

Swindon Village Primary School



PE Curriculum

PE Overview

	Autum	n Term	Spring	Term	Summe	r Term
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Balance and Agility	Dance	Gymnastics	Throwing & Catching	Athle A	etics
Year 2	Multi-skills O O O O O O O O O O O O O O O O O O	Dance	Gymnastics	Throwing & Catching	Athletics HRE	Kickball OAA
Year 3	Swim	nming	Dance Multi-Skills	Netball Gymnastics	Rounders	Cricket
Year 4	Football Gymnastics	Netball Dance	Swim	nming	Rounders Athletics	Cricket Invictus

PE Overview

	Autumi	n Term	Spring	g Term	Summe	r Term
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	HRE	Rugby			Gymnastics	Athletics
Year 5			Swim	nming	13	类
Уеа	Football	Dance			Hockey	Basketball
	J.	F			入	
			Netball	Hockey	Cricket	Handball
ır 6	Swim	nming	X	入	K	*
Year 6			Gymnastics	Golf	Athletics	Invictus
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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	1	Football	Rugby
Spring Term	1	Netball	Hockey
Summer Term	Kickball	Cricket	Handball

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	Autumn Term				
	Autum	n 1	Autu	mn 2	
	Balance and	d Agility	Dai	nce	
Overview	入	<u> </u>	*	7	
		start and stop on command	• Mov	e to music	
		ion while showing llance	Copy dance	e moves in unison	
	 Understand the difference between a sprint and a jog 		·	thm, speed, level direction	
Skills to be	 Develop control of arm movements when running 		 Move with control and co- ordination 		
Learnt	how to play a	nderstanding of game fairly and etitively	 Link movements to show a mood, feeling or in response to a stimulus 		
	physical • Copy balance	dult and complete instructions s and show 1,2,3		nort, individual ses to perform	
	 and 4 point balances Develop control when balancing for longer than 3 seconds 			l and demonstrate tion in dance	
Required Resources	✓ Bibs✓ Cones✓ Variety of balls✓ Gym Mats		✓ Gym Mats ✓ Sound System ✓ Related Music		
	Direction	Sprint	Unison	Rhythm	
	Jog	Instructions	Beat	Direction	
Vocabulary	Point Balance	Rules	Sequence	Repeat	
	Fair Play	Competition	Travel	Gesture	
Location	Hall or KS2 p	olayground	I	Hall	

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Spring Term						
		Sprin	a 1	Spring		ng 2
Overview	Gymnastics Gymnastics					nd 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 				 Develop con when thr Develop flue solo of tracking a between the and Copy, watch 	tly, changing speed on easily and avoid collisions ntrol and accuracy rowing underarm ency when catching and as a pair and the concept of call and being in line ts trajectory d choices between es of throw and the difference rowing for distance d accuracy and describe what and how they do it
Required Resources	✓ Gym Mats ✓ Benches ✓ Climbing Frame ✓ Gym Tables Tense Relax Balance Travel			l e	✓ Variety o ✓ E ✓ Bo ✓ Targets (Cones f different balls Balloons ean bags (hoops/buckets)
					Speed	Collide
Vocabulary	Curl	Routine	Point	Tuck Jump	Accuracy	Solo
-vocabalal y	Stretch	Apparatus	Hold	Pencil Roll	Pair	Throw
	Sequence	Perform/ance	Pointed	Bunny Jumps	Distance	Coach
Location		Hal	I		Hall or KS2	Playground

