Physical Education
Curriculum map of key learning 2021/2022

EYFS						
Term	**1**	**2**	**3**	**4**	**5**	**6**
School theme and PE link	**belonging** Both units will incorporate cooperative activities which will allow everyone to build a sense of belonging. Pupils will consider what it means to be part of a team and why this is important in Pe, in school and in life.	**expression** Pupils will be creative and express themselves through movement. It will allow the pupils to develop courage and self–belief as they travel and move with confidence. Pupils will consider what it means to have courage and why it is important in PE, in school and in life.	**dynasties**	**universe** Pupils will create movements and balances in big and small ways on the floor and on apparatus linked to the idea of space. Pupils will work in pairs to explore creating movements and balances with a partner.	**life** Pupils will develop their knowledge of the importance of leading physically active lives and the impact that this has on our physical and mental health and wellbeing. Pupils will take part in competition, talk about healthy competition and the importance of doing your best in PE, in school and in life. Determination will be a key aspect during competition and the pupils will consider what it means to be determined and why it is important in PE, in school and in life.	**dynamics** PE will continue to be highly dynamic! Sports day will provide an opportunity to showcase dynamism.
PE focus life skill	**Teamwork** I work hard to help my team I make sure that everyone is included I respect others' opinions I share equipment I take turns I show team spirit by encouraging my teammates and saying well done	**Courage** I am brave and try new things I am positive – I focus on what I can do and the progress that I have made I don't give up - I know I can improve and learn new things if I try hard I don't get upset if I make mistakes – I understand that mistakes help me get better and learn	**Concentration** I look and listen carefully I focus on the task ignoring people and things that could be distracting	**Fairness** I find ways to include everyone I share equipment I take turns I follow rules	**Determination** I always try my best no matter what I am doing I never give up on myself or my team I try again if something goes wrong	**Honesty** I tell the truth I don't cheat

Physical Education
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SESSION 1	Unit	Locomotion: Walking	Ball Skills: Hands 1	Ball Skills: Feet	Ball Skills: Hands 2	Jumping 1	Games for Understanding
	Physical	Pupils will develop their ability to walk and move into space, change direction and keep away from the defenders.	Pupils will develop their ability to push, roll and bounce a ball with control. They will learn to move the ball into spaces, avoiding defenders.	Pupils will develop their ability to dribble the ball keeping control. Pupils will move the ball into spaces avoiding any defenders.	Pupils will develop their ability to throw, roll and stop a ball with control. Pupils will explore catching and will be ready to receive a ball.	Pupils will develop their ability to jump and land safely. Pupils will adjust their speed and change direction as they jump in order to avoid the defenders.	Pupils will be able to move into spaces avoiding other pupils. Pupils will also be able to adjust their speed and change direction to avoid other pupils.
	Social	Pupils will develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.	Pupils will develop life skills such as gratitude and empathy as they encourage and support each other.	Pupils will develop life skills such as fairness and empathy as they encourage and support each other.	Pupils will develop life skills such as fairness and empathy as they encourage and support each other.	Pupils will develop life skills such as fairness and empathy as they play by the rules and encourage other pupils.	Pupils will develop life skills such as fairness, while playing by the rules of the game and empathy when they need to encourage others.
	Emotional	Pupils will develop their own self belief as they move and travel with confidence.	Pupils will apply their skills with developing success as they demonstrate courage and self-belief to keep working as hard as possible.	Pupils will apply their skills with developing success as they demonstrate courage and self-belief to keep working as hard as possible.	Pupils will apply their skills with developing success as they demonstrate courage and self-belief to keep working as hard as possible.	Pupils will show courage as they apply developing confidence while exploring their jumping skills.	Pupils will start to explore honesty, as they learn to keep the score and self belief, understanding why it is important to try our hardest.
	Thinking	Pupils will develop an understanding of why we move into space as they explore moving and walking.	Pupils will develop their concentration skills by focusing on the ball as they move it. Pupils will use their imagination as they take part in game activities.	Pupils will apply developing concentration skills as they focus on the ball and listen to all the instructions.	Pupils will develop life skills such as concentration by focusing on the ball and the target. Pupils will listen carefully and follow the instructions.	Pupils will explore their curiosity as they try jumping in a variety of different ways.	Pupils will experiment moving in different ways, moving confidently and concentrating on any instructions.

