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| **Year**  **Group** |  | **Autumn** |  | **Spring** |  | **Summer** |
| **Rec**  **Nursery**  **Tinies** | **Knowledge** | **Multi skills:** To know static balancing and understand the concept of bases. Children will perform balances using a number of different body parts and learn how to use a variety of equipment to improve their technique, control and balance.  **Mighty Movers:** To understand how to run at a variety of speeds and in a variety of styles, directions and with a variety of obstacles. To know about the purpose of a circuit and how it can improve fitness. | **Knowledge** | **Groovy gymnastics:** To know how to travel in different directions at different speeds and levels. Linking multiples moves together as part of a sequence. Using taught isolated moves and shapes when travelling in a variety of ways.  **Brilliant ball skills:** To know howto master basic sending and receiving techniques to develop balance, agility, and co-ordination. Catching a ball or bean bag including on a bounce or from a throw. Using a range of throwing techniques including over and under arm. | **Knowledge** | **Throwing & Catching:** To know the skills needed for striking and fielding games including controlling a ball using hands, techniques for catching and underarm throwing. To know the basic striking, sending and receiving using a racket or a bat.  **Active Athletics:** To know how to change speeds from fast to slow when travelling in different ways using different footwork patterns. Use all taught skills in an obstacle course with control and agility. |
| **Skills** | Developing agility and co-ordinating the upper and lower body together.  Perform simple patterns of movement.  Technique and balance.  Running on the balls of feet.  Move with greater precision and control.  Use timing to aim, stop and guide objects.  Controlled movement in different ways.  Travelling movements and changing direction with control and fluency. | **Skills** | Hopping – same foot to same foot.  Jumping – two feet to two feet. .  Skipping with a rope  Balance and skipping technique  Travelling in different directions and at different speeds. Isolated moves and shapes when travelling.  Rolling.  Throwing & catching  Drag back  Travelling along, over, around onto and off a bench. Balance, agility and coordination .  Basic gymnastics movements.  Catching a ball or beanbag on a bounce. Catch a ball from a throw.  Throwing skills – overarm and underarm  Sending, retrieving, attacking and defending using a ball. | **Skills** | Control breathing  supporting body weight  movements to demonstrate good core control  increase the speed of travelling  plank, front support, back support.  Balance  Running  Complex footwork patterns using ladders.  Controlling a ball using hands  Techniques for catching  Underarm throw  striking balls of different sizes  throwing and catching  stopping and retrieving a ball  throwing to a target  catching and fielding. |

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| **Year**  **Group** |  | **Autumn** |  | **Spring** |  | **Summer** |
| **1** | **Knowledge** | **Boot Camp:** To know the importance of, and reason for, warming up different parts of our body. Understanding how to prepare the body for exercise and what fitness means.  **Multi skills:** To know static balancing and understand the concept of bases. Children will perform balances using a number of different body parts and learn how to use a variety of equipment to improve their technique, control and balance.  **Storytime dance:** To know different ways to travel including changing direction, linking moves together and exploring different body movements to music.  **Mighty Movers:** To understand how to run at a variety of speeds and in a variety of styles, directions and with a variety of obstacles. To know about the purpose of a circuit and how it can improve fitness. | **Knowledge** | **Skip to the beat:** To know how to hop and jump including doing these on the move. Learning how to skip with a rope including different ways of skipping with good balance and technique.  **Groovy gymnastics:** To know how to travel in different directions at different speeds and levels. Linking multiples moves together as part of a sequence. Using taught isolated moves and shapes when travelling in a variety of ways.  **Saints Rugby:** To know how to hold a rugby ball using throw and drag back. To know how to move in different ways including dodging and running.  **Brilliant ball skills:** To know howto master basic sending and receiving techniques to develop balance, agility, and co-ordination. Catching a ball or bean bag including on a bounce or from a throw. Using a range of throwing techniques including over and under arm. | **Knowledge** | **Cool core:** To knowhow to control breathing and how to support body. Children will identify techniques to improve their core strength and agility including good posture and balance.  **Throwing & Catching:** To know the skills needed for striking and fielding games including controlling a ball using hands, techniques for catching and underarm throwing. To know the basic striking, sending and receiving using a racket or a bat.  **Fitness frenzy:** To know how to put into practice circuit skills learnt throughout the year including running, jumping, ball pass to further develop agility and co-ordination.  **Active Athletics:** To know how to change speeds from fast to slow when travelling in different ways using different footwork patterns. Use all taught skills in an obstacle course with control and agility. |
