



The BIG Picture

Pupils 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. Pupils should be taught the importance of having rules within a game and how these rules are supposed to facilitate a game's flow. Pupils should be shown what it means to 'invade' from a competitive perspective.

What do we already know? What can we already do?

Pupils should clearly understand and adhere to the rules and regulation of the two sports- participating in competitive scenarios demonstrating sportsmanship. Pupils should be able to identify areas of strength and, for, improvement in their individual, team, and opponents performances and begin to communicate ideas (tactics) accordingly.

Key vocabulary & understanding:

Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press, Intercept, Reading the game, Body language, Sportsmanship, Respect

NC Objectives- Key Stage Pupils should be taught:

Pupils 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. Pupils should be taught to:

- 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
- develop flexibility, strength, technique, control and balance
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Specific unit objectives

To further develop knowledge of attacking and defending
To know how to intercept a pass
To know how to invade as a team
To communicate effectively with teammates
To develop sportsmanship

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit- counting passes, counting tries etc. Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)



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What do we already know? What can we already do?

Pupils will confidently demonstrate a clear understanding of tempo, characterisation, and a range of devices such as; canon, unison, levels and expression in order to tell a story through their choreography. Pupils will continue to demonstrate understanding of musicality, by following routine and introducing their own sequences to extend the motif.

Key vocabulary & understanding:

Sequence, Levels, Tempo, Speed, Rhythm, Creative, Dynamics, Expression, Action and Reaction, Counter Balance, Control, Character, Attitude, Top Rock, Slide, Helicopter, Momentum, Direction, Formation

NC Objectives- Key Stage Pupils should be taught:

Pupils 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. Pupils should be taught to:

- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Specific unit objectives

Able to express attitude and strong dynamics
Able to develop physical skill- strength in upper body
Able to demonstrate street dance technique- top rock, slides, helicopter
Able to demonstrate relationships- confrontation
Able to explore space- directions and formation

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit- counting time, counting balances, counting linked movements etc. Pupils will have the opportunity to develop awareness and understanding of 'Street Dance' music, including some of the fashion associated and character development to help tell a story through movements Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)



The BIG Picture

Pupils will develop further the fundamental skills, become increasingly competent and confident as both a performer and a coach. A broad range of activities will allow pupils to experience different roles, becoming more knowledgeable and confident. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

-Pupils should be taught to: master essential skills for the sport including sending, receiving and batting, as well as developing balance, agility and co-ordination, and begin to apply these accurately in a range of activities even when under pressure.

What do we already know? What can we already do?

Pupils will demonstrate clear tactical understanding when invading as part of a team. Pupils will have an awareness of positioning, spatial awareness, and developed attacking and defending principles to help succeed in small sided competitive scenarios. Pupils will also have increased confidence in early forms of leadership and communicating within a team

Key vocabulary & understanding:

Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility,, Precision, Pass, Receive, Win, Lose, Tactics, Base

NC Objectives- Key Stage

Pupils should be taught:

Pupils 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. Pupils should be taught to:

- 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
- develop flexibility, strength, technique, control and balance
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Specific unit objectives

To perform correct technique for various skills; batting, catching, running and throwing in a variety of positions
To be able to select and apply correct technique and make effective decisions under pressure
To be able to analyse performance, break down skill and coach to improve performance in self and in others
To be able to explain the rules of the sport and apply these correctly in a game situation
To be able to develop and implement a range of strategies within the rules to gain advantage over opposition

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit- counting passes, counting catches, counting points etc.

Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)



The BIG Picture

Pupils 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. Pupils should continue to develop fundamental Athletics skills across all disciplines- refining techniques and beginning to achieve and challenge personal bests. Pupils will then transferred developed skills into a culminating mini-Olympics style festival attempting all disciplines

What do we already know? What can we already do?

Pupils will demonstrate developed, effective techniques to maximise distance, speed and height. Pupils will understand a range of different training methods/ strategies in order to help improve technique and personal best scores

Key vocabulary & understanding:

Pace, Acceleration, Deceleration, Measure, Time, Accurate, Technique, Endurance, Stamina, Fitness, Power, Speed, Strength, Extend, Follow Through, Effort

NC Objectives- Key Stage Pupils should be taught:

Pupils 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. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- develop flexibility, strength, technique, control and balance
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Specific unit objectives

To develop the technique in order to race walk
Learn to measure & record performance
To train the body to run for a longer duration
To sustain pace over longer distances
To choose appropriate techniques for specific events

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit- counting distance, recording time, measuring distance etc. Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)



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Pupils 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.

Pupils should be taught to: use running, jumping, throwing, catching and passing in isolation and in combination as well as play competitive games, modified where appropriate. Pupils should be taught the ideas behind tactical invasion and how these concepts help towards a common team goal. Pupils will also experience what it is like to win and lose, whilst demonstrating respect and sportsmanship.