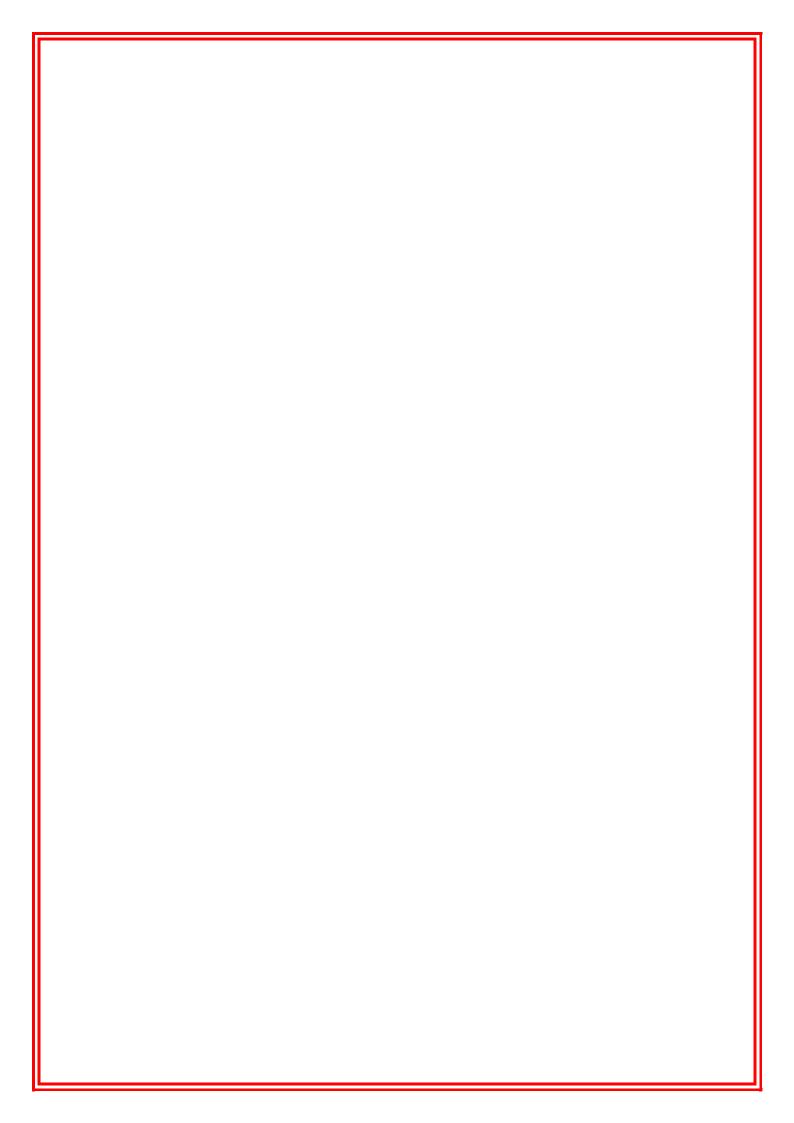
Year 1						
			Summer	Term		
			Summer			
Overview			Athle	tics		
	Running		 Jump hur 	a sprint (30m) rdles whilst running d how to start a rad		
Skills to be Learnt	Jumping		•	a stationary position best to land when		
	Throwing	 Understand how to throw for distance Using a side on position to gain distance when throwing 				
Required Resources		✓ Bean bags ✓ Cones ✓ Hoops ✓ Hurdles				
Vacabulani		Sprint	Measure	Hurdle	Finish Line	
Vocabulary		Side On	Landing feet	Improve	Metres	
Location			Field, KS2 Play	ground or Hall		

	Year 2
	Autumn Term 1
Overview	Multi-Skills O O O O O O O O O O O O O
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 		direction ination response to a stimulus to perform	
Required Resources	✓ Gym Mats ✓ Sound System ✓ Related Music			
	Unison	Rhythm	Beat	
Vocabulary	Direction	Sequence	Repeat	
	Travel	Gesture	Canon	
Location		Hall		

		Ye	ar 2				
		S	pring Terr	n 1			
Overview		Gymnastics					
		Make body to	tense, relaxed	, curled and stre	tched		
		 Copy 	sequences an	d repeat them			
		•	Roll in differ	ent ways			
		Travel safely in different ways					
Skills to	Balance in different ways						
be Learnt	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 improver 				improvements		
Required	✓ Gym Mats ✓ Benches						
Resources	✓ Climbing Frame ✓ Gym Tables						
	Tense	Relax	Balance	Travel	Squat		
Vocabulary	Curl	Routine	Point	Tuck Jump	Mirror/Match		
-vocabalal y	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



