

Long Term Plan PE 2021-22

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year One Skills Indoor	Dance Copy or create and link movement phrases with beginnings, middles and ends Perform movement phrases using a range of body actions and body parts Watch copy and describe what they and others have done Compose and link movement to make simple dances with clear beginnings, middles and ends	Gymnastics Explore gymnastics actions and still shapes Copy or create and link movement phrases with beginnings, middles and ends Perform movement phrases using a range of body actions and body parts Watch copy and describe what they and others have done	Multi-Skill stations 1-5 Explore and use skills, actions and ideas individually and in combination to suit the game they are playing Choose and use skills effectively for particular games	Multi-Skill Stations 6-10 Know that being active is good for them and fun watch, copy and describe what others are doing Describe what they are doing	Yoga Use their bodies and a variety of equipment with greater control and coordination Perform movement phrases using a range of body actions and body parts	Dance Copy or create and link movement phrases with beginnings, middles and ends Perform movement phrases using a range of body actions and body parts Watch copy and describe what they and others have done Compose and link movement to make simple dances with clear beginnings, middles and ends
Year One Knowledge Indoor	Perform dances using simple movement patterns Dance	Develop balance, agility and co-ordination, and begin to apply these in a range of activities Gymnastics	Multi skill Stations 1-5 Master basic movements including running, jumping, throwing and catching	Develop balance, agility and co-ordination, and begin to apply these in a range of activities Multi skill Stations 6-10 + Fundamental Skills Easter	Develop balance, agility and co-ordination, and begin to apply these in a range of activities Yoga	Perform dances using simple movement patterns Dance
Year One Key Vocabulary	Levels, Shapes, Speed, Safe Space, Pathways, Direction, Movement, Sequence, Balance, Rehearse, Performance, Canon	Tension, Straight, Squeezing, Tightness, Straight Back, Balance, Patches, Relaxation, Small Body Parts, Large Body Parts, Control, Hold, Landing, Shapes, Rolls.	Travel, Find Space, Control, Balance, Head Up, Move, Target, Big Hands, Feet Together, Knee Bent, Underarm, Overarm, Big Steps, Little Steps, Swinging Arms, Rocking.	Agility, Balance, Coordination, Control, Focus, Throw, Catch, Move, Target, Head Up.	Hold, Stretch, Control, Breathe In/Out, Steady, Balance, Flexibility, Strength, Sharing, Leadership, Calmness, Patience, Focus, Feedback.	Levels, Shapes, Speed, Safe Space, Pathways, Direction, Movement, Sequence, Balance, Rehearse, Performance, Canon.

Year One Skills Outdoor	Running and Jumping Explore and use skills, actions and ideas individually and in combination to suit the game they are playing Choose and use skills effectively for particular games	Multi Skills ABCs Explore and use skills, actions and ideas individually and in combination to suit the game they are playing Choose and use skills effectively for particular games	Be confident and safe in the spaces used to play games Move confidently and safely in their own and general space, using change of speed and direction	Throwing and Catching Be confident and safe in the spaces used to play games	Move confidently and safely in their own and general space, using change of speed and direction	Multi Skills – Racket Skills Explore and use skills, actions and ideas individually and in combination to suit the game they are playing Choose and use skills effectively for particular games Develop hand-eye coordination
Year One Knowledge Outdoor	Running and Jumping Master basic movements including running and jumping	Multi Skills ABCs Develop balance, agility and co-ordination, and begin to apply these in a range of activities	Participate in team games, developing simple tactics for attacking and defending Attacking and Defending	Master basic movements including running, jumping, throwing and catching Throwing and Catching	Participate in team games, developing simple tactics for attacking and defending Invasion games	Multi Skills – Racket Skills Master basic movements including running, jumping, throwing and catching
Year One Key Vocabulary	Travel, Find Space, Control, Balance, Head Up, Move, Target, Big Hands, Feet Together, Knee Bent, Big Steps, Little Steps, Swinging Arms, Rocking.	Agility, Balance, Coordination, Control, Focus, Throw, Catch, Running, Jumping, Move, Target, Head Up.	Travel, Find Space, Control, Balance, Head Up, Move, Target, Big Hands, Underarm, Overarm, Swinging Arms	Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning, Shield, Protect, Possession, Marking, Movement.	Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning, Shield, Protect, Possession, Marking, Movement.	Accurate, Throw, Catch, Cup, Underarm, Direction, Target Speed, Footwork, Movement, Forehand, Backhand, Racket, Strings, Push, Swing, Baseline, Net, Tennis Ball, Find Space.
