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| **Year Group** | **Areas of Activity Coverage** | | | | | |
| **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Reception**  **Indoor** | **Movement Development**  LO: To change in to appropriate clothing for physical education lessons.  LO: Begin to move with coordination and control.  LO: Move confidently in space.  LO: Be aware of others when moving in small spaces. | **Movement Development**  LO: Begin to understand the importance of physical education**.**  LO: Confidently move around with coordination and control.  LO: Dodge and move safely around others using different techniques.  LO: Share ideas with peers around movement and the techniques that can be used. | **Ball Skills**  LO: To develop control of a range of balls. (Large or small)  LO: To move a ball around a set space using different body parts.  LO: To move a ball around spaces, dodging and moving safely around others.  LO: To Develop bouncing skills.  LO: To develop rolling skills.  LO: To develop catching skills.  LO: Demonstrate different ways of moving around spaces. | **Gymnastics**  LO: Begin to balance on different points of the body.  LO: Begin to climb safely on a range of equipment.  LO: Create different shapes using different parts of our body.  LO: Use equipment to create shapes | **Ball Skills**  LO: To develop kicking skills using large and small balls.  LO: To further develop control of a range of balls. (Large or small).  LO: Begin to throw objects including, bean bags and balls.  LO: To Use throwing and catching skills in combination. | **Games**  LO: To move a ball around a set space using different body parts.  LO: Dodge and move safely around others using different techniques.  LO: Use some of the skills developed to participate in individual and team games.  LO: Begin to work as part of a team.  LO: Share ideas when working as a team. |
| **Year 1**  **Indoor** | **Games**  *(Net & Wall)*  LO: Move confidently in space dodging others.  LO: To Develop bouncing skills.  LO: To develop rolling skills.  LO: To develop catching skills.  LO: Develop skills required to send a ball to a target.  LO: Use a bat/racket to send a ball towards a target.  LO: To return a ball that has been rolled or bounced. | **Gymnastics**  LO: Copy actions.  LO: Move with some awareness of space.  LO: Show contrasts in height and width  LO: Stretch and curl to develop flexibility  LO: Travel forwards, backwards and sideways  LO: Link two actions to make a sequence  LO: Balance on different points of the body  LO: Climb safely on equipment  LO: Jump in a variety of ways and land with some success  LO: Can comment on others performance. | **Dance**  LO: Copy and remember moves and positions.  LO: Move with some control and coordination  LO: Link two actions to perform a sequence  LO: Choose movements to communicate a mood, feeling or idea.  LO: Can comment on others performance.  LO: Can use vocabulary to give feedback. | **Athletics**  *Multi skills festival*  LO: Move confidently in space dodging others.  LO: Develop running techniques.  LO: Develop a variation of throwing techniques.  LO: Develop jumping techniques for a range of disciplines.  LO: Can describe and show what effect exercise may have on the body.  LO: Can discuss the importance of exercise and a healthy lifestyle. | **Games**  (Invasion)  LO: Participate in a directional invasion game.  LO: develop the skills needed to throw to a teammate.  LO: develop the skills needed to catch a ball sent by a teammate.  LO: Develop the basic skills required to throw/kick or hit into a net. | **Athletics**  LO: Develop running and jumping skills.  LO: Lead others when appropriate.  LO: To work as an individual in competitive games.  LO: Work as part of a team in competitive games.  LO: Use balancing skills in games. |