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	Summer Term 1					
Overview	Athletics			Health Related Exercise		
	Running	JumpUnde	a sprint (45m) hurdles whilst running rstand how to tart a race	Understan beats faste	d what a pulse is d that the heart r while exercising o take part in a	
Skills to be Learnt	Jumping	stati • Under	ump from a onary position stand how best d when jumping	 Be able to take part in a meditation session Understand that there are different types of fitness Understand what types of 		
	Throwing	 Understand how to throw for distance Using a side on position to gain distance when throwing 		Be able tUnderstand exercise wi	e good for us o track fitness d that continuous ill improve overall fitness	
Required Resources		✓ Bean bags ✓ Cones ✓ Hoops ✓ Hurdles		✓ Cones ✓ 15 Tennis Balls ✓ 30 Fitness Testing Sheets ✓ Hoops		
Vocabulary		Sprint Measure Side On Landing feet Hurdle Finish Line Improve Metres		Pulse Strength Muscle Sugar	Meditation Nutrition Personal Best Health	
Location		Fie	eld	•	all	

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	Summer Term 2					
Overview	Orient			kball		
Skills to be Learnt	 Understand	name 4 points on a ompass the importance of y on a map inderstanding for ing a compass oratively, showing ition with others ependently while lem solving olve more complex roblems	 Roll the band Be able to note Aim and Make decision throise Communication fielding Work col 	understanding for les of Kickball Il with control and accuracy hake contact with a colled ball control ball kick ions of when to run w when fielding e with others while ag affectively laboratively with achieve a common goal		
Required Resources	 ✓ Map of school grounds ✓ Bean Bags ✓ Hoops ✓ 15 compasses ✓ Cones 		✓ 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 KS		-	eld		

Year 3						
	Autumn Term 1+2					
Overview	Swimming					
	Content	Content delivered by Tewkesbury High School's qualified swimming teachers				
	• [Develop pool safet	ry skills and confic	lence in and arour	nd water	
	 Travel vertically and horizontally (with the aid of floats) 					
el :II	- Severe Menting defroit on the such					
Skills to be Learnt						
		 Develo 	op safe entry and	exit of a pool		
		• Learn	to float and subm	erge in water		
		•	Show breath co	ntrol		
			• Tread wate	r		
		• Select a str	oke suitable for a	n intended purpos	se	
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				
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	Spring Term 1				
Overview	Dar A	nce	Multi	-Skills	
Skills to be Learnt	ideas from m Share and cr partner an Repeat, reme these phi Use dance to Lead when wo Ensure that and Work with rhi of mus Learn Understand unison and b	freely, translating in a stimulus into ovement eate phrases with a aid in small groups ember and perform rases in a dance communicate an idea rking with a partner or group dance is rehearsed purposeful ythm using a variety sical stimulus group dances and demonstrate egin to understand on in dance	 Moving around Be able to ston continuous Change direction while stone Show hands reading Be able to stone Be able to stone Be able to stone 	ol when running and und a medium space fart and stop running mmand quickly stion in multiple ways howing balance and call to signal a ness to catch stop a ball when fielding aderstanding of the for creating tactics eact to what is seen and simultaneously	
Required Resources	✓ Gym Mats ✓ Sound System ✓ Related Music		✓ Cones ✓ Bibs ✓ Bean bags ✓ Tennis balls ✓ Hoops		
Vocabulary	Improvise Partner Phrase	Lead Group Rehearse	Dodge Run Sprint	Tactics Jog Fielding	
Location	Н		•	ayground	