Year Two Skills Indoor	Gymnastics Explore gymnastics actions and still shapes Copy or create and link movement phrases with beginnings, middles and ends Perform movement phrases using a range of body actions and body parts Watch copy and describe what they and others have done Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision.	Dance Use their bodies and a variety of equipment with greater control and coordination Perform movement phrases using a range of body actions and body parts watch copy and describe what they and others have done Explore movement ideas and respond imaginatively to a range of stimuli Compose and link movement to make simple dances with clear beginnings, middles and ends.	Multi Skills – ABCs Explore and use skills, actions and ideas individually and in combination to suit the game they are playing Choose and use skills effectively for particular games	Gymnastics Remember, repeat and link combinations of actions use their bodies and a variety of equipment with greater control and coordination Remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision.	OAA Engage in competitive (both against self and against others) and co-operative physical activities.	Multi Skills – Fundamental skills Move confidently and safely in their own and general space, using changes of speed, level and direction Recognise and describe what their bodies feel like during different types of activity be confident and safe in the spaces used to play games

Year Two Knowledge Indoor	Develop balance, agility and co-ordination, and begin to apply these in a range of activities Gymnastics	Perform dances using simple movement patterns Dance	Develop balance, agility and co-ordination, and begin to apply these in a range of activities Multi Skills – ABCs	Develop balance, agility and co-ordination, and begin to apply these in a range of activities Gymnastics	Understand the importance of effort and teamwork in order to succeed in a range of increasingly challenging situations. OAA	Develop balance, agility and co-ordination, and begin to apply these in a range of activities Multi skill Stations 1-5 + Fundamental Skills
Year Two Key Vocabulary	Tension, Straight, Squeezing, Tightness, Straight Back, Balance, Patches, Relaxation, Small Body Parts, Large Body Parts, Control, Hold, Landing, Shapes, Rolls.	Levels, Shapes, Speed, Safe Space, Pathways, Direction, Movement, Sequence, Balance, Rehearse, Performance, Canon.	Agility, Balance, Coordination, Control, Focus, Throw, Catch, Move, Target, Head Up.	Tension, Straight, Squeezing, Tightness, Straight Back, Balance, Patches, Relaxation, Small Body Parts, Large Body Parts, Control, Hold, Landing, Shapes, Rolls.	Listening, Abiding by Rules, Teamwork, Communication, Commands, Instructions, Direction, Listening, Problem Solving, Trust.	Agility, Balance, Coordination, Control, Focus, Throw, Catch, Move, Target, Head Up, Travel, Find Space, Big Hands, Feet Together, Knee Bent, Underarm, Overarm, Big Steps, Little Steps, Swinging Arms, Rocking.
Year Two Skills Outdoor	Multi-Skill Striking and Fielding Explore and use skills, actions and ideas individually and in combination to suit the game they are playing Choose and use skills effectively for particular games	Multi Skills – Racket Skills Explore and use skills, actions and ideas individually and in combination to suit the game they are playing Choose and use skills effectively for particular games Develop hand-eye coordination	Invasion Games Explore and use skills, actions and ideas individually and in combination to suit the game they are playing Choose and use skills effectively for particular games	Throwing and Catching Know that being active is good for them and fun watch, copy and describe what others are doing Describe what they are doing to others and why.	Attacking and Defending Explore and use skills, actions and ideas individually and in combination to suit the game they are playing Choose and use skills effectively for particular games	Athletics Move confidently and safely in their own and general space, using changes of speed, level and direction Recognise and describe what their bodies feel like during different types of activity be confident and safe in the spaces used to play games.
