when jumping for distance 		
	<ul style="list-style-type: none"> • Throw and catch with accuracy and control • Bowl underarm to a set height • Become more familiar with the rounders bat and how to hold it 	<p style="text-align: center;">Throwing</p> <ul style="list-style-type: none"> • Throw a javelin using correct technique • Throw a shot putt using correct technique • Understand the difference between a putt and a throw • Understand how to stay safe during throwing events 		
Required Resources	<ul style="list-style-type: none"> ✓ Rounders Bats ✓ Batting Tees ✓ Hoops ✓ 15 Tennis Balls ✓ Cones ✓ Bibs 	<ul style="list-style-type: none"> ✓ Hurdles ✓ 6 batons ✓ Measuring tape ✓ 15 Bean bags ✓ Foam Javelins ✓ Shot putts/Tennis Balls ✓ Stopwatches 		
Vocabulary	Bases	Backstop	Hurdle	Relay
	Bowler	Fielding	Pace	Hop
	Overarm	Underarm	Skip	Putt
	Rounder	Caught Out	Throw	Endurance
Location	Field		Field/ KS2 Playground	

Year 4

Summer Term 2

Overview

Cricket



Invictus



Skills to be Learnt

- Develop an understanding of the values of Cricket
 - Hold a bat correctly
- Begin to place shots strategically
- Catch the ball at a variety of heights and speeds
 - Gather a bouncing ball
- Move and gather a ball on the ground using long barrier
- Throw the ball for distance
 - Hold the ball showing good technique
- Begin to bowl in a straight line
- Keep bowling arm straight during action

- Develop ability to solve problems
- Develop ability to engage in new activities fairly
- Begin to understand obstacles facing people on a day-to-day basis
- Give instructions that help others
 - Listen carefully to instructions
- Work collaboratively to overcome a problem
- Utilise new skills in competitive situations

Required Resources

- ✓ Quick Cricket sets
- ✓ Cones
- ✓ Bibs
- ✓ 15 wind/tennis balls

- ✓ Goalball
- ✓ Boccia Set
- ✓ Old bed sheets
- ✓ Blindfolds
 - ✓ Bibs
 - ✓ Hoops
 - ✓ Cones

Vocabulary

Stumps

Underarm

Teamwork

Perseverance

Overarm

Caught Out

Disability

Collaborative

Wicket

Wicket Keeper

Competitive

Paralympics

Location

Field and KS2 Playground

Hall or KS2 Playground

Year 5

Autumn Term 1

Overview	<p style="text-align: center;">Football</p> 	<p style="text-align: center;">Health Related Exercise</p> 		
Skills to be Learnt	<ul style="list-style-type: none"> • Develop an understanding for the rules of football • Continue to become more fluent when dribbling in different directions <ul style="list-style-type: none"> • Stop the ball • Pass the ball accurately • Pass the ball so that the ball is off the ground • Use an appropriate technique while shooting at a target • Aim for corners when shooting • Tackle an opponent while they are dribbling 	<ul style="list-style-type: none"> • Develop knowledge of how the food & drink we consume affects our body • Develop the ability to exercise at different intensities • Develop knowledge of how the body functions/changes during exercise • Be able to offer advice for a specific, health-related purpose • Understand the difference between; co-ordination ability, muscular endurance, cardio-Vascular fitness and speed. 		
Required Resources	<ul style="list-style-type: none"> ✓ 30 Footballs (size 4) ✓ Cones ✓ Bibs ✓ Pop up goals 	<ul style="list-style-type: none"> ✓ Cones ✓ 15 Tennis Balls ✓ Equipment may vary depending on children's input/thoughts. ✓ P.T- Client cards 		
Vocabulary	Corner	Foul	Calories	Intensity
	Goal Kick	Dribbling	Heart Beat	Pulse
	Inside Foot	Penalty Area	Injury	Co-ordination
	Half Way Line	Goal Line	Endurance	Cardio-Vascular
Location	Field or KS2 Playground		Hall	