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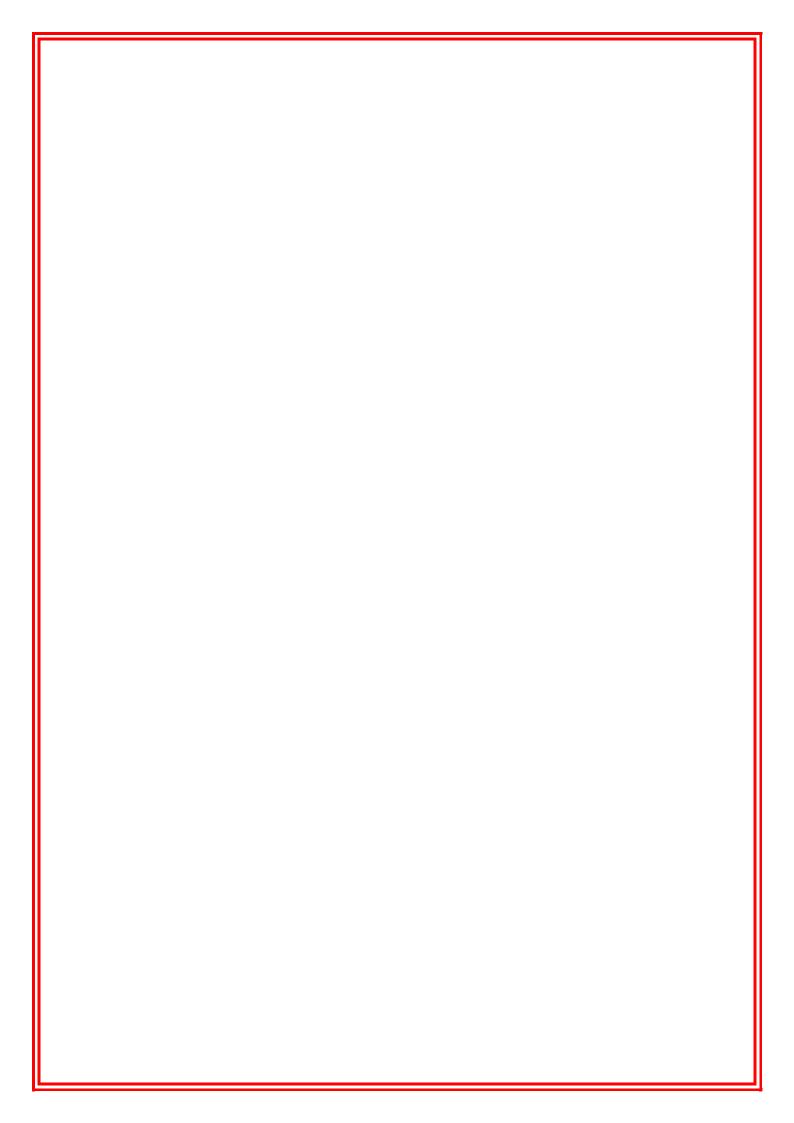
		Spring	Term 2		
Overview	Netb	oall B	G	ymnastics	
Skills to be Learnt	Pass effective techniques (combound techniques) Send and received techniques Develop the sking the shoot whilst under the second techniques Begin to pivot lectors	derstanding for the of Netball ly using a variety of hest, shoulder and nce pass) e a pass whilst moving ill of shooting in to a rarget der pressure from a efender gally while holding the ball anding for marking an limit their space	Improve the rolls), be rolls), be rolls), be rolls. Create of mee. Adapt see the roll of the roll o	he quality of ody shapes, to balances gymnastic seet a set of contequences to strypes of appoint a change in on within my cribe and evaluation within my cribe and evaluation within my cribe and evaluation and once (including eness affects to be own and of the county and	quences that onditions suit different aratus a speed and movements aluate the quality of a g how strength performance) rmances have d thers' work, ents about the es and suggest
Required Resources	✓ 15 Netballs ✓ 4 Hoops/Targets ✓ Bibs ✓ Cones		✓ Gym Mats ✓ Benches ✓ Climbing Frame ✓ Gym Tables		s ame
Vocabulary	Pivot Shoulder Pass Thirds Center Pass	Chest pass Bounce Pass Offside Court	Adapt Sequence Body Shape Create Sequence	Quality Strength Canon	Unison Suppleness Teddy Roll
Location	KS2 Playe	ground		Hall	