Year Two Knowledge Outdoor	Master basic movements including running, jumping, throwing and catching Multi Skills – Striking and Fielding	Multi Skills – Racket Skills Master basic movements including running, jumping, throwing and catching	Participate in team games, developing simple tactics for attacking and defending Invasion Games	Master basic movements including running, jumping, throwing and catching Throwing and Catching	Participate in team games, developing simple tactics for attacking and defending Attacking and defending	Master basic movements including running, jumping, throwing and catching Athletics
Year Two Key Vocabulary	Travel, Direction, Space, Position, Underarm, Release, Direction, Accuracy, Control, Follow-Through, Fielding, Batting, Bowling,	Accurate, Throw, Catch, Cup, Underarm, Direction, Target Speed, Footwork, Movement, Forehand, Backhand, Racket, Strings, Push, Movement.	Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning, Shield, Protect, Possession, Marking, Movement.	Travel, Find Space, Control, Balance, Head Up, Move, Target, Big Hands, Underarm, Overarm, Swinging Arms.	Attacking, Defending, Teamwork, Space, Direction, Speed, Block, Scanning, Shield, Protect, Possession, Marking, Movement.	Accuracy, Power, Underarm, Overarm, Distance, Control, Stance, Guide, Speed, Target, Safety, Balance, Height, Landing, Hurdling.

	Retrieving, Teamwork, Throwing, Catching, Wickets, Stumps, Bat.	Swing, Baseline, Net, Tennis Ball, Find Space.				
Year Three Skills Indoor	<p>Gymnastics Develop the range of actions, body shapes and balances they include in a performance.</p> <p>Create gymnastic sequences that meet a theme or set of conditions.</p> <p>Use compositional devices when creating their sequences, such as changes in speed, level and direction.</p>	<p>Dance Improvise freely on their own and with a partner, translating ideas from a stimulus into movement Create and link dance phrases using a simple dance structure or motif Perform dances with an awareness of rhythmic, dynamic and expressive qualities, on their own, with a partner and in small groups Keep up activity over a period of time and know they need to warm up and cool down for dance.</p>	<p>Ultimate Frisbee Begin to understand the importance of warming up Recognise good performance and identify the parts of a performance that need improving Use what they have learned to improve their work</p> <p>Know, measure and describe the short-term effects of exercise on the body Describe how the body reacts to different types of activity Describe and evaluate the effectiveness of performances, and recognise aspects of performances that need improving</p>	<p>Basketball Develop the range and consistency of their skills in all games.</p> <p>Devise and use rules.</p> <p>Use and adapt tactics in different situations to improve their play.</p> <p>Know and describe what you need to do to warm up and cool down.</p>	<p>Dance Explore and create characters and narratives in response to a range of stimuli. Use simple choreographic principles to create motifs and narrative. Perform complex dance phrases and dances that communicate character and narrative.</p> <p>Describe, interpret and evaluate their own and others' dances, taking account of character and narrative.</p>	<p>Athletics – Track and Field Consolidate and improve the quality, range and consistency of the techniques they use for particular activities.. Describe how the body reacts to different types of activity. Describe and evaluate the effectiveness of performances, and recognise aspects of performances that need improving</p>
Year Three Knowledge Indoor	<p>Develop flexibility, strength, technique, control and balance</p> <p>Gymnastics</p>	<p>Perform dances using a range of movement patterns</p> <p>Dance</p>	<p>Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>Ultimate Frisbee</p>	<p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p>Basketball</p>	<p>Perform dances using a range of movement patterns</p> <p>Dance</p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p>Athletics – Track and Field</p>
Year Three Key Vocabulary	Explore, Safety, Sequence, Shapes, Perform, Rolls, Jumps, Balance, Combine, Contrast, Travel, Tension	Emotions, Release, Travel, Performance, Feeling, Levels, Shapes, Speeds, Direction, Pathways, Movement, Sequence.	Backhand pass, crocodile catch. Frisbee, zone, advanced backhand pass, marking, pivot turn, fake throw, curve pass, spirit of the game principle,	Dribbling, Tactics, Techniques, Rules, Accuracy, Invasion, Control, Handling, Attacking, Defending, Shooting,	Emotions, Release, Travel, Performance, Feeling, Levels, Shapes, Speeds, Direction, Pathways, Movement, Sequence.	Direction, Movement, Coordination, Hurdling, Speed, Pace, Handover, Teamwork, Accurate, Target, Stance, Control, Power, Grip, Shot, Distance, Height, Guide, Momentum, Strength.

