

## Long Term Plan PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Year One Skills</b>  <b>Indoor</b>	<b>Dance</b> 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	<b>Gymnastics</b> 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	<b>Multi-Skill stations 1-5</b> 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	<b>Multi-Skill Stations 6-10</b>  Know that being active is good for them and fun watch, copy and describe what others are doing  Describe what they are doing	<b>Yoga</b> 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	<b>Dance</b> 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
<b>Year One Knowledge</b>  <b>Indoor</b>	Perform dances using simple movement patterns  <b>Dance</b>	Develop balance, agility and co-ordination, and begin to apply these in a range of activities  <b>Gymnastics</b>	<b>Multi skill Stations 1-5</b>  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  <b>Multi skill Stations 6-10 + Fundamental Skills Easter</b>	Develop balance, agility and co-ordination, and begin to apply these in a range of activities  <b>Yoga</b>	Perform dances using simple movement patterns  <b>Dance</b>
<b>Year One Key Vocabulary</b>	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.

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

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

	Retrieving, Teamwork, Throwing, Catching, Wickets, Stumps, Bat.	Swing, Baseline, Net, Tennis Ball, Find Space.				
<b>Year Three Skills</b>  <b>Indoor</b>	<p><b>Gymnastics</b> 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><b>Dance</b> 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><b>Ultimate Frisbee</b> 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><b>Basketball</b> 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><b>Dance</b> 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><b>Athletics – Track and Field</b> 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>
<b>Year Three Knowledge</b>  <b>Indoor</b>	<p>Develop flexibility, strength, technique, control and balance</p> <p><b>Gymnastics</b></p>	<p>Perform dances using a range of movement patterns</p> <p><b>Dance</b></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><b>Ultimate Frisbee</b></p>	<p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p><b>Basketball</b></p>	<p>Perform dances using a range of movement patterns</p> <p><b>Dance</b></p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p><b>Athletics – Track and Field</b></p>
<b>Year Three Key Vocabulary</b>	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.

<p><b>Year Three Skills</b></p> <p><b>Outdoor</b></p>	<p><b>Striking and Fielding</b> Keep, adapt and make rules for striking and fielding and net games</p>	<p><b>Athletics</b> 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>	<p><b>Health and Fitness</b> Develop the range and consistency of skills and technique Know, measure and describe the short-term effects of exercise on the body.</p>	<p><b>Hockey</b> 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</p>	<p><b>Cross Country</b> Know, measure and describe the short-term effects of exercise on the body.</p>	<p><b>Tennis</b> Develop the range and consistency of their skills in all games Improve their ability to choose and use simple tactics and strategies</p>
<p><b>Year Three Knowledge</b></p> <p><b>Outdoor</b></p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p><b>Striking and Fielding</b></p>	<p>To use running, jumping, throwing and catching in isolation and in combination</p> <p><b>Athletics</b></p>	<p><b>Health and Fitness</b> Develop flexibility, strength, technique, agility, control and balance  Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p><b>Hockey</b></p>	<p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p> <p><b>Cross Country</b></p>	<p>Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending</p> <p><b>Tennis</b></p>
<p><b>Year Three Key Vocabulary</b></p>	<p>Accuracy, Target, Aim, Wickets, Run, Score, Throw, Bowl, Caught, Grip, Stump, Bat, Stance, Four, Six.</p>	<p>Direction, Movement, Coordination, Hurdling, Speed, Pace, Handover, Teamwork, Accurate, Target, Stance, Control, Power, Grip, Shot, Distance, Height, Guide, Momentum, Strength.</p>	<p>Speed, Aerobic, Active, Movement, Heart Rate, Flexibility, Muscles, Controlled Breathing, HIIT, Diet, Intensity, Interval.</p>	<p>Travel, Control, Direction, Dribbling, Technique, Accurate, Fitness, Short Pass, Tactic, Teamwork, Tackling, Attacking, Defending, Possession, Rebound, Position, Passing.</p>	<p>Direction, Movement, Coordination, Speed, Pace, Target, Control, Power, Distance, Momentum, Strength.</p>	<p>Reaction, Movement, Grip, Forehand, Backhand, Direction, Strings, Rim, Racket, Target, Ready Position, Volley, Return, Follow Through, Smash Receiving, Tactics.</p>
<p><b>Year Four Skills</b></p> <p><b>Indoor</b></p>	<p><b>Gymnastics</b> 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.</p>	<p><b>Dance</b> 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</p>	<p><b>Basketball</b> 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.</p>	<p><b>OAA</b> Perform skills and actions more accurately and consistently. Recognise how specific activities affect their bodies</p>	<p><b>Health and Fitness</b> Develop the range and consistency of skills and technique Know, measure and describe the short-term effects of exercise on the body.</p>	<p><b>Athletics – Track and Field</b> 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>