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	Summer Term 1				
Overview	Roun	ders	Athletics		etics
	 for the runderstand ways a field ball (Long/s) 	n understanding ules of Rounders and the different der can stop the short barrier and while stationary	Running	Jump huUnderstof diffe	ay with fluent baton changes rdles whilst running and the importance rent body positions when running
Skills to be Learnt	Throw designerBegin to effective	 Throw overarm to a designated base Begin to make good and effective decisions when 		UnderstaWLearn	from a stationary position and how best to land then jumping the basics of the jump in isolation
	 Throw of accuracy Bowl und Become months the rounder 	 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 		using the	pass for distance e correct technique stand 45° is key to ow for distance
Required Resources	✓ Rounders Bats ✓ Batting Tees ✓ Hoops ✓ 15 Tennis Balls ✓ Cones ✓ Bibs			✓ Bean bags ✓ Cones ✓ Hoops ✓ Hurdles ✓ Netballs ✓ Batons	
Vocabulary	Bases Bowler Overarm Rounder	Backstop Fielding Underarm Caught Out		Relay Stationary Skip/Step Chest Pass	Hurdle Hop Baton Change Over
Location	Fie		Field		_

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		Summer	Term 2	
Overview	Cric	ket	Health Rela	ated Exercise
Skills to be Learnt	 the value Hold a Catch the behight Move and going ground using Throw the Hold the behind Begin to bown Keep bown 	understanding of ues of Cricket bat correctly ball at a variety of s and speeds ather a ball on the ng an appropriate method ball for distance ball showing good echnique vI in a straight line ling arm straight bing action	 begin to fi Understated beats fast Be able medi Understated differen Understated foods nutre Be able important nutre Be able throug Understated foods 	d what a pulse is and ind it independently and that the heart ter while exercising to take part in a tation session and that there are t types of fitness and that different have different ritional value e to name some muscles in the human body to track fitness h written means nd that continuous 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		2 Playground		Hall



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		Autumn	Term 1		
	Foot	tball	G [,]	ymnastics	
Overview	3			母	
Skills to be Learnt	Pass the ball inside Use an appropriate show Aim for core Tackle an opp	aderstanding for the sof football the ball in front of he body op the ball accurately with the sof the foot ropriate technique oting at a target mers when shooting onent while they are lribbling	Improve the rolls), be rolls), be rolls), be rolls. Create games. Adapt se the roll of rections and suppless and suppless recognises. Descriptions and suppless recognises.	he quality of ody shapes, to balances gymnastic sect a set of contequences to strypes of apparation within my cribe and evalution and evalution and or improved the own and or imple judgments and or implements	quences that onditions ruit different ratus a speed and movements luate the quality of a phow strength performance) rmances have
Required Resources	✓ 30 Footballs (size 4) ✓ Cones ✓ Bibs ✓ Pop up goals		ways they could be improved ✓ Gym Mats ✓ Benches ✓ Climbing Frame		rs s ame
	Corner	Foul	Adant Saguanca	Gym Tabl Quality	Unison
			Adapt Sequence		
Vocabulary	Goal Kick	Dribbling	Body Shape	Strength	Suppleness
	Inside Foot	Penalty Area	Create Sequence	Canon	Teddy Roll
	Half Way Line	Goal Line		331,	
Location	KS2 Playgro	und or Field		Hall	

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		Autumn	Term 2	
Overview	Net	ball	Dai	nce
Skills to be Learnt	• Pass effective of technique and be and be and be and be and received. • Send and received. • Develop the to a shoot whils from a segin to pick holdice. • Understand mark a concentral	understanding for es of Netball vely using a variety of (chest, shoulder ounce pass) ceive a pass whilst moving skill of shooting in a target et under pressure a defender evot legally while and the ball which opponent to and maintain the to restrict essession	ideas from mo Share and cool a partner a Repeat, reme these phr Use dance to Lead where partner Ensure that and Work with variety of Learn of Understand unison and be	Freely, translating n a stimulus into ovement reate phrases with nd in small groups ember and perform rases in a dance to communicate an idea n working with a her or group dance is rehearsed purposeful n rhythm using a musical stimulus group dances l and demonstrate egin to understand on in dance
Required Resources	✓ 15 Netballs ✓ 4 Hoops/Targets ✓ Bibs ✓ Cones		✓ Soul	ym Mats nd System ited Music
	Pivot	Chest pass	Improvise	Lead
Vacabulanu	Shoulder Pass	Bounce Pass	Partner	Group
Vocabulary	Thirds	Offside	Phrase	Rehearse
	Center Pass	Court	Unison	Canon
Location	KS2 Play	ground	Hall	

