

National Curriculum Statements

Pupils in Key Stage 2 should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- *Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending (pupils can learn more complex skills like counterattacks and blocking to defend)*
- *Develop flexibility, strength, technique, control and balance (throwing develops full body strength, technique and control. Dodging refines balance, flexibility and core strength in order to change direction quickly)*
- *Compare their performances with previous ones and demonstrate improvement to achieve their personal best (pupils can evaluate their skills at the start and end of lessons with their peers, and reflect on their learning)*

Term	Year 3 Football/Gymnastics	Year 4 Football/Outdoor Adventurous Activities	Year 5 Football/Swimming	Year 6 Dodgeball/Zumba
Autumn 1	<u>Football</u> • Demonstrate basic control skills including sending and receiving the ball. • Manipulate the ball using different parts of the foot • Send the ball with some accuracy to maintain possession and build attacking play. • Implement the basic rules of football. <u>Gymnastics</u> • Show full extension during a balance. • Move in and out of contrasting shapes with fluency. • Perform a sequence using different types of rolls. • Perform powerful jumps from low apparatus. • Perform in unison with partner. • Create a group performance using contrasting actions.	<u>Football</u> • Demonstrate basic control skills including sending and receiving the ball. • Week 3 – Manipulate the ball using different parts of the foot • Increase speed while manipulating the ball re-referencing the different parts of the foot • Send the ball with some accuracy to maintain possession and build attacking play. • Discuss basic formations within a match situation. • Discuss basic tactics for attacking and defending and begin to implement in a match whilst reflecting on what went well and even better if in last weeks matches. <u>OAA</u> • Work collaboratively to complete a problem solving task. • Work collaboratively to create shapes whilst blindfolded.	<u>Football</u> • Explain and demonstrate techniques required when passing the ball. • Work as a team to keep possession of the ball using short • Perform a skill when whilst moving at speed. • Be responsible for officiating decisions during a match situation. • To play effectively in a variety of positions and formations on the pitch. • Identify strengths and weaknesses for each person in the team – how can you utilise everyone's strengths? <u>Swimming</u> • Use a range of strokes effectively such as front crawl, backstroke and breaststroke. • Perform safe self-rescue in different water based situations. • Swim competently, confidently and proficiently over a distance of at least 25 metres.	<u>Dodgeball</u> • Discuss type of throw required in situations in relation to distance from target. • Refine technique for different types of throw. • Identify triggers and demonstrate in a match situation. • Discuss relevant warm ups for the activity. • Evaluate individual and team performance post match. Identify strengths and weaknesses for each person in the team – how can you utilise everyone's strengths? • Be able to explain decision making after an action. <u>Zumba</u> • Perform dances using a range of movement patterns.

Term	Year 3 Dodgeball/Outdoor Adventurous Activities	Year 4 Dodgeball/Zumba	Year 5 Dodgeball/Swimming	Year 6 Target Games/Gymnastics
Autumn 2	<u>Dodgeball</u> - Discuss types of throw that are effective in dodge ball. - Develop Accuracy when throwing a ball. - Discuss roles within the team. - Identify triggers when attempting to get someone out. <u>OAA</u> - Use clear communication, strength and flexibility to complete a task. - Safely take part in trust-based activities. - Draw and create a clear route on a map for others to follow. - Work with others to identify what went well and what needs to be improved.	<u>Dodgeball</u> - Discuss types of throw that are effective in dodge ball. Encourage the use of overarm throws in matches discussing the benefits of using them. - Develop Accuracy when throwing a ball - Discuss roles within the team. - Explain when to use a type of throw in a match situation. <u>Zumba</u> - Perform dances using a range of movement patterns.	<u>Dodgeball</u> - Discuss type of throw required in situations in relation to distance from target. - Refine technique for different types of throw. - Identify triggers and demonstrate in a match situation. - Discuss relevant warm ups for the activity. - Evaluate individual and team performance post-match. - Identify strengths and weaknesses for each person in the team – how can you utilise everyone's strengths? - Be able to explain decision making after an action. <u>Swimming</u> - Use a range of strokes effectively such as front crawl, backstroke and breaststroke. - Perform safe self-rescue in different water-based situations. - Swim competently, confidently and proficiently over a distance of at least 25 metres.	<u>Target Games</u> (Archery) Learn different parts of a bow using information cards for reference. - Develop shooting accuracy whilst aiming at the target through repetition using the 'T Shape' technique. - Send a variety of objects towards a target in an unopposed situation. - Identify areas of development for yourself and team mates in archery. - Evaluate past performances. <u>Gymnastics</u> - Use controlled flight onto apparatus. - Understand and perform role of base and flyer in partner balances. - Evaluate partners work. - Incorporate equipment such as balls and hoops into sequence.

