



Swindon Village Primary School



PE Curriculum
And Skills Progression

PE Overview

	Autumn Term		Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer
EYFS	Moving and travelling 	Ball skills 	Gymnastics & Balancing 	Dance 	Athletics 	
Year 1	Dance 	Balance and Agility 	Gymnastics 	Throwing & Catching 	Athletics 	
Year 2	Multi-skills 	Dance 	Gymnastics 	Throwing & Catching 	Athletics 	Kickball 
					HRE 	OAA 
Year 3	Multi-Skills 	Rugby 	Netball 	OAA 	Rounders 	Cricket 
	Swimming/HRE  	Gymnastics 	Dance 	Football 	Invictus 	Athletics 
Year 4	Yoga 		Football 		Cricket 	
	Swimming/HRE  	Netball 	Gymnastics 	Dance 	Athletics 	

	Autumn Term		Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5	Dance 	Rugby 	Hockey 	Football 	Yoga 	
	Swimming/HRE 	Basketball 	Cricket 		Tennis 	Athletics 
Year 6	Netball 	Rugby 	Yoga 		Cricket 	Rounders 
	Swimming/Dance  	Basketball 	Hockey 	Gymnastics 	Athletics 	Tennis 

EYFS

Autumn 1

Moving and travelling



- to move safely into space
- travel around in a variety of ways such as rolling, crawling, walking, jumping, running, hopping, skipping and climbing.
- Negotiate space and obstacles safely with consideration for themselves and others.

Autumn 2

Ball Skills



- Develop a range of ball skills such as rolling, throwing and catching.
- Use a variety of equipment and sizes of equipment.
- Throw and catch as an individual and to a partner.

Spring 1

Gymnastics



- Develop body strength, co-ordination, balance and agility.
- Confidently and safely use a range of large apparatus indoors.

Spring 2

Dance



- Develop a more fluid style of moving with control and grace
- Combine different movements with ease and fluency.

Summer 1

Summer 2

Athletics



- Move energetically such as running, jumping, hopping, skipping and climbing
- Develop overall body strength, balance and agility

Year 1

	Autumn Term			
	Autumn 1		Autumn 2	
Overview	Dance 		Balance and Agility 	
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		• 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	
Required Resources	✓ Gym Mats ✓ Sound System ✓ Related Music		✓ Bibs ✓ Cones ✓ Variety of balls ✓ Gym Mats	
Vocabulary	Unison	Rhythm	Sprint	Direction
	Beat	Direction	Instructions	Jog
	Sequence	Repeat	Rules	Point Balance
	Travel	Gesture	Competition	Fair Play
Location	Hall		Hall or KS2 playground	

Year 1

	Spring Term						
	Spring 1				Spring 2		
Overview	Gymnastics 				Throwing and Catching 		
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				• 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	✓ Gym Mats ✓ Benches ✓ Climbing Frame ✓ Gym Tables				✓ Cones ✓ Variety of different balls ✓ Balloons ✓ Bean bags ✓ Targets (hoops/buckets)		
Vocabulary	Tense	Relax	Balance	Travel	Speed	Collide	
	Curl	Routine	Point	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 1 and 2

Overview

Athletics



Running

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

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

Ready Hands

Pause

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

Direction

Sequence

Travel

Gesture

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

Year 2				
Summer Term 1				
Overview	Athletics		Health Related Exercise	
				
Skills to be Learnt	Running	- Run a sprint (45m) - Jump hurdles whilst running - Understand how to start a race	- 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	- 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		✓ 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	• 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	• 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	✓ Map of school grounds ✓ Bean Bags ✓ Hoops ✓ 15 compasses ✓ Cones	✓ Kickballs ✓ Cones ✓ Notepad for scoring		
Vocabulary	Compass	North	Roll	Distance
	East	South	Posts	Fielding
	West	Key	Bowling	Decision Making
	Communication	Determination	Common goal	Accuracy
Location	Field and KS2 Playground		Field	

Year 3

Autumn Term 1

Overview

Swimming



Content delivered by qualified swimming teachers

End of Key Stage 2 targets:

Skills to be Learnt

Distance: Swim competently, confidently, and proficiently over a distance of at least 25 metres.

Technique: Use a range of strokes effectively (e.g., front crawl, backstroke, and breaststroke).