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			ring Term 1	+ 2	
Overview			Swimming		
	Content	delivered by	Tewkesbury Higl teachers	h School's quali	fied swimming
	• 0	oevelop pool safet	ry skills and confic	dence in and arour	nd water
	•	Travel vertically	y and horizontally	(with the aid of f	Floats)
		•	Practise a push ar	nd glide	
Skills to be Learnt		 Develop 	kicking action on	front and back	
De Dearm		 Develo 	op safe entry and	exit of a pool	
		• Learn	to float and subm	erge in water	
		•	Show breath co	ntrol	
			 Tread wate 	r	
		• Select a str	roke suitable for a	n intended purpos	se
Required	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				
Vocabulary	Front crawl	Backstroke	support changing Breaststroke	Deep End	Shallow End
v ocabalal y	Submerge	Float	Vertically	Horizontally	Push and Glide
Location		Tew	kesbury High So	chool	

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		Summ	er 7	Term 1	
	Roun	ders	Athletics		
Overview			文		
	• Understand a fielder o (Long/sh catching) wh	understanding for s of Rounders the different ways can stop the ball ort barrier and nile stationary and moving	Running	 Run a i Understa When Understa pace whe 	urdles whilst running relay using a baton and the roll arms play running for speed and the importance of a running a variety of distances
Skills to be Learnt	• Begin to make good of effective decisions w		Jumping	foot • Begin fundamen • Understa	jump for distance to understand the tals of the triple jump and the importance of um when jumping for distance
	fielding Throw and catch with accuracy and control Bowl underarm to a set height Become more familiar with the	Throwing	• Throw a s	javelin using correct technique hot putt using correct technique	
		e familiar with the	Thre	 Understand the difference between a putt and a throw Understand how to stay safe 	
Required Resources	rounders bat and how to hold it <pre></pre>		during throwing events ✓ Hurdles ✓ 6 batons ✓ Measuring tape ✓ 15 Bean bags ✓ Foam Javelins ✓ Shot putts/Tennis Balls ✓ Stopwatches		urdles batons uring tape ean bags n Javelins rs/Tennis Balls
Vocabulary	Bases Bowler Overarm	Backstop Fielding Underarm		Hurdle Pace Skip	Relay Hop Putt
	Rounder	Caught Out		Throw	Endurance
Location	Fie	ld		Field/ KS2	Playground

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		Summer	Term 2	
Overview	Cric	ket	Invi	ctus
Skills to be Learnt	• Hold a • Begin to place • Catch the begin to Gather • Move and genound us • Throw the • Hold the letter • Begin to both	nderstanding of the s of Cricket bat correctly e shots strategically ball at a variety of s and speeds a bouncing ball ather a ball on the sing long barrier ball for distance ball showing good echnique which a straight line arm straight during action	 Develop abil active Begin to understand peoper Give instruction Listen careform Work collabore Utilise new services 	ty to solve problems ity to engage in new vities fairly derstand obstacles ble on a day-to-day basis ions that help others fully to instructions ratively to overcome problem skills in competitive ituations
Required Resources	✓ Quick Cricket sets✓ Cones✓ Bibs✓ 15 wind/tennis balls		✓ Goalball ✓ Boccia Set ✓ Old bed sheets ✓ Blindfolds ✓ Bibs ✓ Hoops ✓ Cones	
	Stumps	Underarm	Teamwork	Perseverance
Vocabulary	Overarm	Caught Out	Disability	Collaborative
	Wicket	Wicket Keeper	Competitive	Paralympics
Location	Field and KS	2 Playground	Hall or KS2	? Playground

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		Autumn	Term 1	
Overview	Foot	ball	Health Relat	ed Exercise
Skills to be Learnt	 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 		food & draffect Develop the at differ Develop know body function e Be able to a specific, p Understand between; commuscular en	wledge of how the rink we consume its our body ability to exercise rent intensities wledge of how the ons/changes during xercise offer advice for a health-related ourpose d the difference ordination ability, indurance, cardiotiness and speed.
Required Resources	✓ 30 Footballs (size 4) ✓ Cones ✓ Bibs ✓ Pop up goals		✓ Cones ✓ 15 Tennis Balls ✓ Equipment may vary dependi on children's input/thoughts ✓ P.T- Client cards	
Vocabulary	Corner Goal Kick Inside Foot Half Way Line	Foul Dribbling Penalty Area Goal Line	Calories Heart Beat Injury Endurance	Intensity Pulse Co-ordination Cardio-Vascular
Location	Field or KS2		Ho	

