



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 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 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, Press, Win, Lose, Tactics

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 teamwork through communication
To play games competitively
To pass a ball towards a space for a teammate to receive
To apply a range of tactics and strategies for defence and attack
To understand how it feels to win and lose

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 goals 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, Lift, Trust

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 energetic dynamics
Able to demonstrate physical skill- extension through the limbs
Able to demonstrate Rock n' Roll technique- hand jive and flicks
Able to demonstrate relationships- contact work
Able to execute lifts safely and competently

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 Rock n Roll music, dance, and some of the history surrounding this era- linking to Music 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 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 explore a variety of different strokes and techniques in tennis, badminton & volleyball as well as develop acceleration & speed- transferring skills from other activities where applicable.

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:

Strike, Forehand, Backhand, Lob, Smash, Serve, Loft, Flight, Return, Rally, Aim, Accuracy, Footwork, Acceleration, Space, Awareness, Court

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 acceleration & speed
To consolidate backhand and forehand strokes
To explore the 'smash' in Badminton
To explore the 'lobbing' technique in tennis
To explore 'overarm serve' in volleyball

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 scores 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 learn about the countryside code in terms of respect for people & the environment as well as problem solve, record information and further develop their knowledge of orienteering.

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:

Orientation, Map Reading, Navigation, Symbols, Key, Pathway, Route, Leadership, Communication, Collaboration, Co-operation, Roles, Code, 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:

- 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. Pupils will be able to link knowledge of Map Reading, Orientation, Navigation and Countryside Code (developed through Geography and previous PE modules) to increasingly competitive and difficult problem solving scenarios. 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 existing skills developed throughout striking and fielding modules. This module will focus solely on Cricket related skills, refining and introducing new skills before culminating in game play and competitive scenarios Pupils will develop skills through mini games covering; catching, fielding, bowling, batting and developing tactical awareness. Lessons will link previous focus to developed practices before introducing a new skill

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

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 a range of skills associated to catching and fielding
To develop underarm and overarm throwing techniques
To develop bowling technique using overarm and underarm technique
To develop understanding and skills surrounding batting space
To understand the rules of kwik cricket and put developed 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 runs, counting wickets 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 should confidently demonstrate fluidity and fluency in movements, understanding how to link jumps, to balances, to travelling, across a range of planes. Pupils will have developed confidence when observing and analysing others performances, providing detailed feedback, as well as working on feedback that they have received.

Key vocabulary & understanding:

Balance, Routine, Control, Canon, Unison, Fluid, Flowing, Flexibility, Transition, Shape, Link, Analyse, Strength, Weakness, Improvement

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
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Specific unit objectives

- To perform a headstand
- To link movements into a sequence
- To perform a handstand
- To work effectively as a group
- To use various body positions to form different angles

Cross Curriculum Opportunities

Pupils should have plenty of opportunities to consolidate counting and using numbers through the majority of the activities throughout the unit. Pupils will continue to develop knowledge' surrounding 'Abstract Angles' focuses on forming shapes within sequences whilst working in a group, with the mathematical theme 'Angles' being utilised throughout.. 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 and discuss a range of skills and techniques associated to Football and Netball, as well as discussing rules and regulations associated to both. Pupils will have experienced a range of attacking and defending scenarios, and will have some experience in adapted game play (playing under modified rules)

Key vocabulary & understanding:

Movement, Space, Attack, Defend, Positioning, Communication, Direction, Speed, Agility, Man-mark, Overload, Precision, Pass, Receive, Press

NC Objectives- Key Stage Pupils should be taught:

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- use running, jumping, throwing and catching in isolation and in combination
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- 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 knowledge of attacking and defending
To know how to 'mark' an opponent
To further develop their understanding of space
To recognise the importance of rules within games
Understanding the need to warm up and cool down

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 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:

Technique, Acceleration, Fluidity, Bounding, Power, Sprint Start, Explode, Momentum, Release, Training, Effort, Aerobic, Anaerobic

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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 and catching in isolation and in combination
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- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Specific unit objectives

To develop knowledge of the triple jump technique
To begin a sprint in the crouching position
To throw a discus with developing technique
Develop the basic skills for acceleration
To develop knowledge of how to gain & maintain fitness

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 times/distances etc. Pupils will be able to link knowledge of respiration (aerobic and anaerobic) from Science lessons, into the practical- understanding different types of athletes who work using different forms of respiration. Pupils will also continue to develop understanding of heart rate, muscle groups and the human body. Where applicable, link to current learning across the curriculum (develop activities to link to particular themes currently being delivered)