| **Outdoor** | **Games**  *(striking & fielding)*  LO: Develop hitting and kicking skills.  LO: Strike a ball towards a space using a bat.  LO: Begin to strike a ball towards a target.  LO: Develop catching skills.  LO: Begin to use skills in combination.  LO: Begin to follow rules of a game.  LO: Move confidently in space.  LO: Be aware of others when moving in small spaces.  LO: Return a ball that has been hit into the field of play.  LO: Begin to stop opponents scoring points. | **Games**  *(Invasion)*  LO: Explore and participate in a directional invasion game.  LO: Develop the skills needed to throw to a teammate.  LO: Develop the skills needed to catch a ball sent by a teammate. | **Games**  *(Invasion)*  LO: Develop the basic knowledge surrounding attacking.  LO: Develop the basic knowledge surrounding defending.  LO: Develop the skills required to roll towards a target.  LO: Further develop skills required to throw, bounce and catch between teammates.  LO: Begin to lead others when appropriate. | **Games**  *(Net & Wall)*  LO: Further develop rolling skills sending balls to opponents in modified games.  LO: Explore the skills required to send an object towards a target.  LO: Explore the skills required to return a ball sent by an opponent.  LO: Use a modified points system in games. | **Athletics**  *(Sports Day)*  LO: Develop running techniques for sprint races.  LO: Develop the skills required to jump for height and distance.  LO: Compete against others in modified competitive games.  LO: Develop balance skills | **Games**  *(Net and Wall)*  LO: Develop hitting, and catching skills.  LO: Develop skills required to send a ball to a target.  LO: Use a bat/racket to send a ball towards a target.  LO: Move our body to receive a ball.  LO: Compete in modified competitive net and wall games. |
| **Year 2**  **Indoor** | **Gymnastics**  LO: Copy and remember actions.  LO: Move with some control and awareness of space  LO: Show contrasts (such as small/tall, straight /curved and wide/narrow).  LO: Travel by rolling forwards, backwards and sideways.  LO: Stretch and curl to develop flexibility. | **Athletics/Movement Development**  LO: Move confidently in space dodging others.  LO: Confidently move around with coordination and control.  LO: Use arms to help run confidently.  LO: Develop the skills needed to jump for distance and height.  LO: Use running and jumping skills in combination.  LO: Use a range of range of throwing skills in competition.  LO: Begin to compete with others.  LO: Can describe and show what effect exercise may have on the body.  LO: Can discuss the importance of exercise and a healthy lifestyle. | **Games**  *Multi Sports Festival*  LO: Use rolling, hitting, running, jumping, catching and kicking skills in combination.  LO: Develop tactics.  LO: Begin to compete with others | **Dance**  LO: Move with careful control and coordination  LO: Link two or more actions to perform a sequence  LO: Choose movements to communicate a mood, feeling or idea | **Athletics**  **(Sports Day Activities)**  LO: Jump in a variety of ways and land with increasing control and balance. | **Games**  *(Net & Wall)*  LO: Develop hitting and catching skills.  LO: Use rolling, hitting, running, jumping, catching and kicking skills in combination.  LO: send a ball over a net/obstacle.  LO: Follow the rules of a game/modified game |
| **Outdoor** | **Athletics**    LO: Develop running technique  LO: Use running and jumping skills in combination.  LO: Develop a range of throwing skills. | **Games**  *(Invasion)*  LO: Use running, jumping, catching and kicking skills in combination.  LO: Understand the basic concept of attacking and defending. | **Games**  *(Invasion)*    LO: Use the terms ‘opponent’ and ‘team-mate’.  LO: Use running, catching, throwing and kicking skills to invade an area. | **Games**  *(Net and Wall)*  LO: Throw and catch with some control and consistency.  LO: Introduce the concept of sending and receiving objects over a fixed obstacle. | **Games**  *(Striking & Fielding)*  LO: Further develop hitting and kicking skills.  LO: Develop catching skills.  LO: Use rolling, hitting, running, jumping, catching and kicking skills in combination  LO: Develop tactics for striking and fielding games.  LO: Use the terms ‘opponent’ and ‘team-mate’.  LO: Work as a team to gain points.  LO: Begin to identify space in a field of play. | **Athletics**  LO: Use running, throwing and jumping skills in modified games.  LO: Begin to think about running at different paces. |