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		High, Low, Under, Over	Ourselves	Nursery Rhymes	Moving	House Competitions	Sports Day Activities
SESSION 2	Physical	Pupils will be able to move and balance in high and low ways, applying champion gymnastics criteria, both on the floor and on apparatus.	Pupils will move their bodies with big actions linked to the idea of 'ourselves'.	Pupils will move their bodies with big actions linked to the nursery rhymes.	Pupils will be able to move and balance in big and small ways, applying champion gymnastics criteria, both on the floor and on apparatus	Pupils will use running, jumping and throwing skills to take part in an athletics based House Competitions and use locomotion and ball skills to take part in games based House Competitions.	Pupils will apply and develop their fundamental movement skills through practising sports day activities.
	Social	Pupils will begin to develop life skills such as empathy and gratitude as they encourage and congratulate others in their work.	Pupils will demonstrate life skills such as empathy as they listen to ideas and watch others as they perform.	Pupils will demonstrate life skills such as empathy as they listen to ideas and watch others as they perform.	Pupils will begin to develop life skills such as empathy and gratitude as they encourage and congratulate others in their work.	Pupils will develop life skills such as empathy and gratitude as they encourage and congratulate others in their work.	Pupils will develop life skills such as empathy and gratitude as they encourage and congratulate others in their work.
	Emotional	Pupils will begin to show self-belief as they travel with confidence, over, under and through apparatus.	Pupils will develop their self belief as they move and travel with confidence.	Pupils will develop their self belief as they move and travel with confidence.	Pupils will begin to show self-belief as they travel with confidence, over, under and through apparatus.	Pupils will show determination as they strive to achieve their very best during the competitions.	Pupils will develop their self-belief and build the confidence to take part in sports day.
	Thinking	Pupils will experiment moving their bodies in a variety of ways on the floor and on apparatus.	Pupils will develop their curiosity and imagination as they experiment moving in different ways.	Pupils will develop their curiosity and imagination as they experiment moving in different ways.	Pupils will experiment moving their bodies in a variety of ways on the floor and on apparatus.	Pupils will start to understand where to run, why to run there and when and why running fast is important in games.	Pupils will experiment moving in different ways, moving confidently and concentrating on any instructions.

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Y1						
Term	**1**	**2**	**3**	**4**	**5**	**6**
School theme and PE link	**belonging** Both units will incorporate cooperative activities which will allow everyone to build a sense of belonging. Pupils will consider what it means to be part of a team and why this is important in Pe, in school and in life.	**Expression** Pupils will be creative and express themselves through movement. Pupils will develop courage and self–belief as they travel and move with confidence. Pupils will consider what it means to have courage and why it is important in PE, in school and in life.	**dynasties**	**Universe** Pupils will respond to different stimuli, being able to add drama and emotion to the dance about weather and seasons.	**life** Pupils will develop their knowledge of the importance of leading physically active lives and the impact that this has on our physical and mental health and wellbeing. Pupils will take part in competition, talk about healthy competition and the importance of doing your best in PE, in school and in life. Determination will be a key aspect during competition and the pupils will consider what it means to be determined and why it is important in PE, in school and in life.	**dynamics** PE will continue to be highly dynamic! Sports day will provide an opportunity for pupils to showcase dynamism.
PE focus life skill	**Teamwork** I work hard to help my team I make sure that everyone is included I respect others' opinions I share equipment I take turns I show team spirit by encouraging my teammates and saying well done	**Courage** I am brave and try new things I am positive – I focus on what I can do and the progress that I have made I don't give up - I know I can improve and learn new things if I try hard I don't get upset if I make mistakes – I understand that mistakes help me get better and learn	**Concentration** I look and listen carefully I focus on the task ignoring people and things that could be distracting	**Fairness** I find ways to include everyone I share equipment I take turns I follow rules	**Determination** I always try my best no matter what I am doing I never give up on myself or my team I try again if something goes wrong	**Honesty** I tell the truth I don't cheat