Year Three Skills Outdoor	Striking and Fielding Keep, adapt and make rules for striking and fielding and net games	Athletics Consolidate and improve the quality, range and consistency of the techniques they use for particular activities.. Describe how the body reacts to different types of activity. Describe and evaluate the effectiveness of performances, and recognise aspects of performances that need improving	Health and Fitness Develop the range and consistency of skills and technique Know, measure and describe the short-term effects of exercise on the body.	Hockey Develop the range and consistency of their skills in all games. Devise and use rules. Use and adapt tactics in different situations to improve their play	Cross Country Know, measure and describe the short-term effects of exercise on the body.	Tennis Develop the range and consistency of their skills in all games Improve their ability to choose and use simple tactics and strategies
Year Three Knowledge Outdoor	Use running, jumping, throwing and catching in isolation and in combination Striking and Fielding	To use running, jumping, throwing and catching in isolation and in combination Athletics	Health and Fitness Develop flexibility, strength, technique, agility, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending Hockey	Compare their performances with previous ones and demonstrate improvement to achieve their personal best Cross Country	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending Tennis
Year Three Key Vocabulary	Accuracy, Target, Aim, Wickets, Run, Score, Throw, Bowl, Caught, Grip, Stump, Bat, Stance, Four, Six.	Direction, Movement, Coordination, Hurdling, Speed, Pace, Handover, Teamwork, Accurate, Target, Stance, Control, Power, Grip, Shot, Distance, Height, Guide, Momentum, Strength.	Speed, Aerobic, Active, Movement, Heart Rate, Flexibility, Muscles, Controlled Breathing, HIIT, Diet, Intensity, Interval.	Travel, Control, Direction, Dribbling, Technique, Accurate, Fitness, Short Pass, Tactic, Teamwork, Tackling, Attacking, Defending, Possession, Rebound, Position, Passing.	Direction, Movement, Coordination, Speed, Pace, Target, Control, Power, Distance, Momentum, Strength.	Reaction, Movement, Grip, Forehand, Backhand, Direction, Strings, Rim, Racket, Target, Ready Position, Volley, Return, Follow Through, Smash Receiving, Tactics.
Year Four Skills Indoor	Gymnastics Consolidate and improve the quality of their techniques and their ability to link movements Describe their own and others' work, making simple judgements about the quality of performances and suggesting ways they could be improved.	Dance Explore and create characters and narratives in response to a range of stimuli. Use simple choreographic principles to create motifs and narrative. Perform complex dance phrases and dances that communicate character and narrative. Describe, interpret and evaluate their own and others' dances, taking	Basketball Develop the range and consistency of their skills in all games. Devise and use rules. Use and adapt tactics in different situations to improve their play. Know and describe what you need to do to warm up and cool down.	OAA Perform skills and actions more accurately and consistently. Recognise how specific activities affect their bodies	Health and Fitness Develop the range and consistency of skills and technique Know, measure and describe the short-term effects of exercise on the body.	Athletics – Track and Field Consolidate and improve the quality, range and consistency of the techniques they use for particular activities.. Describe how the body reacts to different types of activity. Describe and evaluate the effectiveness of performances, and recognise aspects of performances that need improving

		account of character and narrative.				