Safety: Perform safe self-rescue

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

School Pool

Year 3

Autumn Term 1

Overview

Health Related Exercise



Multi-Skills



Skills to be Learnt

- 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

- 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

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

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

Vocabulary

Pulse	Meditation		Dodge	Tactics
Strength	Nutrition		Run	Jog
Muscle	Continuous Exercise		Sprint	Fielding

Location

Outdoor Gym Equipment/MUGA

KS2 Playground

Year 3

Autumn Term 2

Overview	Rugby 		Gymnastics 		
Skills to be Learnt	• Develop an understanding for the rules of Tag Rugby • Demonstrate good ball handling when moving with the ball • Pass and receive the ball (standard pass) • Develop decision making choices to benefit the team (e.g. pass or run)		• 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 pairs Rugby Tags ✓ 30 Rugby Balls (size 4) ✓ Cones ✓ Bibs		✓ Gym Mats ✓ Benches ✓ Climbing Frame ✓ Gym Tables		
Vocabulary	Try Line	Tag	Adapt Sequence	Quality	Unison
	Weave	Dodge	Body Shape	Strength	Suppleness
	passs	Ball Handling	Create Sequence	Canon	Teddy Roll
Location	Field or KS2 Playground		Hall		

Year 3

Spring Term 1

Overview	Dance 	Netball 		
Skills to be Learnt	• 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	• 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		
Required Resources	✓ Gym Mats ✓ Sound System ✓ Related Music	✓ 15 Netballs ✓ 4 Hoops/Targets ✓ Bibs ✓ Cones		
Vocabulary	Improvise	Lead	Pivot	Chest pass
	Partner	Group	Shoulder Pass	Bounce Pass
	Phrase	Rehearse	Thirds	Offside
			Center Pass	Court
Location	Hall		KS2 Playground	

Year 3

Spring Term 2

Overview	Football 	Orienteering 		
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	• 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		
Required Resources	✓ 30 Footballs (size 4) ✓ Cones ✓ Bibs ✓ Pop up goals	✓ Map of school grounds ✓ Bean Bags ✓ Hoops ✓ 15 compasses ✓ Cones		
Vocabulary	Corner	Foul	Compass	North
	Goal Kick	Dribbling	East	South
	Inside Foot	Penalty Area	West	Key
	Half Way Line	Goal Line	Communication	Determination
Location	KS2 Playground or Field		Field and KS2 Playground	

Year 3

Summer Term 1

Overview	Rounders 	Invictus 		
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	• 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	✓ Rounders Bats ✓ Batting Tees ✓ Hoops ✓ 15 Tennis Balls ✓ Cones	✓ Goalball ✓ Boccia Set ✓ Old bed sheets ✓ Blindfolds ✓ Bibs ✓ Hoops ✓ Cones		
Vocabulary	Bases	Backstop	Teamwork	Perseverance
	Bowler	Fielding	Disability	Collaborative
	Overarm	Underarm	Competitive	Paralympics
Location	Field	Hall or KS2 Playground		

Year 3

Summer Term 2

Overview	Cricket		Athletics		
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		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	✓ Quick Cricket sets ✓ Cones ✓ Bibs ✓ 15 wind/tennis balls		✓ Bean bags ✓ Cones ✓ Hoops ✓ Hurdles ✓ Netballs ✓ Batons		
Vocabulary	Stumps	Underarm	Relay	Hurdle	
	Overarm	Caught Out	Stationary	Hop	
	Wicket	Wicket Keeper	Skip/Step	Baton	
Location	KS2 Playground/Field		Field		
			Chest Pass		Change Over

Year 4

Autumn Term 1

Overview

Swimming



Content delivered by qualified swimming teachers

End of Key Stage 2 targets:

Skills to be Learnt

Distance: Swim competently, confidently, and proficiently over a distance of at least 25 metres.

Technique: Use a range of strokes effectively (e.g., front crawl, backstroke, and breaststroke).