| **Skills** | Developing agility and co-ordinating the upper and lower body together.  Perform simple patterns of movement.  Technique and balance.  Running on the balls of feet.  Move with greater precision and control.  Use timing to aim, stop and guide objects.  Controlled movement in different ways.  Travelling movements and changing direction with control and fluency.  Counting in beats of 4 or 8.  Move in time to music and understanding the beats.  Jumping.  Using gesture as an image in dance. | **Skills** | Hopping – same foot to same foot.  Jumping – two feet to two feet. .  Skipping with a rope  Balance and skipping technique  Travelling in different directions and at different speeds. Isolated moves and shapes when travelling.  Rolling.  Throwing & catching  Drag back  Travelling along, over, around onto and off a bench. Balance, agility and coordination  Basic gymnastics movements.  Catching a ball or beanbag on a bounce. Catch a ball from a throw.  Throwing skills – overarm and underarm  Sending, retrieving, attacking and defending using a ball. | **Skills** | Control breathing  supporting body weight  movements to demonstrate good core control  increase the speed of travelling  plank, front support, back support.  Balance  Running  Complex footwork patterns using ladders.  Controlling a ball using hands  Techniques for catching  Underarm throw  striking balls of different sizes  throwing and catching  stopping and retrieving a ball  throwing to a target  catching and fielding. |

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| **Year**  **Group** |  | **Autumn** |  | **Spring** |  | **Summer** |
| **2** | **Knowledge** | **Boot Camp-** to know how to prepare the body for exercise including understand what fitness means. To know what happens to the heart rate during exercise.  **Multi Skills-** to know what static balancing is including understanding concepts of bases. To know a range of co-ordination drills using upper and lower body movements including moving in different ways. To know how to aim a variety of balls and equipment accurately.  **Ugly Bug Ball-** To understand how to compose and perform simple dance phrases by experimenting with actions, dynamics, directions, and levels. To know a variety of dance movements and improve timing.  **Mighty Movers –** To know how to maintain a one-minute run with balance and co-ordination. To know the purpose of a circuit, and how it can improve fitness. | **Knowledge** | **Saints Rugby -** To know how to hold and pass a rugby ball using throw and drag back techniques. To know how to move in different ways including dodging and running. To know the touchdown rule to score.  **Skip to the Beat –** to know how to perform skipping moves with agility, balance and co-ordination. To skip with control and balance including a running skip technique.  **Bootcamp –** To know how to prepare the body for exercise and know what fitness means. To know and practice a range of circuit-based activities and understand the reason for doing them.  **Ball Skills-** To know and develop hand-eye co-ordination to control a ball. To know how to kick and move with a ball. To know how to perform overarm, underarm and bounce pass using a ball. | **Knowledge** | **Cool Core-** To know how to improve core strength and agility using a good bridge, arm when running, plank, wheelbarrow walk, crunches and squats.  **Throwing & Catching-** To know how to under arm throw and bounce pass in striking and fielding games. To know how to cushion a ball when catching. To know how to play fairly and in a sporting manner.  **Fitness Frenzy-** To understand that basic running, jumping and passing skills can be used to form a circuit. To understand the purpose of a circuit and how it can improve fitness.  **Active Athletics –** To know how to effectively change direction when running while maintaining balance. To know how to run with agility and confidence including a change of speed. To know how to throw different objects safely and with accuracy |
| **Skills** | Develop agility and coordination  Perform simple patterns of movement  Perform with technique and balance  Balance and coordination  Moving the body in a variety of ways  Throwing and catching a ball  Changing speed and direction  Twisting and turning  Playing fairly in a game  Moving in time to music  Moving like minibeasts  Strength and clarity with contracting movements  Actions, dynamics, direction and levels  Movement with a partner for coordination  Develop phases of movement  Sequences of dance  Running circuits gait skills | **Skills** | Skipping techniques  Jumping, skipping and hopping  Rope control  Balance and movement  Travelling moves  Bench and mat sequences  Performing shapes with the body  Balance, agility and coordination  Simple movement patterns  Flexibility  Strength and stamina  Moving a ball using hands and feet  Sending and retrieving a ball  Catching different objects  Overarm, underarm and bounce pass  Pass with accuracy  Dribble with control and passing  Catching at different heights | **Skills** | Bridge pose  Jogging, jumping, bending, running  Footwork patterns  Core strength  Balance  Throwing at length  Running at speed  Balance when changing direction  Develop arm and leg movements  Performing simple patterns of movement  Circuit training involving stamina  Hoop skills  Hand eye coordination |