Year Four Knowledge	Develop flexibility, strength, technique, control and balance Gymnastics	Perform dances using a range of movement patterns Dance	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending Basketball	Take part in outdoor and adventurous activity challenges both individually and within a team OAA	Health and Fitness Develop flexibility, strength, technique, agility, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best	To use running, jumping, throwing and catching in isolation and in combination Athletics – Track and Field
Indoor						
Year Four Key Vocabulary	Explore, Safety, Sequence, Shapes, Perform, Rolls, Jumps, Balance, Combine, Contrast, Travel, Tension	Emotions, Release, Travel, Performance, Feeling, Levels, Shapes, Speeds, Direction, Pathways, Movement, Motif, Dynamics, Sequence.	Dribbling, Tactics, Techniques, Rules, Accuracy, Invasion, Control, Handling, Attacking, Defending, Shooting,	Listening, Abiding by Rules, Teamwork, Communication, Commands, Instructions, Direction, Listening, Problem Solving, Trust.	Speed, Aerobic, Active, Movement, Heart Rate, Flexibility, Muscles, Controlled Breathing, HIIT, Diet, Intensity, Interval.	Direction, Movement, Coordination, Hurdling, Speed, Pace, Handover, Teamwork, Accurate, Target, Stance, Control, Power, Grip, Shot, Distance, Height, Guide, Momentum, Strength.
Year Four Skills	Hockey Develop the range and consistency of their skills in all games. Devise and use rules. Use and adapt tactics in different situations to improve their play	Striking and Fielding Keep, adapt and make rules for striking and fielding and net games	Tennis Recognise which activities help their speed, strength and stamina and know when they are important in games. Explain their ideas and plans. Recognise aspects of their work that need improving. Keep, adapt and make rules for striking and fielding and net games. Develop the range and consistency of their skills in all games Improve their ability to choose and use simple tactics and strategies	Swimming Choose and use a variety of strokes and skills, according to the task .and the challenge e.g. swimming without aids, distance and time challenges	Swimming Describe and evaluate the quality of swimming and recognise what needs improving Consolidate and develop the quality of their skills e.g front crawl, back crawl, breaststroke, floating, survival skills. Improve linking movements and actions.	Swimming Choose and use a variety of strokes and skills, according to the task .and the challenge e.g. swimming without aids, distance and time challenges Describe and evaluate the quality of swimming and recognise what needs improving Consolidate and develop the quality of their skills e.g front crawl, back crawl, breaststroke, floating, survival skills. Improve linking movements and actions
Year Four Knowledge Outdoor	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending Hockey	Use running, jumping, throwing and catching in isolation and in combination Striking and Fielding	Use running, jumping, throwing and catching in isolation and in combination Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending Tennis	To swim competently, confidently and proficiently over a distance of at least 25 metres Swimming	To use a range of strokes effectively. To perform safe self-rescue in different water-based situations Swimming	To swim competently, confidently and proficiently over a distance of at least 25 metres Swimming
Year Four Key Vocabulary	Travel, Control, Direction, Dribbling, Technique, Accurate, Fitness, Short Pass, Tactic, Teamwork, Tackling, Attacking,	Accuracy, Target, Aim, Wickets, Run, Score, Throw, Bowl, Caught, Grip, Stump, Bat, Stance, Four, Six.	Reaction, Movement, Grip, Forehand, Backhand, Direction, Strings, Rim, Racket, Target, Ready Position, Volley, Return, Follow	front crawl, back crawl, breaststroke, floating, survival skills.	front crawl, back crawl, breaststroke, floating, survival skills.	front crawl, back crawl, breaststroke, floating, survival skills.

	Defending, Possession, Rebound, Position, Passing.		Through, Smash Receiving, Tactics.			