Physical Education
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SESSION 1	Unit	Locomotion: Running 1	Ball Skills: Hands 1	Ball Skills: Feet	Ball Skills: Hands 2	Locomotion: Jumping 1	Games for Understanding
	Physical	Pupils will be able to run applying the correct technique to ensure maximum speed. Pupils will run and stay in a space avoiding the defenders.	Pupils will be able to send a ball towards a target, applying the correct technique and aiming carefully. Pupils will also be able to receive and stop a ball.	Pupils will consolidate their ability to dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately.	Pupils will be able to send a ball towards a target, applying the correct technique. Pupils will aim carefully in order to score a point to beat an opponent.	Pupils will consistently apply the correct technique for jumping. Pupils will accurately apply their jumping skills in combination and also within games.	Pupils will be able to run and stay in a space, changing direction and speed to avoid the defenders. When defending, pupils will successfully make a tag.
	Social	Pupils will continue to develop life skills such as empathy and fairness as they listen, play by the rules and encourage others.	Pupils will develop life skills such as fairness and empathy as they work well with others and play by the rules.	Pupils will develop life skills such as fairness and empathy as they work well with others and play by the rules.	Pupils will develop life skills such as fairness and empathy as they work well with others, playing by the rules.	Pupils will develop their ability to give and receive feedback concerning the jumping technique showing fairness and empathy to others.	Pupils will develop life skills such as empathy and fairness as they collaborate with their own team and the opposing team to ensure they play the games fairly.
	Emotional	Pupils will develop life skills such as honesty and self belief as they strive to run as fast as possible, ensuring they are playing by the rules.	Pupils will develop and apply life skills such as self belief and honesty as they strive to improve their own performance and always keep the score playing fairly.	Pupils will develop and apply life skills such as self-belief and honesty as they strive to improve their own performance and always keep the score playing fairly.	Pupils will develop and apply life skills such as self-belief and honesty as they strive to improve their own performance, always keeping the score and playing fairly.	Pupils will consistently apply life skills such as self-belief and honesty as they play within the rules of the game and jump confidently. They will demonstrate determination as they strive to do their best.	Pupils will continue to develop and apply honesty as they play by the rules and keep the score.
	Thinking	Pupils will demonstrate a growing understanding of where to run, why to run there and when and why running fast is important in games.	Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.	Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.	Pupils will develop their concentration skills as they focus on the target, their partner and the ball.	Pupils will demonstrate a strong understanding of why, when and where we jump in a game and apply imagination and creativity to their jumping.	Pupils will start to create and apply simple tactics for attacking and defending. Pupils will develop an understanding of why rules are important in a game.

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		Fitness Circuits	Body Parts	Linking	Weather	Team Building	House Competitions
SESSION 2	Physical	Pupils will develop their agility, balance and coordination as well as their overall fitness. They will use a scorecard to enable them to see the progress that they have made.	Pupils will be able to move and balance using big and small body parts in wide, narrow and curled ways, applying 'champion gymnastics' and start to link movements	Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.	Pupils can respond to the music with appropriate movements and actions, using their whole body. Pupils can ensure their movements are big and clear.	Pupils will develop and apply teamwork skills in pairs and small teams to complete all of the challenges successfully.	Pupils will use running, jumping and throwing skills to take part in an athletics based House Competitions and use locomotion and ball skills to take part in games based House Competitions.
	Social	Pupils can demonstrate fairness and gratitude as they engage in their learning and work well with others.	Pupils will demonstrate life skills such as empathy and fairness as they work safely with each other. Pupils will support each other and share apparatus.	Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.	Pupils can demonstrate fairness and gratitude as they engage in their learning, work well with others and enjoy creating their movements and sequences	Pupils will develop and apply life skills such as fairness and respect as they work together to complete the challenges.	Pupils will develop and apply life skills such as fairness and respect as they work together in their House teams.
	Emotional	Pupils will develop life skills such as courage and honesty, as they challenge themselves to achieve their personal best.	Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.	Pupils will confidently demonstrate self belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances.	Pupils will develop life skills such as courage and honesty, as they try their best to create sequences, giving feedback to others following their performances	Pupils will develop life skills such as courage, self-belief and determination as they strive to complete the different challenges, adapting strategies and never giving up.	Pupils will develop life skills such as honesty as they follow the rules of the competitions.
	Thinking	Pupils will learn about the effects of exercise on their body and about the role of the human heart. They will learn to evaluate their performances.	Pupils will experiment moving in a variety of ways understanding the differences between each type of movement. Pupils will be creative as they link movements	Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences.	Pupils will develop their concentration skills as they listen to the music and make decisions on how to move in response.	Pupils will demonstrate a strong understanding of what makes an effective team. Pupils will create and apply simple tactics.	Pupils will start to create and apply simple tactics for attacking and defending. Pupils will develop an understanding of why rules are important in a game.

