**Subject content - Key stage 1**

Pupils should develop fundamental gross and motor skills, become progressively competent and confident, use transferable skills in a range of activities using movements e.g. agility, balance and coordination, individually and with peers. They should be able to engage in competition amongst others and be able to lead themselves and within a team.

Pupils will be taught to:

● Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities

● Participate in team games, developing simple tactics for attacking and defending

● Perform dances using simple movement patterns and sequencing.

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|  | **Autumn 1** | **Autumn2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **R****e c** | **Gymnastics** 1 Stretch Holding  | **Gymnastics** 2Jumping and Balancing  | **Dance**Sequence movement Stop & Clap | **Invasion Games**Foxes and rabbits | **Mini Olympics**Free Running | **Creative play**Fun Games with Peers |
| **Games**Target Bean Bags | **Games** Obstacles course Races | **Games** Musical statutes  Animals-Mini beasts | **Games**Cones and dishes/ Rob the nest | **Games**Throwing at target Working as part of a teamCone switch  | **Games**Outdoor Adventure |

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|  | **Autumn 1** | **Autumn2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Y****e a r 1** | **Throwing and catching**Hot Potato | **Gymnastics**Balance & Coordination | Dance Animals-Mini beasts | **Invasion Games**Basketball dribbling with coordination  | **Athletics**Going for Gold  | **Mini Games**Group games and rules, understanding positioning |
| **Games**Target Bean Bags | **Games** Obstacles course Races | **Games** Hit the Pin  | **Games**Cones and dishes/ Rob the nest | **Games**Throwing at target Working as part of a team | **Games**Outdoor Adventure |

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|  | **Autumn 1** | **Autumn2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Y****e a r 2** | **Throwing and catching**Hot Potato | **Gymnastics**Balance & Coordination | DanceAnaerobics  | **Invasion Games**Basketball dribbling with coordination  | **Athletics**Going for Gold  | **Mini Games**Group games and rules, understanding positioning |
| **Games**Handball (Sending and Receiving) | **Games**Running, Jumping, Throwing  | **Games** **Clap Catch** | **Games**Football(Ball Control & Striking) | **Games**Cone switch   | **Athletic Games**Running, Jumping, Throwing  |

**Subject content – KS2**

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

* use running, jumping, throwing and catching in isolation and in combination
* play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder’s and tennis], and apply basic principles suitable for attacking and defending
* develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
* perform dances using a range of movement patterns, sequencing and fading
* take part in outdoor and adventurous activity challenges both individually and within a team
* compare their performances with previous ones and demonstrate improvement to achieve their personal best



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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Y****e a r 3** | **Badminton** Sending and ReceivingRallies | **Gymnastics**Body Control &Flexibility  | **Dance** Leadership and synchronization | **Invasion Games** Attacking & Defending | **Tennis**Over the nets games  | **Mini Games**Going for Gold  |
| **Games** HockeyDribbling to invade  | **Games**FootballDribbling and movement & Team work |  **Games**Dance battle/Team routines  | **Games**HandballPassing for possession & Team work | **Games**BasketballShooting for hoops  | **Games**Athletics sportshall events  |

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Y****e a r 4** | **Badminton** Accuracy & Rallies | **Gymnastics**Using of equipment | **Dance**Afrobeatsstomp | **Invasion Games** Attacking & Defending | **Tennis**Returning | **Mini Games**Olympic Training |
| **Games** Football (Passing, Movement & Teamwork)  | **Games**HockeyInvasion in a team and ball skills  |  **Games**Dance battle/Team routines  | **Games**HandballPassing & Moving  | **Games**BasketballShooting for hoops  | **Games**Athletics sportshall events  |

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Y****e a r 5** | **Badminton** Accuracy & Rallies | **Gymnastics**Body Control Sequence movement Flexibility  | **Dance**Street Dance | **Invasion Games** Netball  | **Cricket/Rounders**Exploring, Striking, Fielding | **Mini Games**Athletics sportshall events  |
| **Games** Dodgeball Hand skills  | **Games**FootballShooting for Goal & Team work |  **Games**Dance battle/Team routines  | **Games**HandballPassing & Moving  | **Games**BasketballShooting for hoops  | **Games**Olympics training  |

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|  | **Autumn 1** | **Autumn 2** | **Spring 1** | **Spring 2** | **Summer 1** | **Summer 2** |
| **Y****e a r 6** | **Badminton**  Net Games for Points | **Gymnastics**Cheerleading  | **Dance**Street Dance Afrobeats  | **Invasion Games** Netball Shooting & Moving | **Cricket/Rounders**Striking/Fielding Games -Residential visit  | **Mini Games**Sports Hall Athletics |
| **Games**Tag Rugby  Ball Handling | **Games** Dodgeball Hand skills |  **Games**Basketball (Passing & Moving | **Games**FootballShooting for Goal & Team work  | **Games**Tennis Net Games for Points | **Games**HandballPassing for possession & Team work |