| **Year 3**  **Indoor** | **Gymnastics**  LO: have a basic knowledge and demonstrate exercises that develop strength for gymnastics.  LO: Have some sense of placement and alignment of body parts to help improve and refine.  LO: Can create shapes with the body.  LO: Stretch and curl to develop flexibility.  LO: Can balance on different body parts.  LO: Hang from equipment safely (using hands).  LO: Balance on a variety of different body parts, showing different strategies to help balance.  LO: Balance as an individual. LO: Balance as part of a partnership.  LO: Copy and  remember actions.  LO: Link two or more actions to perform a sequence  LO: Can watch and describe performances. | **Games**  *(Target Games)*  *Tri Golf Festival*  LO: Choose the necessary skills to aim at a target.  LO: Consistently aim and hit targets.  LO: Choose appropriate tactics to cause problems for the opposition.  LO: Lead others and act as a respectful team member. | **Games**  *(Net and Wall)*  LO: Strike a ball/object with some control.  LO: Begin to send and receive with increasing confidence and control.  LO: Follow the rules of the game/modified games | **Dance**  LO: Plan, perform and repeat sequences.  LO: Change speed and levels within a performance.   LO: Move with some fluency and expression.  LO: Create dances and movements around a given idea.  LO: Begin to think about improving work.  LO: Travel in a variety of ways.  LO: Work with a partner to improve skills. | **Gymnastics**  LO: Plan, perform and repeat sequences.  LO: Move with some fluency and expression.  LO: Balance on a variety of different body parts, showing different strategies to help balance.  LO: Can jump and land safely.  LO: Travel by rolling forwards, backwards and sideways.  LO: Show changes of direction, speed and level during a performance. | **Games**  *(Invasion)*  LO: Consistently use the necessary skills to maintain possession of a ball.  LO: Begin to understand the concept of an invasion game.  LO: Compete with others in games/modified games. |
| **Outdoor** | **Games**  *(striking & fielding)*  LO: Throw and catch with a degree of control and accuracy.  LO: Strike a ball and field with some control.  LO: Follow the rules of the game | **Games**  *(Invasion)*  LO: Understand and demonstrate the basic concept of attacking and defending.  LO: Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).  LO: Pass to team mates. | **OAA**  LO: Arrive properly equipped for outdoor and adventurous activity.  LO: Use maps and compasses.  LO: Seek support if required when the situation dictates. | **Athletics**  LO: Sprint over a short distance. Run over a longer distance.  LO: Jump in a number of ways, including using a run up.  LO: Compete with others and aim to improve personal performances | **OAA**  LO: Show some ability to both lead and form part of a team.  LO: Seek support if required when the situation dictates. | **Athletics**  LO: Use a range of throwing techniques.  LO: Throw to hit a target or cover a distance.  LO: Compete with others and aim to improve personal performances |
| **Year 4**  **Outdoor** | **Athletics**  LO: Sprint over a short distance up to 60 metres.  LO: Run over a longer distance, conserving energy in order to sustain performance.  LO: Jump in a number of ways, using a run up where appropriate.  LO: Compete with others and aim to improve best personal performances.  LO: Use a range of throwing techniques (such as under arm, over arm)  LO: Throw with accuracy to hit a target or cover a distance. | **Games**  *(Invasion)*  LO: Understand and demonstrate the basic concept of attacking and defending.  LO: Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).  LO: Pass to team mates. | **OAA**  LO: Arrive properly equipped for outdoor and adventurous activity.  LO: Show an ability to both lead and form part of a team.  LO: Use maps, compasses and digital devices to orientate themselves.  LO: Remain aware of changing conditions and change plans if necessary.  LO: Understand the need to show accomplishment in managing risks.  LO: Support others and seek support if required when the situation dictates.  LO: Show resilience when plans do not work and initiative to try new ways of working. | **Games**  *(Invasion)*  LO: Choose appropriate tactics to cause problems for the opposition.  LO: Throw and catch with control and accuracy.  LO: Pass to team mates at appropriate times.  LO: Lead others and act as a respectful team member.  LO: Compete with others and aim to improve previous performances | **Games**  *(Net & Wall)*  LO: Strike a ball/object over obstacles or against walls with control and consistency.  LO: Send and receive with increasing confidence and control.  LO: Begin to accurately serve a ball to opponents.  LO: Begin to use the skills necessary to uphold a non- competitive or competitive rally.  LO: Choose appropriate tactics to outwit the opposition. | **Games**  *(Striking and Fielding)*  *Cricket Festival*  LO: Throw and catch with control, consistency and accuracy.  LO: Develop a range of throwing and catching techniques.  LO: Strike a ball with control and consistency.  LO: Strike a ball accurately into space.  LO: Choose the correct tactics to field a ball successfully  LO: Use the necessary skills to compete in games/modified games |