Physical Education
Curriculum map of key learning 2021/2022

Y2						
Term	**1**	**2**	**3**	**4**	**5**	**6**
School theme and PE link	**belonging** Both units will incorporate cooperative activities which will allow everyone to build a sense of belonging. Pupils will consider what it means to be part of a team and why this is important in Pe, in school and in life.	**expression** Pupils will be creative and express themselves through movement. Pupils will develop courage and self–belief as they travel and move with confidence. Pupils will consider what it means to have courage and why it is important in PE, in school and in life.	**dynasties**	**Universe** Dance will challenge pupils to respond to different stimuli, being able to add drama and emotion to the dance about weather and seasons.	**life** Pupils will develop their knowledge of the importance of leading physically active lives and the impact that this has on our physical and mental health and wellbeing. Pupils will take part in competition, talk about healthy competition and the importance of doing your best in PE, in school and in life. Determination will be a key aspect during competition and the pupils will consider what it means to be determined and why it is important in PE, in school and in life.	**dynamics** PE will continue to be highly dynamic! Sports day will provide an opportunity for pupils to showcase dynamism.
PE focus life skill	**Teamwork** I work hard to help my team I make sure that everyone is included I respect others' opinions I share equipment I take turns I show team spirit by encouraging my teammates and saying well done	**Courage** I am brave and try new things I am positive – I focus on what I can do and the progress that I have made I don't give up - I know I can improve and learn new things if I try hard I don't get upset if I make mistakes – I understand that mistakes help me get better and learn	**Concentration** I look and listen carefully I focus on the task ignoring people and things that could be distracting	**Fairness** I find ways to include everyone I share equipment I take turns I follow rules	**Determination** I always try my best no matter what I am doing I never give up on myself or my team I try again if something goes wrong	**Honesty** I tell the truth I don't cheat

Physical Education
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SESSION 1	Unit	Locomotion: Dodging 1	Ball Skills: Hands 1	Ball Skills: Feet	Ball Skills: Hands 2	Locomotion: Jumping 1	Games for Understanding
	Physical	Pupils will run, dodge and stay in a space avoiding the defenders.	Pupils will be able to dribble, pass and move with developing accuracy. They will combine these skills to score points.	Pupils will be able to apply their passing and dribbling skills in order to keep possession and score a point.	Pupils will be able to throw accurately underarm and execute a developing understanding of overarm throwing, in order to beat an opponent.	Pupils will consistently apply the correct technique for jumping. Pupils will accurately apply their jumping skills in combination and also within games.	Pupils will move between attack and defence as the game changes. Pupils will be able to move into space when attacking and tag the opposition when defending.
	Social	Pupils will develop life skills such as gratitude and fairness as they support their team members, play by the rules and congratulate others.	Pupils will develop communication and empathy as they listen to their partner and team members and work collaboratively together.	Pupils will develop communication and empathy as they listen to their partner and team members and work collaboratively together.	Pupils will develop life skills such as communication and empathy as they listen to their partner and team members, working collaboratively together	Pupils will develop their ability to give and receive feedback concerning the jumping technique showing fairness and empathy to others.	Pupils will develop strong collaboration skills by working with their own team effectively and playing fairly against the opposition.
	Emotional	Pupils will develop life skills such as honesty and self belief as they strive to dodge effectively and keep the score in their games.	Pupils will continue to effectively apply life skills such as self belief and integrity as they strive to improve their own performance whilst playing fairly.	Pupils will continue to effectively apply life skills such as self-belief and integrity as they strive to improve their own performance whilst playing fairly.	Pupils will apply life skills such as self-belief and integrity as they strive to improve their own performance, always keeping the score and playing fairly.	Pupils will consistently apply life skills such as self-belief and honesty as they play within the rules of the game and jump confidently.	Pupils will apply a competent understanding of honesty as they play by the rules and keep the score. Pupils will develop understanding of self-discipline.
	Thinking	Pupils will demonstrate a strong understanding of how, where and why to dodge and apply this understanding in game situations.	Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made.	Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made.	Pupils will focus on their partner and team members developing an understanding of the consequences in a game when mistakes are made.	Pupils will demonstrate a strong understanding of why, when and where we jump in a game and apply imagination and creativity to their jumping.	Pupils will understand the consequences of breaking the rules and not applying tactics successfully. Pupils will understand the difference between attack and defence.