Year 5

Autumn Term 2

Overview	<p style="text-align: center;">Rugby</p> 	<p style="text-align: center;">Dance</p> 		
Skills to be Learnt	<ul style="list-style-type: none"> • Develop an understanding for the rules of Tag Rugby • Demonstrate good ball handling when moving with the ball • Pass and receive the ball (standard and pop pass) • Develop decision making choices to benefit the team (e.g. pass or run) • Use the correct stance while tagging an opponent (square on, low down) • Understand the importance of being behind the ball and refrain from being offside 	<ul style="list-style-type: none"> • Work on movements and refine them • Compose dances in a creative and imaginative way • Dance showing clarity, fluency, accuracy and consistency • Develop imaginative dances in a specific style • Choose a variety of music, style and dance (choreography) • Choreograph individual and group dances • Understand and demonstrate unison and canon in dance 		
Required Resources	<ul style="list-style-type: none"> ✓ 30 pairs Rugby Tags ✓ 30 Rugby Balls (size 4) ✓ Cones ✓ Bibs 	<ul style="list-style-type: none"> ✓ Gym Mats ✓ Sound System ✓ Related Music 		
Vocabulary	Tag	Try Line	Compose	Choreograph
	Dodge	Weave	Clear	Fluent
	Ball Handling	Pop Pass	Accurate	Consistent
	Square On	Offside	Unison	Canon
Location	Field or KS2 Playground		Hall	

Year 5

Spring Term 1+2

Overview

Swimming



Skills to be Learnt

Content delivered by Tewkesbury High School's qualified swimming teachers

- Develop pool safety skills and confidence in and around water
- Travel vertically and horizontally (with the aid of floats)
 - Practise a push and glide
- Develop kicking action on front and back
- Develop safe entry and exit of a pool
- Learn to float and submerge in water
 - Show breath control
 - Tread water
- Select a stroke suitable for an intended purpose

Vocabulary

Front crawl

Backstroke

Breaststroke

Deep End

Shallow End

Submerge

Float

Vertically

Horizontally

Push and Glide

Required Resources

Class teacher and teaching assistants to oversee behaviour whilst in the pool and changing. Please also spread around the pool and support the swimming teachers where possible. Previous teachers have offered to enter the pool. This is only advisable should you choose to and if there are enough adults to support changing.

Location

Tewkesbury High School

Year 5

Summer Term 1

Overview

Gymnastics



Hockey



✓ Skills to be Learnt

- ✓ Make complex or extended sequences
- ✓ Ensure movements are accurate, clear and consistent
- ✓ Link sequences to specific timings during partner/group work
- ✓ Perform actions, shapes and balances consistently and fluently
- ✓ Combine and perform gymnastic actions, shapes, travel and balances more fluently and effectively across a variety of apparatus
- ✓ Perform consistently to different audience sizes
- ✓ Evaluate own and others' work, giving constructive feedback about the quality of movements

- Develop an understanding for the rules of Hockey
- Understand the different parts of the stick
- Dribble the ball with the open and reverse side of the stick with control and accuracy in open and closed scenarios
- Develop accuracy and control when selecting a push pass
- Strike the ball accurately into a target using a push shot
- Stop the ball fluently using the correct technique

Required Resources

- ✓ Gym Mats
- ✓ Benches
- ✓ Climbing Frame
- ✓ Gym Tables

- ✓ 30 Hockey Sticks
- ✓ 30 Hockey Balls/Tennis Balls
 - ✓ Cones
 - ✓ Bibs
- ✓ Pop up goals

Vocabulary

Forward Roll	Dis/mount	Dribble	Flick
Backward Roll	Stabilise	Obstruction	Feint
Constructive	Extension	Clear	Cross
Partner Balance	Timing	Jab Tackle	Open/Reverse Side

Location

Hall

Playground

Year 5

Summer Term 2

Overview

Athletics



Basketball



Skills to be Learnt

Running

- Jump hurdles while running
- Run a relay using a baton
- Understand the roll arms play when running for speed

Jumping

- Develop technique of a 1 to 2 foot jump for distance
- Begin to understand the fundamentals for the triple jump
- Understand the importance of momentum when jumping for distance