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| **Year**  **Group** |  | **Autumn** |  | **Spring** |  | **Summer** |
| **3** | **Knowledge** | **Skip to the Beat –** To know skipping techniques with control and balance. To perform rope and non-rope skipping with good techniques and to songs and rhymes. To know how to perform a skipping routine with a partner.  **Multi-skills-** To know how to change and maintain centre of balance. To know how to use hand-eye coordination to keep control of an object. To know how to co-ordinate with others by matching speed.  **Gymnastics –** To know the basic gymnastics balances, poses and ways to travel. To form a sequence using a variety of poses, balances and travelling. To know how to forward roll from the standing position.  **Mighty Movers-** To know how to run at different speeds and demonstrate good use of arms. To know the importance of warming up before exercise. To know how to hand over in an efficient manner during relay. To know how to improve fitness through raising the heart rate. | **Knowledge** | **African Dance –** To know how to perform African dance movements and create patterns of movements with a partner.  To know how to perform a dance with rhythm and expression.  **Brilliant Ball Skills-** To know how to dribble a ball with greater control. To know how to roll or throw a ball at a target with accuracy. To know how to control a ball while moving, throwing and catching.  **Boot Camp-** To know how to prepare the body for exercise. To know what fitness means and how to raise the heart rate. To know how to perform simple patterns of movement with co-ordination in a simple circuit.  **Cool Core-** To know how to improve core strength and agility through techniques like Pilates including knowing why they are important. To perform core strength moves with accuracy. | **Knowledge** | **Fitness Frenzy-** To know how to perform simple patterns of movement in a basic circuit of running, jumping and ball pass. To know how to skip accurately with control and balance. To perform rope and non-rope skipping with good technique.  **Gymfit-** To know different techniques to improve balance. To know how to travel, stretch, read and extend through a series of circuits to further develop balance, agility and co-ordination.  **Throwing and catching-** To consolidate and develop a range of striking and fielding skills including different wats of throwing and when to use them. To know the batting techniques for cricket and how to play continuous cricket.  **Active athletics-** To run in different directions and at different speeds using a good technique involving looking up when running. To know how to throw in a variety of ways including using legs as well as arms to support the throw. To know how to perform a standing long jump and take off and landing correctly. |
| **Skills** | Agility and coordination  Perform simple patterns of movement  Technique and balance  Coordination  Keeping control of an object  Stopping, turning  Speed  Travelling with a ball  Count beats and change direction while dancing  Keep count and tempo  Learn routines and timing  Use of arms when running  Running techniques | **Skills** | Balance, agility and coordination  Strength, stamina, flexibility, aerobic, circuit training  Simple movement patterns  Sequences of moves  Skipping  Large rope skipping  Partner skipping  Sequences of skipping moves  Performing with good technique to songs.  Dribbling a ball with great control  Rolling and throwing a ball at a target  Catching  Maintaining control of a ball | **Skills** | Core strength and agility  Running squats, squat thrusts, burpees  Balance and coordination  Throwing and catching  Overarm and underarm  Catching with cushioned hands  Striking, fielding and defending  Batting techniques in cricket  Retrieving a ball  Perform simple patterns of movement  Circuit training with skipping, timing and direct changes  Strength, stamina, flexibility, aerobic training  Swimming at length front crawl and back |

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| **Year**  **Group** |  | **Autumn** |  | **Spring** |  | **Summer** |
| **4** | **Knowledge** | **Dance –** To know and practice the patterns and actions of line dancing and awareness of the music’s rhythm. To know the key components of dance to perform a line dance using a range of movement patterns.  **Invaders –** To know how to dribble a ball, change direction and maintain control while keeping possession. To know how to accurately pass and receive a ball and improve accuracy of passing by using a target.  **Gymnastics -** To know the basic gymnastics balances, poses and ways to travel. To form a sequence using a variety of poses, balances and travelling. To know how to forward roll from the standing position.  **Bootcamp –** To know how to prepare the body for exercise and explain some changes to our body during exercise. To know a range of circuit-based activities and understand the reasons for doing them. To understand what happens to the heartrate during exercise. | **Knowledge** | **Mighty Movers-** To know footwork movement patterns showing co-ordination and to know the correct technique for jab. To know how to build an aerobic exercise routine including skilled moves ( jab, cross jab, boxing twist, toe touch)  **Fitness Frenzy –** To know the correct technique for skipping, burpees, spotty dogs and plank. To know how to perform more complex patterns of movement within a circuit. To know how to create and perform a sequence of step moves (knee crunch, cross step)  **Nimble Nets-** To know the correct way to hold a tennis racket and use one with precision. To know how to drop hit a ball using the forehand technique. To know how to use both forehand and backhand strokes in collaborative games.  **Striking and Fielding-** To know and use the underarm and overarm throws. To know and understand the rules fora kwik cricket game. To know how to field a ball in a variety of ways to stop it from travelling further and return the ball accurately. | **Knowledge** | **Swimming x2 -** To know how to swim 5m-10m continuous in various strokes. To know how to glide under water for a short length. To know how to kick off the wall before gliding.  **Cool Core-** To know how to perform basic Pilates moves with good technique and understanding (mountain pose, rock, Siamese pose, giraffe, Pilates, mountain top)  **Young** Olympians- To know how to modify stride length, arm action and knee lift to select and maintain running paces for different distances. To know how to throw with power and accuracy including the pull technique. To know how to perform a standing broad jump (two feed to two feet) |
| **Skills** | Strengths and agility  Coordination and balance  Jumping jacks  Skipping  Planking  Burpees  Skipping  Running and timing  Rolling  Dribbling with a ball and changing direction  Passing and receiving  Attack and defence  Timing  Rhythm, phrasing, improvising, dynamics  Flexibility, stamina, muscular strength  Jabs, footwork pathways  Jab, cross jab, boxing twist, toe touch. | **Skills** | Balance and coordination  Agility  Jogging forwards and backwards  Jab, cross jab, boxing twist, toe touch  Jumping jacks  Moving in time to music  Sequencing steps  Tuck straddle pike  Symmetrical and asymmetrical body shapes  Counterbalances and moves  Flexibility, core strength  Stamina  Footwork  Hand/eye coordination  Underarm throw, over arm throw, throwing and catching skills  Moving with a ball | **Skills** | Balance and coordination  Mountain pose  Siamese pose, giraffe and Pilates  Timing  Performing a sequence of moves  Sending and receiving a ball  Hand eye coordination  Batting,  Speed  Underarm serve  Forehand, backhand, drop serve, rally  Body posture  Accurate shot  Skipping  Complex patterns of movement  Jogging, rolling, boxing  Sequence of steps to a beat  Pace  Stride length  Running pace  Pull technique for throwing |

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| **Year**  **Group** |  | **Autumn** |  | **Spring** |  | **Summer** |
| **5** | **Knowledge** | **Gymnastics-** To know the basic gymnastics balances, poses and ways to travel. To form a sequence using a variety of poses, balances and travelling. To know how to forward roll from the standing position.  **Invaders-** To know how to pass and receive using a netball including basic footwork rules. To know how to use chest pass, overhead pass, bounce pass and understand which pass to use depending on the distance the ball needs to travel.  **Bootcamp-** To know how to prepare the body for exercise. To know the correct technique for various circuit activities including burpees, spotty dogs, skipping and plank. To maintain exercise for longer periods of time.  **Mighty Movers-** To know and use a variety of boxing techniques including jab, cross jab, jog and roll, boxing twist, duck, dodge and sidekick. | **Knowledge** | **Swimming x2 –** To know how to swim up to 25m using front crawl, front stroke, back stroke and butterfly. To know how to glide through the water and turn to kick off the wall. To know how to enter and exit the water safely.  **Step to the beat- T**o know how to count moves and perform in repetitions of eight, four, two and singles. To know how to move in time with the music and work with a partners to produce a sequence of moves.  **Striking and fielding-** To know how to hold the bat correctly and place the ball accurately. To know how to serve and return a ball accurately. To know how to field effectively and how to run between wickets. | **Knowledge** | **Nimble nets-** To know the correct technique for forehand, backhand and volley for hitting a tennis ball. To know tactics for beating an opponent by using all strokes appropriately. To accurately play shots on the move and run towards the net to play a volley.  **Cool core-** To know how to perform Pilates/yoga moves with accuracy including linking moves together to make a sequence. To know my own strengths and perform moves with fluency and control.  **Young Olympians-** To know how to sustain running at a continuous pace and know the technique for running at speed. To know the correct push technique to throw with accuracy and power. To know how to successfully perform a standing long jump including the correct take off, landing, long jump, extend and bend.  **Fitness frenzy-** To know how to perform a fitness circuit incorporating boxercise moves (jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick, front kick, back kick, jumping jacks) To know how to correctly perform dips, burpees, step-ups, press-ups and skipping. |