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		Fitness Circuits	Body Parts	Linking	Weather	Team Building	House Competitions
SESSION 2	Physical	Pupils will develop their agility, balance and coordination as well as their overall fitness. They will use a scorecard to enable them to see the progress that they have made.	Pupils will be able to move and balance using big and small body parts in wide, narrow and curled ways, applying 'champion gymnastics' and start to link movements	Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.	Pupils can respond to the music with appropriate movements and actions, using their whole body. Pupils can ensure their movements are big and clear.	Pupils will develop and apply teamwork skills in pairs and small teams to complete all of the challenges successfully.	Pupils will use running, jumping and throwing skills to take part in an athletics based House Competitions and use locomotion and ball skills to take part in games based House Competitions.
	Social	Pupils can demonstrate fairness and gratitude as they engage in their learning and work well with others.	Pupils will demonstrate life skills such as empathy and fairness as they work safely with each other. Pupils will support each other and share apparatus.	Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.	Pupils can demonstrate fairness and gratitude as they engage in their learning, work well with others and enjoy creating their movements and sequences	Pupils will develop and apply life skills such as fairness and respect as they work together to complete the challenges.	Pupils will develop and apply life skills such as fairness and respect as they work together in their House teams.
	Emotional	Pupils will develop life skills such as courage and honesty, as they challenge themselves to achieve their personal best.	Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.	Pupils will confidently demonstrate self belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances.	Pupils will develop life skills such as courage and honesty, as they try their best to create sequences, giving feedback to others following their performances.	Pupils will develop life skills such as courage and self-belief as they strive to complete the different challenges, adapting strategies and never giving up.	Pupils will develop life skills such as honesty as they follow the rules of the competitions.
	Thinking	Pupils will learn about the effects of exercise on their body and about the role of the human heart. They will learn to evaluate their performances.	Pupils will experiment moving in a variety of ways understanding the differences between each type of movement. Pupils will be creative as they link movements	Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequences.	Pupils will develop their concentration skills as they listen to the music and make decisions on how to move in response.	Pupils will demonstrate a strong understanding of what makes an effective team. Pupils will create and apply simple tactics.	Pupils will start to create and apply simple tactics for attacking and defending. Pupils will develop an understanding of why rules are important in a game.

Physical Education
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Y3/4						
Term	**1**	**2**	**3**	**4**	**5**	**6**
School theme and PE link	**belonging** Both units will incorporate cooperative activities which will allow everyone to build a sense of belonging. Pupils will consider what it means to be part of a team and why this is important in Pe, in school and in life.	**expression** Pupils will be creative and express themselves through movement. Pupils will develop courage and self–belief as they travel and move with confidence. Pupils will consider what it means to have courage and why it is important in PE, in school and in life.	**dynasties**	**universe** Pupils will explore the different stages of the water cycle through dance and take inspiration from Carnival of the Animals by Camille Saint-Saëns using dance techniques and styles to represent the different animals that live in different ecosystems.	**life** Pupils will develop their knowledge of the importance of leading physically active lives and the impact that this has on our physical and mental health and wellbeing. Pupils will take part in competition, talk about healthy competition and the importance of doing your best in PE, in school and in life. Determination will be a key aspect during competition and the pupils will consider what it means to be determined and why it is important in PE, in school and in life.	**dynamics** PE will continue to be highly dynamic! Sports day will provide an opportunity for pupils to showcase dynamism.
PE focus life skill	**Teamwork** I work hard to help my team I make sure that everyone is included I respect others' opinions I share equipment I take turns I show team spirit by encouraging my teammates and saying well done	**Self-Belief** I am brave and try new things I am positive – I focus on what I can do and the progress that I have made I don't give up - I know I can improve and learn new things if I try hard I don't get upset if I make mistakes – I understand that mistakes help me get better and learn	**Trust** I share things with others (not just my belongings) I accept help from others I ask for support I allow others to do things to help me	**Resilience** I am willing to have a go I persevere when things are difficult I learn from my mistakes I bounce back from set-backs	**Determination** I always try my best no matter what I am doing I never give up on myself or my team I try again if something goes wrong	**Respect** I treat others as I would like to be treated I accept people's differences I value what other people say or do I agree to disagree if necessary