Term	Year 3 Target Games/Zumba	Year 4 Target Games/Gymnastics	Year 5 Target Games/Swimming	Year 6 Football/Outdoor Adventurous Activities
Spring 1	Target Games - Demonstrate different throwing techniques in relation to the size and distance of the target. - Discuss tactics with team mates in order to show success. - Send a variety of balls towards a target in an opposed situation. - Identify strengths and weaknesses both as a team and an individual. Zumba - Perform dances using a range of movement patterns.	Target Games - Demonstrate different throwing techniques in relation to the size and distance of the target. - Discuss tactics with team mates in order to show success. - Send a variety of balls towards a target in an opposed situation. - Identify strengths and weaknesses both as a team and an individual. Gymnastics - Perform a 6-element sequence that uses changes in speed and direction. - Use the STEP principle to create and perform a partner sequence. - Take weight on hands showing control. - Cooperate as a group to refine a short sequence. - Compare and judge sequences.	Target Games (Archery) Learn different parts of a bow using information cards for reference. Develop shooting accuracy whilst aiming at the target through repetition using the 'T Shape' - Send a variety of objects towards a target in an unopposed situation. - Evaluate past performances. Swimming - Use a range of strokes effectively such as front crawl, backstroke and breaststroke. - Perform safe self-rescue in different water-based situations. - Swim competently, confidently and proficiently over a distance of at least 25 metres.	Football - Explain and demonstrate techniques required when passing the ball. - Work as a team to keep possession of the ball using short passes - Week 3 – Perform a skill whilst moving at speed. - Be responsible for officiating decisions during a match situation. - To play effectively in a variety of positions and formations on the pitch. - Identify strengths and weaknesses for each person in the team – how can you utilise everyone's strengths? OAA - Work in partnership and answer questions under pressure. - Safely perform a small group balance. - Work efficiently as part of a team to complete a range of tasks. - Create a fun and challenging game for others to complete. - Listen to others to refine and adapt ideas to complete a complex task.

Term	Year 3 Basketball/Cricket (Surrey County Cricket)	Year 4 Basketball/Netball and Handball	Year 5 Basketball/Netball and Swimming	Year 6 Basketball/Netball and Gymnastics
Spring 2	<u>Basketball</u> - Practise using both hands to dribble the ball, standing still and travelling. - Perform different types of passes (overhead, chest and bounce). - Begin to recognise space in order to stop crowding around the ball. - Discuss what positions to play in a competitive situation. <u>Cricket (Surrey County Cricket)</u> - Improve grip when holding the bat. - Understand techniques required to hit a ball further. - Retrieve the ball and send to team mate with accuracy. - Look for gaps in the field to maximise distance of run. - Follow the path of the ball to collect as quickly as possible to prevent rounders being scored. - Anticipate path of a bouncing ball in order to strike into space. - Discuss tactics/ideas in preparation for a competitive match.	<u>Basketball/Netball</u> - Practise using both hands to dribble the ball, standing still and travelling. - Perform different types of passes (overhead, chest and bounce). - Begin to recognise space in order to stop crowding around the ball. - Week 6 - Discuss what positions to play in a competitive situation. <u>Handball</u> - Protect ball from opponent after catching it. - Perform basic overarm shooting technique. - Perform turns on the move to get back and defend. - Use a throw-off to restart the game.	<u>Basketball/Netball</u> - Use dribbling as a skill to beat an opponent in a 1v1 situation. - Demonstrate different types of pass, overhead, chest and bounce). - Choose and implement a range of strategies to attack and defend. - Be responsible for officiating decisions during a match situation. - Discuss and implement tactics and formations in a competitive match. <u>Swimming</u> - Use a range of strokes effectively such as front crawl, backstroke and breaststroke. - Perform safe self-rescue in different water-based situations. - Swim competently, confidently and proficiently over a distance of at least 25 metres.	<u>Basketball/Netball</u> - Use dribbling as a skill to beat an opponent in a 1v1 situation. - Demonstrate different types of pass, overhead, chest and bounce). - Choose and implement a range of strategies to attack and defend. - Choose and implement a range of strategies to attack and defend. - Be responsible for officiating decisions during a match situation. - Discuss and implement tactics and formations in a competitive match. <u>Gymnastics</u> - Perform a 10-element sequence using both floor and apparatus. - Perform with equipment whilst creatively responding to music. - Create and perform interesting patterns as part of a group.