| **Skills** | Changing direction, Balance and coordination  Agility and strength including core  Skipping with and without ropes  Performing complex patterns of movement  Burpees, spotty dogs, planking  Throwing and catching, Hand/eye coordination  Passing and receiving a ball  Chest pass, overhead pass, bounce pass  Distance and timing, Defending and marking  Footwork and intercept passing.  Throwing in to a net, Performing movement patterns  Rhythm, phrasing, improvising, space and dynamics  Sequencing  Jogging, rolling, boxing twist, ducking and dodging  Front kick, back kick, turning, | **Skills** | Timing and stepping to the beat  Count moves and perform in repetitions of eight, four, two and singles  Perform step moves in time with the music  Crunches, Cross step, heel flick  Strength based moves  Running, skipping, hopping, ducking  Balance and body shapes  Control and accuracy with gymnastic moves  Cooperative sequences asymmetrical balances, flexibility, strengths, power and mental focus.  Speed bounce  Rolling, jumping  Striking and fielding, batting and power  Underarm, overarm, release  Returning the ball | **Skills** | Balance and core strength  Stepping  Coordination and agility  Flexibility and fluency  Sequencing  Forehand, backhand, drop serve and volley  Running, catching, batting  Burpees spotty dog, planking  Agility and coordination  Performing complex patterns of movement  Boxercise moves as part of a circuit  Jumping jacks, Changing position  Ducking and dodging, Running at speed  Push and throw technique  Long jump, Hopping |

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| **Year**  **Group** |  | **Autumn** |  | **Spring** |  | **Summer** |
| **6** | **Knowledge** | **Swimming x2-**  To know how to swim up to 25m using front crawl, front stroke, back stroke, dolphin and butterfly. To know how to glide through the water and turn to kick off the wall. To know how to enter and exit the water safely including lifesaving skills.  **Bootcamp-** To know the importance of warming up the body and how to do it. To perform circuit moves with good technique and balance. To perform more complex patterns of movement independently and in pairs.  **Mighty Movers-** To know the basic principles of a good warm up. To know how to compose an aerobic warm up that raises the heart rate over a sustained time. To demonstrate a variety of aerobics moves with fluency to music. To know how to link boxercise moves to make a routine. | **Knowledge** | **Step to the beat-** To know how to improve stamina, demonstrating correct technique using previously learnt skills ( knee crunch, cross strop, V step. To know how t perform an aerobic activity to music and understand the value of aerobic exercise. To know how to analyse and evaluate others’ performance and suggest areas for improvement.  **Gym sequences-** To know how to demonstrate a range of gymnastic shapes and balances. To know how to perform symmetrical and asymmetrical body shapes. To know how to perform rolls, bridging and dynamic movement.  **Rugby-** To know the rules for rugby and how to pass, move and score tries with the ball.  **Striking/fielding-** | **Knowledge** | **Nimble nets-** To know how to throw and catch under pressure including reacting quickly. To know how to perform the long barrier technique for fielding to stop the ball effectively. To know how to bat and direct the ball with accuracy. To know the role of a backstop in a game.  **Cool core-** To know how to perform Pilates poses to improve core strength and stability. To know how to perform a range of balance techniques to develop co-ordination and balance.  **Fitness Frenzy-** To know how perform different aerobic activities developing agility and co-ordination with more complex patterns of movement. To know how to link boxercise moves and compositional ideas and skills to make a routine.  **Young Olympians-** To know how to run efficiently for speed and demonstrate good arm and leg techniques. To know how to use the pull technique for throwing including throwing and retrieving safely. To know how to use a good running technique when jumping over obstacles. To know how to put all taught skills into practice to aim to improve previous results. |
| **Skills** | Confidence in the water  25 meters swim  Jumping in  Front crawl  Back stroke  Butterfly stroke  Breast stroke  Dancing in unison, cannon, mirror and match.  Patterns and moving to a beat  Balance and coordination  Boxing skills – cross jab, twist, duck, dodge, sidekick, front kick, back kick, jumping jacks fluency of moves  Complex moves to music  Keeping a beat  Balance and agility | **Skills** | Aerobic moves – knee crunch, rhythm, cross step, vstep.  Stamina  Agility  Coordination  Timing  Grapevine – footwork  Front and back support  Balance, flexibility, power, mental focus, strength  Symmetrical, asymmetrical, balance and shape sequences  Counterbalance, tension  Working in cannon/unison  Agility  Underarm throw, catching  Long barrier  Batting/ Backstop  Changing direction | **Skills** | Strength  Stability  Coordination and balance  Batting  Speed  Agility  High, low, long and short serving  Racket position h  Hand eye coordination  Overhead clear  Confidence in the water  25 meter swim  Jumping in  Front crawl  Back stroke  Butterfly stroke  Breast stroke |