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	Unit	Netball	Football	Tag Rugby	House Competitions	Cricket	Rounders
SESSION 1	Physical	Pupils will develop passing, moving and shooting in order to outwit their opponents, keep possession and score points against another team.	Pupils will develop passing, moving and dribbling skills in order to outwit their opponents, keep possession and score points against another team.	Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball. Pupils will explore how we tag an opponent and apply it to prevent an attacker scoring.	Pupils will apply and develop the skills they have learnt in their invasion games units to take part in House Competitions.	Pupils will develop their bowling, throwing, catching, stopping, retrieving and batting skills applying increasing accuracy to outwit their opponents and win the game.	Pupils will develop their ability to keep the batter's score as low as possible by applying accurate throwing, catching and retrieving skills. Pupils will be able to apply developing batting skills in order to score points.
	Social	Pupils will develop life skills such as trust, respect,communication and cooperation as they collaborate with others and apply the rules of the game.	Pupils will develop life skills such as trust, respect, communication and cooperation as they collaborate with others and apply the rules of the game.	Pupils will develop life skills such as trust, communication and cooperation as they collaborate with others and apply the rules of the game.	Pupils will develop life skills such as trust, communication and cooperation as they collaborate with others and apply the rules of the game.	Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game.	Pupils will develop life skills such as trust, respect and cooperation as they collaborate with others and apply the rules of the game.
	Emotional	Pupils will develop and apply life skills such as resilience and self-motivation as they strive to improve their own performance and understanding.	Pupils will develop and apply life skills such as resilience and self-motivation as they strive to improve their own performance and understanding.	Pupils will develop life skills such as resilience and self motivation as they strive to improve their own performance and understanding.	Pupils will develop life skills such as resilience and self motivation as they strive to improve their own performance and understanding.	Pupils will continue to develop and apply life skills such as resilience, determination self-motivation as they strive to improve their own performance and understanding.	Pupils will apply their skills with developing confidence as they grow in their ability to show self-motivation and determination.
	Thinking	Pupils will apply an understanding of where, when and why we pass and move, in order to score points against another team. Pupils will demonstrate a growing understanding of the difference between attack and defence by making effective decisions and creating simple tactics.	Pupils will apply an understanding of where, when and why we pass, move and dribble in order to score points against another team. Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills.	Pupils will apply an understanding of where, when and why we pass and move, in order to score a try. Pupils will understand the importance of tagging.	Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills.	Pupils will demonstrate a growing understanding of the difference between attack and defence (batting and fielding) Pupils will apply an understanding of where, when and why we utilise our fielding skills to stop the batters using their batting skills to outwit the fielders.	Pupils will apply an understanding of the concept of batting and fielding, utilising the correct fielding skills in order to stop the batters. Pupils will understand the difference between batting and fielding. Pupils will understand why batters need to aim at space when striking the ball.