Term	Year 3 Athletics/Hockey	Year 4 Athletics/Hockey	Year 5 Athletics/Swimming	Year 6 Tag Rugby
Summer 1	Athletics - Be able to send a javelin using the correct technique. - Understand the use of arms to run faster. - Send a variety of objects towards a target. - Remember, link and repeat a combination of actions. Hockey - Keep close control of the ball. - Use a defensive body position - Consistently stop a moving ball ready to pass or shoot. - Apply basic rules to the game. - Avoid feet contacting the ball.	Athletics - Be able to send a javelin using the correct technique. - Understand the use of arms to run faster. - Send a variety of objects towards a target. - Remember, link and repeat a combination of actions. Hockey - Keep close control of the ball using the flat part of the stick. - Control the ball and pass into space. - Consistently stop a moving ball ready to pass, move or shoot. - Apply basic rules to the game. - Avoid feet contacting the ball.	Athletics - Understand techniques required to throw an object further. - Explore different jumping styles and identify which one allows you to jump further. - Develop running technique by pumping arms and lifting knees. - Send a variety of objects towards a target. - Remember, link and repeat a combination of actions. Swimming - Use a range of strokes effectively such as front crawl, backstroke and breaststroke. - Perform safe self-rescue in different water-based situations. - Swim competently, confidently and proficiently over a distance of at least 25 metres.	Tag Rugby - Demonstrate understanding of basic rules. - Discuss and implement tactics in a game situation. - Identify biggest space to run into. - Be disciplined in relation to staying behind the ball during a match. - Invite pressure before releasing the ball.

Term	Year 3 Handball/Netball	Year 4 Kwik Cricket/Netball	Year 5 Kwik Cricket/Swimming	Year 6 Rounders/Kwik Cricket
Summer 2	Handball • Demonstrate ready position to catch effectively. • Perform accurate passes in different situations. • Move the ball using the three-step rule. • Block and intercept to prevent a successful pass. • Develop accurate passing and move into a space during a game. Netball • Perform quick, accurate chest passes. • Use dodging to get free from opponent. • Use a bounce pass to feed the goal shooter. • Throw for distance using a shoulder pass. • React quickly to collect a loose ball.	Kwik Cricket • Improve grip when holding the bat. • Understand techniques required to hit a ball further. • Retrieve the ball and send to team mate with accuracy. • Look for gaps in the field to maximise distance of run. • Follow the path of the ball to collect as quickly as possible to prevent rounders being scored. • Anticipate path of a bouncing ball in order to strike into space. • Discuss tactics/ideas in preparation for a competitive match. Netball • Protect the ball once it has been caught. • Use basic shooting techniques in a game. • Demonstrate one-to-one marking. • Pivot after receiving the ball.	• Strike the ball into space to maximise runs. • Understand techniques required to hit a ball further. • Retrieve the ball and send to team mate with accuracy. • Bowl with consistency. • Look for gaps in the field to maximise distance of run. • Anticipate path of a bouncing ball in order to strike into space. • Discuss tactics/ideas in preparation for a competitive match.	• Strike the ball into space to maximise runs. • Understand techniques required to hit a ball further. • Retrieve the ball and send to team mate with accuracy. • Understand the importance of communicating when on the batting team. • Discuss skillset required for each fielding position. • Discuss tactics/ideas in preparation for a competitive match.