| **Year 4 Indoor** | **Dance/Gymnastics**    LO: Plan, perform and repeat sequences.  LO: Move with some fluency and expression.  LO: Show changes of direction, speed and level.  LO: Travel in a variety of ways.  LO: Have some sense of placement and alignment of body parts to help improve and refine.  LO: Plan, perform and repeat sequences.  LO: Hang from equipment safely (using hands). LO: Create dances and movements that convey a definite idea.  LO: Make suggestions on how to improve work.  LO: Begin to implement changes. | **OAA**  LO: Arrive properly equipped for outdoor and adventurous activity.  LO: Show an ability to both lead and form part of a team.  LO: Use maps, compasses and digital devices to orientate themselves.  LO: Remain aware of changing conditions and change plans if necessary.  LO: Understand the need to show accomplishment in managing risks.  LO: Support others and seek support if required when the situation dictates.  LO: Show resilience when plans do not work and initiative to try new ways of working. | **Games**  *(Invasion)*  LO: Consistently use the necessary skills to maintain possession of a ball.  LO: Understand and explore the concept of an invasion game.  LO: Discuss and develop tactics of a game with teammates.  LO: Compete with others in games/modified games  LO: Choose appropriate tactics to cause problems for the opposition.  LO: Lead others and act as a respectful team member. | **Dance/Gymnastics**  LO: Plan, perform and repeat sequences.  LO: Move with some fluency and expression.  LO: Show changes of direction, speed and level.  LO: Travel in a variety of ways.  LO: Have some sense of placement and alignment of body parts to help improve and refine.  LO: Plan, perform and repeat sequences.  LO: Hang from equipment safely (using hands).  LO: Create dances and movements that convey a definite idea.  LO: Make suggestions on how to improve work.  LO: Begin to implement changes. | **Games**  *(Net and Wall)*  LO: Strike/send a ball/object over obstacles or against walls with some control and consistency.  LO: Send a ball/object with increasing confidence and control.  LO: Develop the skills required to receive and return a ball/object towards a target.  LO: Begin to use the skills necessary to uphold a non- competitive or competitive rally.  LO: Choose appropriate tactics to outwit the opposition | **Games**  *(Invasion)*  LO: Consistently use the necessary skills to maintain possession of a ball.  LO: Understand and explore the concept of an invasion game.  LO: Discuss and develop tactics of a game with teammates.  LO: Compete with others in games/modified games  LO: Choose appropriate tactics to cause problems for the opposition.  LO: Lead others and act as a respectful team member. |
| **Swimming throughout the year** | | | | | | |
| **Year 5**  **Indoor** | **Games**  *(Net and Wall)*  LO: Strike a bowled or volleyed ball.  LO: Choose the most appropriate tactics for a game.  LO: Work alone, or with team mates in order to gain points.  LO: Use a forehand and backhand when playing racket games.  LO: understand and perform the necessary skills required to uphold a competitive/ non-competitive rally.  LO: Transfer skills across arrange of net and wall games.  LO: Learn from others how to improve skill.  LO: Comment on technique to improve performance.  LO: Show basic skills in volleyball including:  - Serving  - Setting  - Spiking  - Dig | **Gymnastics**  LO: Plan, perform and repeat sequences.  LO: Move in a clear, fluent and expressive manner.  LO: Refine movements into sequences.  LO: Travel in a variety of ways, including flight, by transferring weight to generate power in movements.  LO: Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).  LO: Swing and hang from equipment safely (using hands).  LO: LO: Comment on technique to improve performance.  LO: Use feedback to improve performances. | **Dance**  LO: Move in a clear, fluent and expressive manner.  LO: Refine movements into sequences.  LO: Create dances and movements that convey a definite idea.  LO: Develop physical strength and suppleness by practising moves and stretching. | **Gymnastics/ Fitness**  LO: Create sequences that include a full range of movements including:  Travelling ,Balances, Swinging , Springing  Rotations ,Bending, stretching and twisting  Gestures and Linking skills.  