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		Health Related Fitness	Gymnastics Symmetry & Asymmetry	OAA Communication, Tactics & Problem Solving	Dance Water & The Carnival of the Animals	Athletics	Tennis
SESSION 2	Physical	Pupils will be able to complete fitness assessments and participate in circuits that will develop their fitness.	Pupils will execute 'excellent' balances and movements in both symmetrical and asymmetrical ways. Pupils will be able to link these movements and balances together.	Pupils will work within teams to find effective strategies and tactics in order to complete the different problem solving challenges successfully.	Pupils will perform with big and clear movements that flow. They will perform with expression and be able to stay in character	Pupils will develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring the most effective technique.	Pupils will hit the ball into space on their opponents side of the court, creating space for the next shot that will win them the point. After playing a shot pupils will recover to a ready position, ready to return the ball.
	Social	Pupils will develop life skills such as encouragement and responsibility as they encourage their partners through the circuits.	Pupils will collaborate showing cooperation skills with their partner as they work together to create their sequences and share apparatus space with others.	Pupils will develop life skills such as trust and collaboration as they work effectively with their team mates to complete the challenges.	Pupils can apply life skills such as cooperation and communication as they work successfully with others to execute their interacting sequences.	Pupils will develop life skills such as communication and encouragement as they collaborate with others and support each other to improve and develop.	Pupils will develop life skills such as trust and cooperation as they collaborate with others, applying the rules of the game.
	Emotional	Pupils will develop life skills such as self-motivation, resilience and integrity as they strive to improve their own performances.	Pupils will develop their resilience and ability to remain self-motivated as they strive to improve their sequences even when they find it hard.	Pupils will develop their ability to remain positive and try their best in every challenge. Pupils will demonstrate leadership attributes as they take responsibility for their team members.	Pupils will demonstrate integrity as they continually strive to ensure their sequences are executed to the highest standard	Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.	Pupils will continue to develop and apply life skills such as resilience and self-motivation as they strive to improve their own performance and understanding.
	Thinking	Pupils will understand the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.	Pupils will develop life skills such as resourcefulness and evaluation as they create their sequences in pairs, making any adaptations when necessary.	Pupils will apply an understanding of what makes an effective team and understand how important their role is within the team. Pupils will apply an ability to evaluate and improve strategies to solve the problems	Pupils will refine their ability to evaluate their own and others' performances. Pupils will problem solve and apply resourcefulness as they construct their sequences.	Pupils will apply an understanding of how to use the correct technique for running fast, jumping far and throwing for distance and why it is so important.	Pupils will apply an accurate understanding of where, when and why we hit the ball into spaces on their opponents side of the court.

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Y5/6						
Term	**1**	**2**	**3**		**5**	**6**
School theme And PE link	**belonging** Both units will incorporate cooperative activities which will allow everyone to build a sense of belonging. Pupils will consider what it means to be part of a team and why this is important in Pe, in school and in life.	**expression** Pupils will be creative and express themselves through movement. Pupils will develop courage and self–belief as they travel and move with confidence. Pupils will consider what it means to have courage and why it is important in PE, in school and in life.	**dynasties** Pupils will learn about the Legend of Nian and the history behind the Chinese Lion Dance. Pupils will use their creativity to create motifs based on the story of Nian; link movements together to perform a group dance that tells a story.	**universe**	**life** Pupils will develop their knowledge of the importance of leading physically active lives and the impact that this has on our physical and mental health and wellbeing. Pupils will take part in competition, talk about healthy competition and the importance of doing your best in PE, in school and in life. Determination will be a key aspect during competition and the pupils will consider what it means to be determined and why it is important in PE, in school and in life.	**dynamics** PE will continue to be highly dynamic! Sports day will provide an opportunity to showcase dynamism.
PE focus life skill	**Teamwork** I work hard to help my team I make sure that everyone is included I respect others' opinions I share equipment I take turns I show team spirit by encouraging my teammates and saying well done	**Self-Belief** I am brave and try new things I am positive – I focus on what I can do and the progress that I have made I don't give up - I know I can improve and learn new things if I try hard I don't get upset if I make mistakes – I understand that mistakes help me get better and learn	**Communication** I listen to understand, not just to reply I speak clearly, with confidence, enthusiasm and conviction I check we understand each other	**Respect** I treat others as I would like to be treated I accept people's differences I value what other people say or do I agree to disagree if necessary	**Determination** I always try my best no matter what I am doing I never give up on myself or my team I try again if something goes wrong	**Integrity** *"integrity is doing the right thing even when it's hard or when no one is looking"* I am honest If I make a promise, I keep it I admit if I am wrong I take responsibility for my actions