Safety: Perform safe self-rescue

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

School Pool

Year 4

Autumn Term 1 and 2

Yoga

Overview

Skills to
be Learnt

Required
Resources

Vocabulary

Location

Year 4

	Autumn Term 1		Autumn Term 2	
Overview	Health Related Exercise 		Netball 	
Skills to be Learnt	• 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		• 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	
Required Resources	✓ Cones ✓ 15 Tennis Balls ✓ 30 Fitness Testing Sheets ✓ Hoops		✓ 15 Netballs ✓ 4 Hoops/Targets ✓ Bibs ✓ Cones	
Vocabulary	Pulse	Meditation	Pivot	Chest pass
	Strength	Nutrition	Shoulder Pass	Bounce Pass
	Muscle	Continuous Exercise	Thirds	Offside
			Center Pass	Court
Location	Outdoor Gym/MUGA		KS2 Playground	

Year 4

Spring Term 1 and 2

Overview

Football



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

Required Resources

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

Vocabulary

Corner	Foul
Goal Kick	Dribbling
Inside Foot	Penalty Area
Half Way Line	Goal Line

Location

KS2 Playground or Field

Year 4

	Spring Term 1			Spring Term 2	
Overview	Gymnastics 			Dance 	
Skills to be Learnt	- 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			- 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	✓ Gym Mats ✓ Benches ✓ Climbing Frame Gym Tables			✓ Gym Mats ✓ Sound System Related Music	
Vocabulary	Create Sequence	Quality	Unison	Improvise	Lead
	Body Shape	Strength	Suppleness	Partner	Group
	Adapt Sequence	Canon	Teddy Roll	Phrase	Rehearse
location	Hall			Hall	

Year 4

Summer Term 1 and 2

Overview	Cricket 		Athletics 	
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		Running	- 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
			Jumping	- 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
			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		✓ Hurdles ✓ 6 batons ✓ Measuring tape ✓ 15 Bean bags ✓ Foam Javelins ✓ Shot putts/Tennis Balls Stopwatches	
Vocabulary	Stumps	Underarm	Hurdle	Relay
	Overarm	Caught Out	Pace	Hop
	Wicket	Wicket Keeper	Skip	Putt
			Throw	Endurance
location	Field and KS2 Playground		Field/ KS2 Playground	

Year 5

Autumn Term 1

Overview

Swimming



Content delivered by qualified swimming teachers

End of Key Stage 2 targets:

Skills to be Learnt

- **Distance:** Swim competently, confidently, and proficiently over a distance of at least 25 metres.
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- **Technique:** Use a range of strokes effectively (e.g., front crawl, backstroke, and breaststroke).
-
- **Safety:** Perform safe self-rescue

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

School Pool

Year 5

Autumn Term 1

Overview

Dance



Health Related Exercise



Skills to be Learnt

- 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

- Develop knowledge of how food and drink consumed affects our body
- Develop ability to exercise to different intensities
- Find their pulse independently and explain why heart rate increases
- Develop ability to utilise knowledge and understanding of the body to improve peer's fitness
- Understand that different foods have different nutritional value
- Be able to track fitness through written means
- Understand that continuous exercise will improve overall fitness

Required Resources

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

- ✓ Speed bounce
- ✓ 30 Fitness Testing Sheets
- ✓ Tennis balls
- ✓ Mats

Vocabulary

Compose
Clear
Accurate
Unison

Choreograph
Fluent
Consistent
Canon

Pulse
Strength
Muscle hypertrophy
Antagonistic pair

Personal trainer
Nutrition
Endurance
Fitness

Year 5

Autumn Term 2

Overview

Rugby



Basketball



Skills to be Learnt

- 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

- 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

- ✓ 30 pairs Rugby Tags
- ✓ 30 Rugby Balls (size 4)
- ✓ Cones
- ✓ Bibs

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

Vocabulary

Tag	Try Line	Double Dribble	Chest Pass
Dodge	Weave	Bounce Pass	Javelin Pass
Ball Handling	Pop Pass	Assist	Backboard
Square On	Offside	Lay Up	Man to Man

Location

Field or KS2 Playground

KS2 Playground

Year 5

	Spring Term 1	Spring Term 2		
Overview	Hockey 	Football 		
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	• Develop an understanding for the rules of football • Continue to become more fluent when dribbling in different directions • 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		
Required Resources	✓ 30 Hockey Sticks ✓ 30 Hockey Balls/Tennis Balls ✓ Cones ✓ Bibs ✓ Pop up goals	✓ 30 Footballs (size 4) ✓ Cones ✓ Bibs ✓ Pop up goals		
Vocabulary	Dribble	Flick	Corner	Foul
	Obstruction	Feint	Goal Kick	Dribbling
	Clear	Cross	Inside Foot	Penalty Area
	Jab Tackle	Open/Reverse Side	Half Way Line	Goal Line
Location	Playground	Field/ KS2 Playground		

Year 5

Spring Term 1 and 2

Overview

Cricket



Skills to be Learnt

- Develop an understanding of the values and rules of Cricket
- Hold a bat correctly
- Place shots away from fielder
- 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
- Hold the ball showing good technique
- Bowl in a straight line