LO: Hold shapes with some strength, fluency and expression.  LO: Include in a sequence set pieces.  LO: Vary speed, direction, level and body rotation during floor performances  LO: Practise and refine gymnastic techniques used in performances (listed above).  LO: Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions)  LO: Use equipment to swing (remaining upright). | **Games**  *(Striking and Fielding)*  LO: Consistently strike a ball.  LO: Choose the appropriate technique to strike a ball into space in the field.  LO: Demonstrate the appropriate fielding techniques for game in question.  LO: Change fielding techniques when appropriate, i.e. move around the field for left/right handers, move further or closer depending on the batter.  LO: Choose the most appropriate tactics for a game | **Games**  *(Striking and Fielding)*  LO: Consistently strike a ball.  LO: Choose the appropriate technique to strike a ball into space in the field.  LO: Demonstrate the appropriate fielding techniques for game in question.  LO: change fielding techniques when appropriate, i.e. move around the field for left/right handers, move further or closer depending on the batter.  LO: Choose the most appropriate tactics for a game  LO: Compete in competitive matches in small and large groups  LO: Demonstrate teamwork and sportsmanship skills. |
| **Outdoor** | **Games**  *(Invasion)*  LO: Develop the appropriate passing skills to combine with teammates in a range of games/activities. For example passing of a rugby ball, passing of a netball, passing of a hockey ball.  LO: Pass a ball to a partner/teammate using a range of techniques.  LO: Use running, jumping and throwing in combination to achieve a goal.  LO: Work alone, or with team mates in order to gain points or possession.  LO: understand and demonstrate the concept of an invasion game.  LO: Use different passing and moving skills to maintain possession.  LO: Dribble a ball using a variety of techniques/Equipment. For example; Dribble a hockey ball using a hockey stick, dribble a football using different parts of the foot, Travel with a ball using modified lacrosse equipment. | **Games**  *(Invasion)*  LO: Develop the appropriate passing skills to combine with teammates in a range of games/activities. For example passing of a rugby ball, passing of a netball, passing of a hockey ball.  LO: Use the passing technique to accurately send a ball towards a teammate.  LO: Use the techniques to progress in games/matches.  LO: Use different defending techniques to try and obtain possession.  LO: Choose the necessary skills attack.  LO: Choose the most appropriate tactics for a game.  LO: Work alone, or with team mates in order to gain points or possession.  LO: Dribble a ball using a variety of techniques/Equipment. For example; Dribble a hockey ball using a hockey stick, dribble a football using different parts of the foot, Travel with a ball using modified lacrosse equipment.  LO: Transfer skills into a range of invasion games. | **Games**  *(Invasion and Net & Wall)*    LO: Choose techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).  LO: Work alone, or with team mates in order to gain points or possession.  LO: Field, defend and attack.  LO: Choose the most appropriate tactics for a game  . | **OAA**  LO: Identify possible risks and listening carefully to expert advice on how to manage them.  LO: Select equipment for outdoor and adventurous activity.  LO: Assess changing conditions and adapt plans.  LO: Identify possible risks and listening carefully to expert advice on how to manage them.  LO: Use a range of devices in order to orientate themselves.  LO: Assess changing conditions and adapt plans.  LO: Select equipment for outdoor and adventurous activity.  LO: Seek support from the team and the experts if in any doubt.  LO: Use a range of devices in order to orientate themselves.  LO: Assess changing conditions and adapt plans. | **Games**  *(Invasion)*  *High 5 Netball Festival*  LO: Choose techniques in game situations (running, throwing, catching, passing and jumping).  LO: Work with team mates in order to gain points or possession.  LO: Choose the most appropriate tactics for a game.  LO: Choose and demonstrate appropriate skills required for attacking.  LO: Choose and demonstrate appropriate skills required for defending.  LO: Perform to appropriate skills to score into a net above the head.  LO: follow the rules and regulations for specific games.  