		account of character and narrative.				
<b>Year Four Knowledge</b>  <b>Indoor</b>	Develop flexibility, strength, technique, control and balance <b>Gymnastics</b>	Perform dances using a range of movement patterns <b>Dance</b>	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending <b>Basketball</b>	Take part in outdoor and adventurous activity challenges both individually and within a team <b>OAA</b>	<b>Health and Fitness</b> 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 <b>Athletics – Track and Field</b>
<b>Year Four Key Vocabulary</b>	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.
<b>Year Four Skills</b>  <b>Outdoor</b>	<b>Hockey</b> 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	<b>Striking and Fielding</b> Keep, adapt and make rules for striking and fielding and net games	<b>Tennis</b> 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	<b>Swimming</b> 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	<b>Swimming</b> 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.	<b>Swimming</b> 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
<b>Year Four Knowledge</b>  <b>Outdoor</b>	Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending <b>Hockey</b>	Use running, jumping, throwing and catching in isolation and in combination <b>Striking and Fielding</b>	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 <b>Tennis</b>	To swim competently, confidently and proficiently over a distance of at least 25 metres <b>Swimming</b>	To use a range of strokes effectively. To perform safe self-rescue in different water-based situations <b>Swimming</b>	To swim competently, confidently and proficiently over a distance of at least 25 metres <b>Swimming</b>
<b>Year Four Key Vocabulary</b>	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.			
<b>Year Five Skills</b>  <b>Indoor</b>	<b>Striking and Fielding - Cricket</b> 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.	<b>Tennis</b> 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.	<b>Dance</b> 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	<b>Gymnastics</b> 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	<b>Handball</b> 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	<b>Athletics</b> 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 <b>evaluate their own</b> 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.
<b>Year Five Knowledge</b>  <b>Indoor</b>	To play competitive games and apply basic principles suitable for attacking and defending. To use running, throwing and catching in isolation and in combination. <b>Striking and Fielding - Cricket</b>	To play competitive games and apply basic principles suitable for attacking and defending. <b>Tennis</b>	To perform dances using a range of movement patterns. <b>Dance</b>	To develop flexibility, strength, technique, control and balance. <b>Gymnastics</b>	To play competitive games and apply basic principles suitable for attacking and defending. <b>Handball</b>	Use running, jumping, throwing and catching in isolation and in combination. <b>Athletics</b>
<b>Year Five Key Vocabulary</b>	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

<p><b>Year Five Skills</b></p> <p><b>Outdoor</b></p>	<p><b>Swimming</b> 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</p>	<p><b>Swimming</b> 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.</p>	<p><b>Swimming</b> 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</p>	<p><b>Hockey</b> 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</p>	<p><b>OAA</b> Perform skills and actions more accurately and consistently. Recognise how specific activities affect their bodies</p>	<p><b>Health and Fitness</b> Develop the range and consistency of skills and technique Know, measure and describe the short-term effects of exercise on the body.</p>
<p><b>Year Five Knowledge</b></p> <p><b>Outdoor</b></p>	<p>To swim competently, confidently and proficiently over a distance of at least 25 metres <b>Swimming</b></p>	<p>To use a range of strokes effectively. To perform safe self-rescue in different water-based situations <b>Swimming</b></p>	<p>To swim competently, confidently and proficiently over a distance of at least 25 metres <b>Swimming</b></p>	<p>To play competitive games and apply basic principles suitable for attacking and defending <b>Hockey</b></p>	<p>Take part in outdoor and adventurous activity challenges both individually and within a team  OAA</p>	<p><b>Health and Fitness</b> Develop flexibility, strength, technique, agility, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>
<p><b>Key Vocabulary</b></p>	<p>front crawl, back crawl, breaststroke, floating, survival skills.</p>	<p>front crawl, back crawl, breaststroke, floating, survival skills.</p>	<p>front crawl, back crawl, breaststroke, floating, survival skills.</p>	<p>Travel, Control, Direction, Dribbling, Technique, Space, Accurate, Fitness, Receive, Attacking, Defending, Shoot, Goal, Speed, Possession, Rebound, Position, Teamwork, Tactics, 1v1, Tackling, Marking.</p>	<p>Listening, Abiding by Rules, Teamwork, Communication, Commands, Instructions, Direction, Listening, Problem Solving, Trust.</p>	<p>Speed, Aerobic, Active, Movement, Heart Rate, Flexibility, Muscles, Controlled Breathing, HIIT, Diet, Intensity, Interval.</p>
<p><b>Year Six Skills</b></p> <p><b>Indoor</b></p>	<p><b>Health and Fitness</b> Develop the range and consistency of skills and technique Know, measure and describe the short-term effects of exercise on the body.</p>	<p><b>Basketball</b> 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.</p>	<p><b>Dance</b> 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.</p>	<p><b>Gymnastics</b> 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.</p>	<p><b>Cricket</b> 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.</p>	<p><b>Athletics – Track and Field</b> 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 <b>evaluate their own</b> and others' work suggest ways of making improvements Understand the importance of communication in achieving team</p>

			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.
<b>Year Six Knowledge</b>	<b>Health and Fitness</b> 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 <b>Basketball</b>	To perform dances using a range of movement patterns <b>Dance</b>	To develop flexibility, strength, technique, control and balance. <b>Gymnastics</b>	To play competitive games and apply basic principles suitable for attacking and defending <b>Cricket</b>	To play competitive games and apply basic principles suitable for attacking and defending Use running, jumping, throwing and catching in isolation and in combination. <b>Athletics – Track and Field</b>
<b>Indoor</b>						
<b>Year Six Key Vocabulary</b>	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.
<b>Year Six Skills Outdoor</b>	<b>Lacrosse</b> 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.	<b>OAA</b> Perform skills and actions more accurately and consistently. Recognise how specific activities affect their bodies	<b>Football</b> 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.	<b>Tag Rugby</b> 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	<b>Hockey</b> 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.	<b>Tennis</b> 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.		
<b>Year Six Knowledge</b> <b>Outdoor</b>	<b>Lacrosse</b> To play competitive games and apply basic principles suitable for attacking and defending	<b>OAA</b> 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 <b>Football</b>	To play competitive games and apply basic principles suitable for attacking and defending <b>Tag Rugby</b>	To play competitive games and apply basic principles suitable for attacking and defending <b>Hockey</b>	To play competitive games and apply basic principles suitable for attacking and defending <b>Tennis</b>
<b>Year Six Key Vocabulary</b>	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.