Required Resources

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

Vocabulary

	Bowl	Grip	
	Boundary	Four	
	Wicket	Six	
	Stumps	Stumped	

Location

Field

Year 5

	Summer Term 1		Summer Term 2	
Overview	Tennis 		Athletics 	
✓ Skills to be Learnt	• Grip the racket correctly • Develop ability to be able to make contact with the ball (regardless of direction) • Develop a knowledge of basic tennis rules (including court layout) • To serve underarm (cross-court) successfully • To be able to return a serve within court dimensions • To understand how to rally • Develop number of shots completed within a rally		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
Required Resources	✓ Tennis Rackets ✓ Tennis Nets ✓ Tennis Balls ✓ Cones		✓ Hurdles ✓ 6 batons ✓ Measuring tape ✓ 15 Bean bags/ shot putts ✓ Foam Javelins ✓ Stopwatches	
Vocabulary	Serve	Rally	Hurdle	Relay
	Grip	Volley	Momentum	Triple Jump
	Court	Ace	Trajectory	Putt
	Backhand	Forehand	Throw	Personal Best
Location	KS2 Playground		Field	

Year 5

Summer Term 1 and 2

Overview

Yoga

Skills to
be Learnt

Required
Resources

Vocabulary

Location

•

•

✓

✓

Year 6

Autumn Term 1

Overview

Swimming



Content delivered by qualified swimming teachers

End of Key Stage 2 targets:

Skills to be Learnt

- **Distance:** Swim competently, confidently, and proficiently over a distance of at least 25 metres.
-
- **Technique:** Use a range of strokes effectively (e.g., front crawl, backstroke, and breaststroke).
-
- **Safety:** Perform safe self-rescue

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

School Pool

Year 6

Autumn Term 1

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 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	• 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	✓ 15 Netballs ✓ 4 Hoops/Targets ✓ Bibs ✓ Cones	✓ Gym Mats ✓ Sound System ✓ Related Music		
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

Autumn Term 2

Overview

Rugby



Basketball



Skills to be Learnt

- 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

- 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

- ✓ 30 pairs Rugby Tags
- ✓ 30 Rugby Balls (size 4)
- ✓ Cones
- ✓ Bibs

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

Vocabulary

Tag	Try Line	Double Dribble	Chest Pass
Dodge	Weave	Bounce Pass	Javelin Pass
Ball Handling	Pop Pass	Assist	Backboard
Square On	Offside	Lay Up	Man to Man

Location

Field or KS2 Playground

MUGA

Year 6

Spring Term 1 and 2

Overview

Yoga

Skills to
be Learnt

Required
Resources

Vocabulary

Location

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✓

✓

Year 6

	Spring Term 1		Spring Term 2	
Overview	Hockey 		Gymnastics 	
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		• 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	✓ 30 Hockey Sticks ✓ 30 Hockey Balls/Tennis Balls ✓ Cones ✓ Bibs ✓ Pop up goals		✓ Gym Mats ✓ Benches ✓ Climbing Frame ✓ Gym Tables	
Vocabulary	Dribble	Flick	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
Full Toss	Pitch
Drive	Crease
Duck	LBW

Hurdle	Relay
Momentum	Triple Jump
Trajectory	Putt
Throw	Personal Best

Location

Field/Playground

Field

Year 6

Summer Term 2

Overview	Rounders 	Tennis 		
Skills to be Learnt	• Understand the rules of Rounders • Understand the different ways a fielder can stop the ball (Long/short barrier and catching) while stationary and moving • 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	• Grip the racket correctly • Develop ability to be able to make contact with the ball (regardless of direction) • Develop a knowledge of basic tennis rules (including court layout) • To serve underarm (cross-court) successfully • To be able to return a serve within court dimensions • To understand how to rally • Develop number of shots completed within a rally		
Required Resources	✓ Rounders Bats ✓ Batting Tees ✓ Hoops ✓ 15 Tennis Balls ✓ Cones ✓ Bibs	✓ Tennis Rackets ✓ Tennis Nets ✓ Tennis Balls ✓ Cones ✓		
Vocabulary	Bases	Backstop	Rally	Serve
	Bowler	Fielding	Volly	Grip
	Overarm	Underarm	Court	Ace
	Rounder	Caught Out	Backhand	Forehand
Location	Field		KS2 Playground	