LO: Pivot on one foot to change direction of play.  LO: Maintain balance to become stationary after jumping/moving. | **Athletics**  LO: Run over a variety of distances, attempting to use appropriate pace.  LO: Compete with others and keep track of personal best performances, setting targets  LO: Run over a variety of distances, attempting to use appropriate pace to suit varying situations.  LO: develop the skills necessary to jump for distance and height.  LO: Combine sprinting and jumping to participate in low hurdles.  LO: Compete with others and keep track of personal best performances, setting targets.  LO: Develop a pull throw and push throw technique LO: Use a range of throwing techniques (such as under arm, over arm) to compete with others  LO: Throw consistently with accuracy to hit a target or to cover a distance. |
| **Year 6**  **Indoor** | **Games**  *(Net and Wall)*  LO: Serve a ball/shuttle over a net to the opposition.  LO: understand and demonstrate the scoring techniques used in different Net and wall games.  LO: Demonstrate and explain the importance of the ready position in racket sports.  LO: Strike a rolled or volleyed ball.  LO: Choose the most appropriate tactics for a game.  LO: Work alone, or with team mates in order to gain points.  LO: Use forehand and backhand when playing racket games.  LO: understand and perform the necessary skills required to uphold a competitive/ non-competitive rally.  LO: Use different scoring strategies to compete with others.  LO: Transfer skills across arrange of net and wall games  LO: Serve a ball with varying speeds.  LO: Return a ball with varying speeds and heights.  LO: Show basic skills in volleyball including:  - Serving  - Setting  - Spiking  - Dig  LO: Use the basic volleyball techniques, consistently.  LO: Send a volleyball towards the opposition using a serve, setting, spike and dig.  LO: Combine Volleyball basic skills to compete in modified volleyball games. | **Gymnastics**  LO: Create sequences that include a full range of movements including:   * Travelling * Balances * Swinging * Springing * Rotations * Bending * Stretching * Twisting * Gestures * Linking skills. * Flight * Vaults * Inversions   LO: Hold shapes that are strong, fluent and expressive.  LO: Include in a sequence set pieces, choosing the most appropriate linking elements.  LO: Practise and refine the gymnastic techniques used in performances (listed above).  LO: Demonstrate an excellent kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).  LO: Use equipment to vault and to swing (remaining upright). | **Dance**  LO: Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).  LO: Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.  LO: Perform expressively and hold a precise and strong body posture.  LO: Perform and create complex sequences.  LO: Express an idea in original and imaginative ways.  LO: Compose creative and imaginative dance sequences.  LO: Express ideas in imaginative ways.  cartwheels or handstands | **Fitness**  LO: Begin to understand the components of health and fitness in sport.  LO: Can describe the effect exercise has on the body.  LO: understand and demonstrate the need for appropriate warm ups and cool down.  LO: Identify exercises that are relevant to certain components of fitness.  LO: perform a range of exercises that relate to certain components of fitness.  LO: know what is required to improve performances.  LO: To action required changes and improve performance. | **Games**  *(Striking & Fielding)*  LO: Strike a bowled or volleyed ball with accuracy and consistency.  LO: Consistently strike a ball into a field of play  Choose the appropriate technique to strike a ball into space in the field.  LO: Uphold the spirit of fair play and respect in all competitive situations  LO: Demonstrate a short and long barrier when fielding.  LO: Show a underarm bowling/throwing technique.  LO: Return a ball with accuracy and speed.  LO: Show an accurate overarm throw.  LO: Change fielding techniques when appropriate.  LO: Choose the most appropriate tactics for a game. | **Games**  *(Striking & Fielding)*  LO: Strike a bowled or volleyed ball with accuracy and consistency.  LO: Use a variety of different equipment/techniques to send a ball into the field of play.  LO: Consistently strike a ball into a field of play  LO: Choose the appropriate technique to strike a ball into space in the field.  LO: Demonstrate a short and long barrier when fielding.  LO: Show a underarm bowling/throwing technique.  LO: Return a ball with accuracy and speed.  LO: Show an accurate overarm throw.  LO: Demonstrate a cricket overarm bowl.  LO: Maintain accuracy and control when overarm bowling in cricket.  LO: Uphold the spirit of fair play and respect in all competitive situations  LO: Change fielding techniques when appropriate.  LO: Choose the most appropriate tactics for a game. |