Throwing

- Throw a javelin using correct technique
- Throw a shot putt using correct technique
- Understand the difference between a putt and a throw
- Understand how to stay safe during throwing events

- Develop an understanding for the rules of Basketball
- Dribble legally in various directions in open and closed scenarios
- Increase accuracy and control of a variety of pass types (chest, bounce or javelin)
- Send and receive the ball while stationary and moving
- Shoot in to target using the correct technique in open and closed scenarios
- Defend using the correct stance

Required Resources

- ✓ Hurdles
- ✓ 6 batons
- ✓ Measuring tape
- ✓ 15 Bean bags
- ✓ Foam Javelins
- ✓ Shot putts/Tennis Balls
- ✓ Stopwatches

- ✓ 15 Basketballs
- ✓ 4 Hoops/Targets
- ✓ Bibs
- ✓ Cones

Vocabulary

Hurdle

Relay

Double Dribble

Chest Pass

Momentum

Triple Jump

Bounce Pass

Javelin Pass

Trajectory

Putt

Assist

Backboard

Throw

Personal Best

Lay Up

Man to Man

Location

Field

KS2 Playground

Year 6

Autumn Term 1+2

Overview

Swimming



Skills to be Learnt

Content delivered by Tewkesbury High School's qualified swimming teachers

- Develop pool safety skills and confidence in and around water
- Travel vertically and horizontally (with the aid of floats)
 - Practise a push and glide
- Develop kicking action on front and back
- Develop safe entry and exit of a pool
- Learn to float and submerge in water
 - Show breath control
 - Tread water
- Select a stroke suitable for an intended purpose

Required Resources

Class teacher and teaching assistants to oversee behaviour whilst in the pool and changing. Please also spread around the pool and support the swimming teachers where possible. Previous teachers have offered to enter the pool. This is only advisable should you choose to and if there are enough adults to support changing.

Vocabulary

Front crawl	Backstroke	Breaststroke	Deep End	Shallow End
Submerge	Float	Vertically	Horizontally	Push and Glide

Location

Tewkesbury High School

Year 6

Spring Term 1

Overview	<p style="text-align: center;">Netball</p> 	<p style="text-align: center;">Gymnastics</p> 		
Skills to be Learnt	<ul style="list-style-type: none"> • Develop an understanding for the rules of Netball • Pass effectively using a variety of techniques (chest, shoulder and bounce pass) • Send and receive a pass whilst moving and/or under pressure • Further develop the skill of shooting in to a target • Shoot whilst under pressure from a defender • Use movement to create space and receive a pass • Pivot legally while holding the ball • Understand which opponent to mark and maintain concentration to restrict possession 	<ul style="list-style-type: none"> • Make complex or extended sequences • Ensure movements are accurate, clear and consistent • Link sequences to specific timings during partner/group work • Perform actions, shapes and balances consistently and fluently • Combine and perform gymnastic actions, shapes, travel and balances more fluently and effectively across a variety of apparatus • Perform consistently to different audience sizes • Evaluate own and others' work, giving constructive feedback about the quality of movements 		
Required Resources	<ul style="list-style-type: none"> ✓ 15 Netballs ✓ 4 Hoops/Targets ✓ Bibs ✓ Cones 	<ul style="list-style-type: none"> ✓ Gym Mats ✓ Benches ✓ Climbing Frame ✓ Gym Tables 		
Vocabulary	Pivot	Chest pass	Compose	Choreograph
	Shoulder Pass	Bounce Pass	Clear	Fluent
	Thirds	Offside	Accurate	Consistent
	Center Pass	Court	Unison	Canon
Location	KS2 Playground		Hall	

Year 6

Spring Term 2

Overview

Hockey



Dance



Skills to be Learnt

- Develop an understanding for the rules of Hockey
- Understand the different parts of the stick
- Dribble the ball with the open and reverse side of the stick with control and accuracy in open and closed scenarios
- Develop accuracy and control when selecting a push pass
- Strike the ball accurately into a target using a push shot
- Stop the ball fluently using the correct technique