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		Autumn	Term 2		
Overview	Ru	gby	Da	nce	
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 		 Dance showing clarity, fluency, accuracy and consistency Develop imaginative dances in a specific style Choose a variety of music, style 		
Required Resources	✓ 30 pairs Rugby Tags ✓ 30 Rugby Balls (size 4) ✓ Cones ✓ Bibs		√ Sou	ym Mats nd System ated Music	
Vocabulary	Tag Dodge Ball Handling Square On	Try Line Weave Pop Pass Offside	Compose Clear Accurate Unison	Choreograph Fluent Consistent Canon	
Location	'	2 Playground	Н	all	

Year 5							
		Sp	ring Term 1	+2			
Overview	Swimming						
	Content	t delivered by 7	Tewkesbury High teachers	n School's quali	fied swimming		
	• 1)evelop pool safet	ty skills and confid	lence in and arour	nd water		
	•	Travel vertically	y and horizontally	(with the aid of f	loats)		
		•	Practise a push an	nd glide			
Skills to be Learnt		 Develop 	kicking action on	front and back			
		Develop safe entry and exit of a pool					
		 Learn to float and submerge in water 					
		•	Show breath co	ntrol			
			Tread water	r			
		• Select a str	roke suitable for a	n intended purpo:	se		
Vocabulary	Front crawl	Backstroke	Breaststroke	Deep End	Shallow End		
Vocabulary	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		Tewl	kesbury High Sc	:hool			

Year 5

		Summer	Term 1		
Overview	Gymno	astics		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 Backward Roll Constructive Partner Balance	Dis/mount Stabilise Extension Timing	Dribble Obstruction Clear Jab Tackle	Flick Feint Cross Open/Reverse Side	
Location	Ho			Playground	

Year 5

	Summer Term 2				
Overview	Ath	letics	Basketball		
	Run a Under	 Jump hurdles while running Run a relay using a baton Understand the roll arms play when running for speed 		derstanding for the f Basketball	
Skills to be Learnt	Develop technique of a 1 to 2 foot jump for distance Begin to understand the fundamentals for the triple jump Understand the importance		 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 		
	Throwing Co Unders between Unders	 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 		 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 Momentum Triple Jump Trajectory Putt		Double Dribble Bounce Pass Assist	Chest Pass Javelin Pass Backboard	
Location	Throw F	Personal Best ield	Lay Up KS2 Play	Man to Man ground	

Year 6					
		Aut	umn Term :	l+2	
Overview		1.	Swimming		
	Content	delivered by 1	Tewkesbury Higl teachers	h School's quali	fied swimming
	• 1	Develop pool safet	y skills and confic	dence in and arour	nd water
	•	Travel vertically	and horizontally	(with the aid of f	loats)
		•	Practise a push ar	nd glide	
Skills to be Learnt		 Develop 	kicking action on	front and back	
		 Develo 	op safe entry and	exit of a pool	
		• Learn	to float and subm	erge in water	
		•	Show breath co	ntrol	
			• Tread wate	r	
		• Select a str	oke suitable for a	n intended purpo:	se
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
- Josephial y	Submerge	Float	Vertically	Horizontally	Push and Glide
Location		Tewl	kesbury High Sc	chool	