| **Outdoor** | **Games**  *(Invasion)*  *Extreme Frisbee Festival*  LO: Throw a Frisbee towards a target using a range of different techniques.  LOL Catch a Frisbee that approaches at varying heights and speeds.  LO: Pivot on one foot to change the direction of play.  LO: Catch a Frisbee whilst on the move.  LO: Link up with team members to move up and down a court.  LO: Defend and attack tactically by anticipating the direction of play.  LO: Lead others when called upon and act as a good role model within a team.  LO: Follow rules of games, implementing them into matches refereed by other pupils.  LO: Uphold the spirit of fair play and respect in all competitive situations. | **Games**  *(Invasion)*  LO: Defend and attack tactically by anticipating the direction of play.  LO: Uphold the spirit of fair play and respect in all competitive situations.  LO: Lead others when called upon and act as a good role model within a team  LO: Keep possession of a ball individually.  LO: Keep possession of a ball as part of a team.  LO: Dribble a ball with consistency, control and composure using a variety of techniques/Equipment. For example; Dribble a hockey ball using a hockey stick, dribble a football using different parts of the foot, Travel with a ball using modified lacrosse equipment.  LO: Transfer skills into a range of invasion games. | **Games**  *(Invasion)*  LO: Defend and attack tactically by anticipating the direction of play.  LO: Choose players most suitable for attacking and defending situations.  LO: Uphold the spirit of fair play and respect in all competitive situations.  LO: Lead others when called upon and act as a good role model within a team.  LO: Make attacking runs ‘On and off the ball’.  LO: Dribble a ball with control, consistency and purpose.  LO: Positively maintain possession of a ball.  LO: Maintain possession of a ball with purpose.  LO: Show composure when in possession of a ball.  LO: Compete in directional games.  LO: Take required equipment from others for example tags in rugby, ball in hockey.  LO: Demonstrate a variety of tackling techniques.  LO: Demonstrate a variety of interception skills. | **Games**  *(Net & Wall)*  LO: Serve a ball/shuttle over a net to the opposition.  LO: Serve a ball/shuttle with control, accuracy.  LO: explain and demonstrate how different serving direction/technique may benefit you in the game.  LO: understand and demonstrate the scoring techniques used in different Net and Wall games.  LO: Choose the most appropriate tactics for a game.  LO: Work alone, or with team mates in order to gain points.  LO: Use forehand and backhand when playing racket games.  LO: Return a volleyed ball using hands.  LO: understand and perform the necessary skills required to uphold a competitive/ non-competitive rally.  LO: Use different scoring strategies to compete with others.  LO: Transfer skills across arrange of Net and wall games  LO: Uphold the spirit of fair play and respect in all competitive situations.  LO: Lead others when called upon and act as a good role model within a team | **OAA**  LO: Select appropriate equipment for outdoor and adventurous activity.  LO: Identify possible risks and ways to manage them, asking for and listening carefully to expert advice and respect of a team.  LO: Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.  LO: Quickly assess changing conditions and adapt plans to ensure safety comes first**.**  LO: Embrace both leadership and team roles and gain the commitment  LO: Remain positive even in the most challenging circumstances, rallying others if need be.  LO: Use a range of devices in order to orientate. | **Athletics**  LO: Combine sprinting with low hurdles over 60 metres.  LO: Choose the best place for running over a variety of distances.  LO: Throw accurately and refine performance by analysing technique and body shape.  LO: Show control in take-off and landings when jumping  LO: Choose the best place for running over a variety of distances.  LO: Choose the best place for running over a variety of distances.  LO: Show control in take-off and landings when jumping. |