Year Five Skills Indoor	Striking and Fielding - Cricket Choose, combine and perform skills more fluently and effectively in invasion, striking and net games. Understand, choose and apply a range of tactics and strategies for defence and attack. Use these tactics and strategies more consistently in similar games.	Tennis Develop the consistency of their actions in a number of events. Increase the number of techniques they use. Choose appropriate techniques for specific events. Understand the basic principles of warming up. Understand why exercise is good for fitness, health and wellbeing. Evaluate their own and others' work and suggest ways to improve it. Compare their performances to previous ones and demonstrate improvement to achieve their personal best.	Dance Explore and improvise ideas for dances in different styles, working on their own, with a partner and in a group. Compose dances by using adapting and developing steps, formations and patterning from different dance styles. Perform dances expressively, using a range of performance skills.	Gymnastics Understand why exercise is good for their fitness, health and wellbeing. Choose and use information to evaluate their own and others' work. Suggest improvements in own and others' performances. Organise their own warm-up and cool-down activities. Perform actions, shapes and balances consistently and fluently in specific activities. Choose and apply basic compositional ideas to the sequences they create, and adapt them to new situations.	Handball Know and describe the short-term effects of exercise on the body and how it reacts to different types of activity. Develop a broader range of techniques and skills for attacking and defending. Develop consistency in their skills. Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations.	Athletics Understand why warming-up and cooling-down are important. Understand why exercise is good for health, fitness and wellbeing, and how to become healthier themselves. Carry out warm ups safely and effectively evaluate their own and others' work suggest ways of making improvements. Understand the importance of communication in achieving team goals and objectives e.g. Athletics, passing on the baton.
Year Five Knowledge Indoor	To play competitive games and apply basic principles suitable for attacking and defending. To use running, throwing and catching in isolation and in combination. Striking and Fielding - Cricket	To play competitive games and apply basic principles suitable for attacking and defending. Tennis	To perform dances using a range of movement patterns. Dance	To develop flexibility, strength, technique, control and balance. Gymnastics	To play competitive games and apply basic principles suitable for attacking and defending. Handball	Use running, jumping, throwing and catching in isolation and in combination. Athletics
Year Five Key Vocabulary	Accuracy, Run, Score, Team, Throw, Underarm, Overarm, Target, Aim, Wickets, Stance, Grip, Bat, Four, Six, Swing, Bowl	React, Reaction, Movement, Lateral, Bounce, Release, Grip, Rim, Strings, Racket, Forehand, Backhand, Return, Direction, Serve, Service, Service Line, Direction, Connect, Volley, Follow-Through, Target, Ready Position, Tactics.	Levels, Speed, Shape, Pathways, Direction, Aerobic, Travel, Performing, Rehearse, Motif, Emotions, Movement, Dynamics, Sequence, Performance, Canon, Development, Formation.	Shapes, Turns, Body Tension, Vault, Height, Tightness, Travel, Perform, Combine, Balance, Sequence, Contrast, Rolls	Accurate, Direction, Control, Exercise, Fitness, Pass, Receive, W Position Catch, Attack, Defend, Shot, Formation, Position, Tactics.	Direction, Movement, Coordination, Hurdling, Speed, Pace, Handover, Teamwork, Accurate, Target, Stance, Control, Power, Grip, Shot, Distance, Height, Guide, Momentum, Strength

Year Five Skills Outdoor	Swimming Choose and use a variety of strokes and skills, according to the task .and the challenge e.g. swimming without aids, distance and time challenges	Swimming Describe and evaluate the quality of swimming and recognise what needs improving Consolidate and develop the quality of their skills e.g front crawl, back crawl, breaststroke, floating, survival skills. Improve linking movements and actions.	Swimming Choose and use a variety of strokes and skills, according to the task .and the challenge e.g. swimming without aids, distance and time challenges Describe and evaluate the quality of swimming and recognise what needs improving Consolidate and develop the quality of their skills e.g front crawl, back crawl, breaststroke, floating, survival skills. Improve linking movements and actions	Hockey Choose, combine and perform skills more fluently and effectively in invasion, striking and net games. Develop a broader range of techniques and skills for attacking and defending Develop consistency in their skills Know and apply the basic strategic and tactical principles of attack, and to adapt them to different situations	OAA Perform skills and actions more accurately and consistently. Recognise how specific activities affect their bodies	Health and Fitness Develop the range and consistency of skills and technique Know, measure and describe the short-term effects of exercise on the body.