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	Spring Term 1				
Overview	Net	ball	Gymn	astics	
Skills to be Learnt	•	derstanding for the of Netball		plex or extended equences	
	techniques (d	ely using a variety of chest, shoulder and ince pass)		ments are accurate, and consistent	
	 Send and receive a pass whilst moving and/or under pressure 		•	es to specific timings rtner/group work	
	 Further develop the skill of shooting in to a target 		 Perform actions, shapes and balances consistently and fluently 		
	 Shoot whilst under pressure from a defender 		 Combine and perform gymnastic actions, shapes, travel and balances more fluently and 		
	 Use movement to create space and receive a pass 		effectively across a variety of apparatus		
	Pivot legally while holding the ball		 Perform consistently to different audience sizes 		
	 Understand which opponent to mark and maintain concentration to restrict possession 		 Evaluate own and others' work, giving constructive feedback about the quality of movements 		
		Netballs	√ G	ym Mats	
Required	✓ 4 Hoo	ops/Targets Bibs		Benches Ibing Frame	
Resources		Cones		vm Tables	
	Pivot	Chest pass	Compose	Choreograph	
Vacabulani	Shoulder Pass	Bounce Pass	Clear	Fluent	
Vocabulary	Thirds	Offside	Accurate	Consistent	
	Center Pass	Court	Unison	Canon	
Location	KS2 Play	/ground	Н	all	

		Year	6	
		Spring	Term 2	
Overview	Ho	ockey	Da	nce
Skills to be Learnt	 Underst part Dribble the and reverwith contoopen and when sel Strike the a target Stop the beautiful to the sel 	n understanding for ules of Hockey and the different is of the stick e ball with the open se side of the stick rol and accuracy in diclosed scenarios ccuracy and control ecting a push pass ball accurately into using a push shot all fluently using the ect technique	 Compose do and im Perform to expressive Dance show accuracy Develop ima spe Choose a var and dance Choreograge Understand 	vements and refine them ances in a creative aginative way an accompaniment, ely and sensitively ing clarity, fluency, and consistency ginative dances in a ecific style riety of music, style e (choreography) aph individual and oup dance d and demonstrate ann in dance
Required Resources	✓ 30 Hockey Sticks ✓ 30 Hockey Balls/Tennis Balls ✓ Cones ✓ Bibs ✓ Pop up goals		√ Sou	Sym Mats und System ated Music
Vocabulary	Dribble Obstruction Clear	Hall Feint Cross	Forward Roll Backward Roll Constructive	Dis/mount Stabilise Extension
Location	Jab Tackle KS2 P	Open/Reverse Side layground	Partner Balance H	Timing all

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		Summ	er T	Term 1	
Overview	Cric	ket		Athle	etics
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 		Throwing Jumping Running	 Run a r Unders play when Develop t foot july Begin the fundame Understance Throw a july Throw a july Throw corn 	rdles whilst running elay using a baton tand the roll arms in running for speed echnique of a 1 to 2 ump for distance to understand the intals for the triple jump and the importance intum when jumping for distance avelin using correct technique a shot putt using rect technique and the difference
	technique Bowl in a straight line Consider pitch and line when bowling		T	 Understa 	a putt and a throw nd how to stay safe 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		oatons uring tape gs/ shot putts
Vocabulary	Offside Full Toss Drive Duck	Leg Side Pitch Crease LBW		Hurdle Momentum Trajectory Throw	Relay Triple Jump Putt Personal Best
Location	Field/Pla			Fie	

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	Summer Term 2			
Overview	Invictus		Handball	
Skills to be Learnt	 Develop ability to solve problems 		Develop an understanding for the rules of Handball	
	 Develop ability to engage in new activities fairly 		 Develop a range of passing techniques 	
	 Understand obstacles facing people on a day-to-day basis 		Catch the ball when stationary and whilst moving	
	Give instructions clearly Listen and Collects		 Pass as a team moving towards a target 	
	Listen carefully to instructions		 Develop the jumping shot technique 	
	 Work collaboratively to overcome a problem 		 Explore strategies around defending as a team (man to man vs zonal defence) 	
	 Utilise new skills in competitive situations 			
Required Resources	✓ Goalball ✓ Boccia Set ✓ Old bed sheets ✓ Blindfolds ✓ Bibs ✓ Hoops ✓ Cones		✓ 15 Handballs ✓ Bibs ✓ Cones ✓ Pop up goals	
Vocabulary	Teamwork	Perseverance	Block	Goal Line
	Disability	Collaborative	Corner Throw	Side Line
	Competitive	Paralympics	Man to Man	Zonal
Location	Hall or KS2 Playground		Hall	