What do we already know? What can we already do?

Pupils will have developed their confidence in performing basic rallies with a partner, with greater understanding of shot selection, positional awareness and control/ accuracy. Pupils will also have a greater knowledge of how to successfully officiate/ regulate small competitive scenarios, as well as how to improve their own technique

Key vocabulary & understanding:

Positioning, Accuracy, Aim, Forehand, Backhand, Serve, Smash, Set, Spike, Lob, Aerobic, Footwork, Acceleration, Space, Awareness, Alert, Competition, Evaluate, Officiate

NC Objectives- Key Stage

Pupils should be taught:

Pupils 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. Pupils should be taught to:

- 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
- develop flexibility, strength, technique, control and balance
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Specific unit objectives

To develop aerobic fitness

To develop overall volleyball skills; set, forearm, serve & spike

To develop overall badminton skills; serve and smash

To develop overall tennis skills; fore/backhand, service and lob

To play competitively and evaluate performance

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit- counting shots in a rally, counting score etc.

Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)



The BIG Picture

Pupils will have the opportunity to further enhance and consolidate basic Rugby League skills covered in the previous years. Pupils will cover skills in competitive activities, building up to a Tag Rugby Tournament at the end of this scheme of work.

Pupils will have the opportunity to lead small groups in a range of activities, developing leadership skills, and taking on different roles within a small team

Pupils should be taught the importance of having rules within a game and how these rules are supposed to facilitate a game's flow. Pupils should be shown what it means to 'invade' from a competitive perspective.

What do we already know? What can we already do?

Pupils will demonstrate clear tactical understanding when invading as part of a team. Pupils will have an awareness of positioning, spatial awareness, and developed attacking and defending principles to help succeed in small sided competitive scenarios. Pupils will also have increased confidence in early forms of leadership and communicating within a team

Key vocabulary & understanding:

Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Intercept, Reading the Game, Positioning, Intercept, Ball Play, Dummy

NC Objectives- Key Stage Pupils should be taught:

Pupils 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. Pupils should be taught to:

- 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
- develop flexibility, strength, technique, control and balance
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Specific unit objectives

To further develop basic passing and ball handling skills
To understand different ways to outwit a defender
To develop tactical awareness in gameplay scenarios
To consolidate skills associated to rugby league
To experience attacking v defending scenarios, putting skills into practice

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit- counting passes, counting tries etc.

Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)



The BIG Picture

Pupils 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.

Pupils should be taught and consolidate the fundamental skills of striking and fielding during mini-games with an emphasis on working as a team in order to achieve success.

What do we already know? What can we already do?

Pupils should demonstrate clear understanding in a range of striking and fielding techniques, showing knowledge of positioning and spacial awareness of the immediate environment. Pupils should also demonstrate clear capability of effective fielding skills (including; efficient pick up, catching and throwing skills)

Key vocabulary & understanding:

Space, Strike, Technique, Follow Through, Aim, Cover, Back-Up, Long Barrier, Deep, Tactic, Front Foot, Back Foot, Precision, Overarm, Wicket Keeper, Teamwork, Communication

NC Objectives- Key Stage

Pupils should be taught:

Pupils 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. Pupils should be taught to:

- 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
- develop flexibility, strength, technique, control and balance
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Specific unit objectives

To field as a collaborative team unit
To strike a ball or object 'cleanly' using different equipment
To retrieve, intercept, and stop a ball when fielding
To strike a ball or object using both sides of the body
Recognise their own and other's strengths

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit- counting runs, counting wickets etc. Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)



The BIG Picture

Pupils will be given the opportunity to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be given the opportunity to continue to develop communication when working in a group, take part in competitive orienteering as well as learn some basic safety skills.

What do we already know? What can we already do?

Pupils will have developed their knowledge, understanding, and capabilities when using a map/ compass and dealing with simple orienteering skills. Pupils will have increased confidence in leadership roles within a small group- demonstrating confidence when communicating ideas and following guidance from other pupils.

Key vocabulary & understanding:

Communication, Teamwork, Speaking, Listening, Adopt, Adapt, Challenge, Trial and Error, Problem Solving, Orienteering, Map Reading, Compass, Direction, Route, Pathways, Perseverance

NC Objectives- Key Stage

Pupils should be taught:

Pupils 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. Pupils should be taught to:

- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Specific unit objectives

Develop communication through speaking & listening
Work as a group to overcome a challenge
Learn some different ways of tying knots
Take part in competitive orienteering activities
Plan a short loop course for a partner or group

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit- counting shots in a rally, counting score etc. Pupils will continue to apply Geographical knowledge to Outdoor Activities- implementing developed map reading and orientation skills into practical, and sometimes, competitive scenarios. Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)