Year Five Knowledge Outdoor	To swim competently, confidently and proficiently over a distance of at least 25 metres Swimming	To use a range of strokes effectively. To perform safe self-rescue in different water-based situations Swimming	To swim competently, confidently and proficiently over a distance of at least 25 metres Swimming	To play competitive games and apply basic principles suitable for attacking and defending Hockey	Take part in outdoor and adventurous activity challenges both individually and within a team OAA	Health and Fitness Develop flexibility, strength, technique, agility, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best
Key Vocabulary	front crawl, back crawl, breaststroke, floating, survival skills.	front crawl, back crawl, breaststroke, floating, survival skills.	front crawl, back crawl, breaststroke, floating, survival skills.	Travel, Control, Direction, Dribbling, Technique, Space, Accurate, Fitness, Receive, Attacking, Defending, Shoot, Goal, Speed, Possession, Rebound, Position, Teamwork, Tactics, 1v1, Tackling, Marking.	Listening, Abiding by Rules, Teamwork, Communication, Commands, Instructions, Direction, Listening, Problem Solving, Trust.	Speed, Aerobic, Active, Movement, Heart Rate, Flexibility, Muscles, Controlled Breathing, HIIT, Diet, Intensity, Interval.
Year Six Skills Indoor	Health and Fitness Develop the range and consistency of skills and technique Know, measure and describe the short-term effects of exercise on the body.	Basketball Choose, combine and perform skills more fluently and effectively in invasion, striking and net games. Understand, choose and apply a range of tactics and strategies for defence and attack. Use these tactics and strategies more consistently in similar games.	Dance Explore, improvise and combine movement ideas fluently and effectively. Create and structure motifs, phrases, sections and whole dances. Begin to use basic compositional principles when creating their dances.	Gymnastics Combine and perform gymnastic actions, shapes and balances more fluently and effectively across the activity areas. Develop their own gymnastic sequences by understanding, choosing and applying a range of compositional\ principles.	Cricket Choose, combine and perform skills more fluently and effectively in invasion, striking and net games. Understand, choose and apply a range of tactics and strategies for defence and attack. Use these tactics and strategies more consistently in similar games.	Athletics – Track and Field Understand why warming-up and cooling-down are important. Understand why exercise is good for health, fitness and wellbeing, and how to become healthier themselves. Carry out warm ups safely and effectively evaluate their own and others' work suggest ways of making improvements Understand the importance of communication in achieving team

			Understand why dance is good for their fitness, health and wellbeing. Prepare effectively for dancing. Understand how a dance is formed and performed. Evaluate, refine and develop their own and others work.	.		goals and objectives e.g. Athletics, passing on the baton.
Year Six Knowledge	Health and Fitness Develop flexibility, strength, technique, agility, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best	To play competitive games and apply basic principles suitable for attacking and defending Basketball	To perform dances using a range of movement patterns Dance	To develop flexibility, strength, technique, control and balance. Gymnastics	To play competitive games and apply basic principles suitable for attacking and defending Cricket	To play competitive games and apply basic principles suitable for attacking and defending Use running, jumping, throwing and catching in isolation and in combination. Athletics – Track and Field
Year Six Key Vocabulary	Speed, Aerobic, Active, Movement, Heart Rate, Flexibility, Muscles, Controlled Breathing, HIIT, Diet, Intensity, Interval.	Accurate, Attacking, Control, BEEF, Shoot, Feeding, Speed, Basket, Backboard, Direction, Jump, Dribbling, Technique, Pivot, Turn, Rebound, Position, Possession, Attacking, Defending, Scoring, Receiving, Teamwork, Footwork, Marking, Travelling.	Levels, Speed, Shape, Pathways, Direction, Aerobic, Travel, Performing, Rehearse, Motif, Emotions, Movement, Dynamics, Sequence, Performance, Canon, Development, Formation.	Shapes, Turns, Body Tension, Vault, Height, Tightness, Travel, Perform, Combine, Balance, Sequence, Contrast, Rolls	Accuracy, Run, Score, Team, Throw, Underarm, Overarm, Target, Aim, Wickets, Stance, Grip, Bat, Four, Six, Swing, Bowl	Exercise, Accuracy, Momentum, Coordination, Balance, Landing, Jumping, Technique, Timing, Power, Height, Distance, Control, Pace.