- Work on movements and refine them
- Compose dances in a creative and imaginative way
- Perform to an accompaniment, expressively and sensitively
- Dance showing clarity, fluency, accuracy and consistency
- Develop imaginative dances in a specific style
- Choose a variety of music, style and dance (choreography)
- Choreograph individual and group dance
- Understand and demonstrate cannon in dance

Required Resources

- ✓ 30 Hockey Sticks
- ✓ 30 Hockey Balls/Tennis Balls
- ✓ Cones
- ✓ Bibs
- ✓ Pop up goals

- ✓ Gym Mats
- ✓ Sound System
- ✓ Related Music

Vocabulary

Dribble	Hall	Forward Roll	Dis/mount
Obstruction	Feint	Backward Roll	Stabilise
Clear	Cross	Constructive	Extension
Jab Tackle	Open/Reverse Side	Partner Balance	Timing

Location

KS2 Playground

Hall

Year 6

Summer Term 1

Overview

Cricket



Athletics



Skills to be Learnt

- Develop an understanding of the values and rules of Cricket
 - Hold a bat correctly
 - Place shots away from fielder
- Use defensive shots when appropriate
- Catch the ball at a variety of heights and speeds
- Move and gather a ball on the grounds using long barrier
- Throw the ball accurately
 - Understand the terms off/leg side
- Hold the ball showing good technique
 - Bowl in a straight line
- Consider pitch and line when bowling

Running

- Jump hurdles whilst running
- Run a relay using a baton
- Understand the roll arms play when running for speed

Jumping

- Develop technique of a 1 to 2 foot jump for distance
- Begin to understand the fundamentals for the triple jump
- Understand the importance of momentum when jumping for distance

Throwing

- Throw a javelin using correct technique
- Throw a shot putt using correct technique
- Understand the difference between a putt and a throw
- Understand how to stay safe during throwing events

Required Resources

- ✓ Quick Cricket sets
- ✓ Cones
- ✓ Bibs
- ✓ 15 wind/tennis balls
- ✓ Field

- ✓ Hurdles
- ✓ 6 batons
- ✓ Measuring tape
- ✓ 15 Bean bags/ shot putts
- ✓ Foam Javelins
- ✓ Stopwatches

Vocabulary

Offside

Leg Side

Hurdle

Relay

Full Toss

Pitch

Momentum

Triple Jump

Drive

Crease

Trajectory

Putt

Duck

LBW

Throw

Personal Best

Location

Field/Playground

Field

Year 6

Summer Term 2

Overview	<p style="text-align: center;">Invictus</p> 	<p style="text-align: center;">Handball</p> 	
Skills to be Learnt	<ul style="list-style-type: none"> • Develop ability to solve problems • Develop ability to engage in new activities fairly • Understand obstacles facing people on a day-to-day basis • Give instructions clearly • Listen carefully to instructions • Work collaboratively to overcome a problem • Utilise new skills in competitive situations 	<ul style="list-style-type: none"> • Develop an understanding for the rules of Handball • Develop a range of passing techniques <ul style="list-style-type: none"> • Catch the ball when stationary and whilst moving • Pass as a team moving towards a target • Develop the jumping shot technique • Explore strategies around defending as a team (man to man vs zonal defence) 	
Required Resources	<ul style="list-style-type: none"> ✓ Goalball ✓ Boccia Set ✓ Old bed sheets ✓ Blindfolds ✓ Bibs ✓ Hoops ✓ Cones 	<ul style="list-style-type: none"> ✓ 15 Handballs ✓ Bibs ✓ Cones ✓ Pop up goals 	
Vocabulary	<p>Teamwork</p> <p>Disability</p> <p>Competitive</p>	<p>Perseverance</p> <p>Collaborative</p> <p>Paralympics</p>	<p>Block</p> <p>Corner Throw</p> <p>Man to Man</p> <p>Goal Line</p> <p>Side Line</p> <p>Zonal</p>
Location	<p>Hall or KS2 Playground</p>		<p>Hall</p>