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	Unit	Netball	Football	Tag Rugby	House Competitions	Cricket	Rounders
SESSION 1	Physical	Pupils will be able to pass, move and shoot accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes.	Pupils will pass, move, dribble and shoot accurately and consistently, switching fluidly between attack and defence as possession changes.	Pupils will be able to pass and move accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes.	Pupils will apply and develop the skills they have learnt in their invasion games units to take part in House Competitions.	Pupils will refine their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency to outwit their opponents.	Pupils will apply a refined ability to consistently execute throwing, catching, retrieving and batting skills.
	Social	Pupils will develop communication skills as they officiate in game-based scenarios. Pupils will also start to lead their team and manage their games.	Pupils will develop communication skills as they officiate in game-based scenarios. Pupils will also start to lead their team and manage their games.	Pupils will develop communication skills as they officiate in game based scenarios. Pupils will also start to lead their team and manage their games.	Pupils will develop life skills such as respect and cooperation as they collaborate with including their opponents.	Pupils will develop life skills such as respect and cooperation as they collaborate with including their opponents.	Pupils will work positively with their team members to find success demonstrating effective collaborative skills, leading their team.
	Emotional	Pupils will constantly apply life skills such as integrity and self-discipline by playing by the rules and leading others by example.	Pupils will constantly apply life skills such as integrity and self-discipline by playing by the rules and leading others by example.	Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.	Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.	By facilitating learning through game-based scenarios and mini game situations, pupils will be challenged to always try their best, even when their team is losing, developing self-motivation and determination.	Pupils will constantly apply life skills such as integrity and self-discipline by playing by the rules and leading others by example.
	Thinking	Pupils will begin to understand the different positions, applying their role effectively within the game. Pupils will create, apply, evaluate and improve tactics demonstrating resourcefulness and problem-solving skills.	Pupils will demonstrate resourcefulness and problem-solving skills by creating a range of attacking and defending tactics, applying these to their games.	Pupils will demonstrate resourcefulness and problem-solving skills by creating a range of attacking and defending tactics, applying these to their games.	Pupils will demonstrate resourcefulness and problem-solving skills by creating a range of attacking and defending tactics, applying these to their games.	Pupils will create, apply and refine tactics for batting, bowling and fielding, reflecting on the tactics and making any necessary adaptations.	Pupils will apply effective decision making as they unpick the different positions within the fielding team making choices as to which positions pupils play. Pupils will demonstrate resourcefulness and problem-solving skills by creating a range of tactics, applying these to their games.

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		Health Related Fitness	Gymnastics Counterbalance & Counter Tension	Dance Chinese New Year	OAA Communication, Tactics & Problem Solving	Athletics	Tennis
SESSION 2	Physical	Pupils will be able to complete fitness assessments and participate in circuits that will enhance their fitness.	Pupils will execute 'excellent' balances and movements within the Counterbalance and Tension theme, accurately applying flow as they link their balances with movement.	Pupils will perform with clarity, fluency, accuracy and consistency. Pupils will execute movements and balances with accurate expression and emotion.	Pupils will work within teams to consolidate effective strategies and tactics in order to complete the different problem solving challenges successfully.	Pupils will apply a refined understanding of running for speed, pacing, throwing and jumping for distance.	Pupils will be able to execute a wide range of shots and play the ball into space. Pupils will be able to serve the ball accurately to start the game.
	Social	Pupils will refine life skills such as communication and respect as they encourage their partners through the circuits.	Pupils will demonstrate communication skills and show respect as they watch others' performances and give feedback on ways to improve.	Pupils will consistently apply life skills such as respect and trust as they work successfully with others to execute their sequences and group performance.	Pupils will further develop life skills such as trust, collaboration and communication as they apply both speaking and listening skills within their teams.	Pupils will develop their ability to encourage and collaborate with other, communicating developmental feedback and showing respect.	Pupils will apply effective communication and cooperative skills as they work with their partner in doubles games.
	Emotional	Pupils will refine life skills such as self motivation, resilience and self-discipline as they strive to improve their own performances.	Pupils will apply integrity and self discipline as they perform their sequences and receive feedback. Pupils will then work hard to improve their sequences.	Pupils will demonstrate effective responsibility as they work in groups and create movement ideas to improve the quality of their work.	Pupils will constantly apply life skills such as integrity and self motivation by playing by the rules and leading others by example.	Pupils will constantly apply life skills such as responsibility and self-discipline by applying their best effort every time and leading others by example.	Pupils will constantly apply life skills such as integrity and self-discipline by playing by the rules and leading others by example.
	Thinking	Pupils will refine their understanding of the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.	Pupils will apply life skills such as evaluation and reflection as they recognise the strengths and weaknesses in their sequences and find ways to improve them.	Pupils will make effective evaluations of an individual, pairs' or groups strengths and weaknesses. Pupils will reflect on their own performances	Pupils will be able to think tactically and create, evaluate and refine tactics for completing the challenges.	Pupils will demonstrate a strong understanding of how to apply the correct technique in each event and why the correct technique is so important.	Pupils will demonstrate resourcefulness and problem-solving skills by creating a range of tactics, applying these to their games.

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