Year Six Skills Outdoor	Lacrosse Choose, combine and perform skills more fluently and effectively in invasion, striking and net games. Understand, choose and apply a range of tactics and strategies for defence and attack. Use these tactics and strategies more consistently in similar games.	OAA Perform skills and actions more accurately and consistently. Recognise how specific activities affect their bodies	Football Choose, combine and perform skills more fluently and effectively in invasion, striking and net games. Understand, choose and apply a range of tactics and strategies for defence and attack. Use these tactics and strategies more consistently in similar games.	Tag Rugby Understand, choose and apply a range of tactics and strategies for defence and attack. Use these tactics and strategies more consistently in similar games. Understand why exercise is good for their fitness, health and wellbeing. Understand the need to prepare properly for games. Develop their ability to evaluate their own and others' work, and to	Hockey Choose, combine and perform skills more fluently and effectively in invasion, striking and net games. Understand, choose and apply a range of tactics and strategies for defence and attack. Use these tactics and strategies more consistently in similar games.	Tennis Develop the consistency of their actions in a number of events. Increase the number of techniques they use. Choose appropriate techniques for specific events. Understand the basic principles of warming up. Understand why exercise is good for fitness, health and wellbeing. Evaluate their own and others' work and suggest ways to improve it. Compare their performances to previous ones and demonstrate improvement to achieve their personal best.

				suggest ways to improve it.		
Year Six Knowledge Outdoor	Lacrosse To play competitive games and apply basic principles suitable for attacking and defending	OAA Take part in outdoor and adventurous activity challenges both individually and within a team	To play competitive games and apply basic principles suitable for attacking and defending Football	To play competitive games and apply basic principles suitable for attacking and defending Tag Rugby	To play competitive games and apply basic principles suitable for attacking and defending Hockey	To play competitive games and apply basic principles suitable for attacking and defending Tennis
Year Six Key Vocabulary	Travel, Space, Control, Direction, Dribbling, Technique, Communication, Movement, Receive, Fitness, Accurate, Finesse, Speed, Feeding, Goal, Corners, Shooting, Rebound, Position, Awareness, Teamwork, Possession, Passing	Listening, Abiding by Rules, Teamwork, Communication, Commands, Instructions, Direction, Listening, Problem Solving, Trust.	Travel, Space, Control, Direction, Dribbling, Technique, Football, Communication, Movement, Receive, Fitness, Accurate, Finesse, Speed, Feeding, Goal, Corners, Shooting, Rebound, Position, Awareness, Teamwork, Possession, Passing.	Travel, Space, Scanning, Control, Tag, Direction, Agility, Speed, Belt, Teamwork, Communication, Tactic, Strategy, Technique, Release, Pass, Receive, Try Line, Power, Accuracy, Carrying, Motivation, Concentration, Positional Rotation, Attacking, Defending, Turnover, Interception, Pressing.	Travel, Control, Direction, Dribbling, Technique, Space, Accurate, Fitness, Receive, Attacking, Defending, Shoot, Goal, Speed, Possession, Rebound, Position, Teamwork, Tactics, 1v1, Tackling, Marking.	React, Reaction, Movement, Lateral, Bounce, Release, Grip, Rim, Strings, Racket, Forehand, Backhand, Return, Direction, Serve, Service, Service Line, Direction, Connect, Volley, Follow-Through, Target, Ready Position, Tactics.