

	Autumn	Spring	Summer
Reception	<p><b>Real PE: Personal and Social</b>            Through the use of Real PE, children's personal and social skills will develop through these two units. They will explore challenges, at their own level, leading to self-awareness and development.            Themes: Bike Adventure, Pirate Adventure; Moon adventure, Fun in the jungle            Key vocabulary: <i>footwork, paired, balance, movement, sequence, hop, ride, bike, pirate; social, movement, jumping, landing, static balance, seated balance.</i></p>	<p><b>Real PE: Cognitive and Creative</b>            Through the use of Real PE, children will develop their cognitive and creative skills through these two units. They will explore challenges, at their own level, leading to self-awareness and development.            Themes: Train adventure, Line out; Clown's naughty ball, Off to the seaside.            Key vocabulary: <i>dynamic balance, static balance, stance, movement, balance; coordination, counter balance, partner, teamwork.</i></p>	<p><b>Real PE: Physical and Health &amp; Fitness</b>            Through the use of Real PE, children will develop their physical awareness and ability, challenging themselves through the coloured challenges. They will learn the importance of PE on their health and fitness.            Themes: Circus training school, Land of the beans; Hairy, scary woods, Little kitties time to play.            Key vocabulary: <i>coordination, send, receive, agility, reaction, response, explore; movement, agility, static balance.</i></p>
Y1	<p><b>Games</b>            During the Autumn Term, children will be taught to master basic movements such as running, throwing, jumping and catching, as well as developing balance, agility and coordination.            Key sports: Football, cricket            Key vocabulary: <i>movement, run, throw, jump, catch, balance, agility, coordination, skill, sequence.</i></p> <p><b>Gymnastics</b>            In gymnastics, children will explore different ways making their body tense, relaxed, curled and stretched; controlling their body when travelling; balancing and rolling in different ways.            Key vocabulary: <i>movement, sequence, tense, relax, curled, stretch, control, travel, balance, rolling.</i></p> <p><b>Athletics</b>            Children will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities.            Although not a statutory requirement for KS1, Athletics builds on all their fundamental skills.            Key vocabulary: <i>throw, jump, run, distance, daily mile, skills.</i></p>	<p><b>Games</b>            Throughout the Spring term, children will develop the basic movements they have learnt and begin to apply them to team games, developing simple tactics for attacking and defending.            Key sports: Football, netball, team games            Key vocabulary: <i>movement, team, tactics, attack, defend.</i></p> <p><b>Gymnastics</b>            In gymnastics, children will explore different ways of travelling, balancing and rolling.            Key vocabulary: <i>travel, balance, roll, control, sequence.</i></p> <p><b>Dance</b>            Where do and did the wheels on the bus go?            Children will perform dances using simple movement patterns, linked to the themes studied.            Key vocabulary: <i>control, perform, movement, improvise.</i></p>	<p><b>Swimming</b>            Children will gain confidence in Swimming, with a focus on:            - swimming between 25 and 50 metres            - swimming for 30 to 45 seconds, using swimming aids and supports            - using a variety of basic arm and leg actions            - swimming on the surface and lowering themselves under water            Key vocabulary: <i>breaststroke, backstroke, front crawl, breathing.</i></p> <p><b>Games</b>            In the Summer term, children will extend their movement skills in specific sports (tennis, cricket, rounders), developing their teamwork in playing team sports.            Key sports: Tennis, cricket, rounders            Key vocabulary: <i>teamwork, passing, defending, block, attack.</i></p> <p><b>Athletics</b>            Children will continue to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities.            Although not a statutory requirement for KS1, Athletics builds on all their fundamental skills.            Key vocabulary: <i>throw, jump, run, distance, daily mile, skills.</i></p>

Y2	<p><b>Real PE: Personal and Social</b> Through the use of Real PE, children's personal and social skills will develop through these two units. They will explore challenges, at their own level, leading to self-awareness and development. Themes: Bike Adventure, Pirate Adventure; Moon adventure, Fun in the jungle Key vocabulary: <i>footwork, paired, balance, movement, sequence, hop, ride, bike, pirate; social, movement, jumping, landing, static balance, seated balance.</i></p> <p><b>Dance</b> Children will perform dances using simple movement patterns, linked to the themes studied, dancing with control and co-ordination; changing rhythm, speed, level and direction. Key vocabulary: <i>control, perform, movement, improvise, coordination, rhythm, speed, level, direction.</i></p> <p><b>Gymnastics</b> In gymnastics, children will plan and show a sequence of movements, using contrast and control. They will work on their own and with a partner to think of more than one way to create a sequence which follows a set of 'rules'. Key vocabulary: <i>travel, balance, roll, control, sequence, rules, partner, mirroring.</i></p> <p><b>Games</b> Children will develop the basic movements they have learnt and begin to apply them to team games, developing simple tactics for attacking and defending. Key sports: Football, netball Key vocabulary: <i>movement, run, throw, jump, catch, balance, agility, coordination, skill, sequence, attack, defend.</i></p>	<p><b>Swimming</b> Children will gain confidence in Swimming, with a focus on: - swimming between 25 and 50 metres - swimming for 30 to 45 seconds, using swimming aids and supports - using a variety of basic arm and leg actions - swimming on the surface and lowering themselves under water Key vocabulary: <i>breaststroke, backstroke, front crawl, breathing.</i></p> <p><b>Games</b> Children will develop the basic movements they have learnt and begin to apply them to team games, developing simple tactics for attacking and defending. Key sports: Football, netball Key vocabulary: <i>movement, run, throw, jump, catch, balance, agility, coordination, skill, sequence, attack, defend.</i></p> <p><b>Athletics</b> Children will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities. Although not a statutory requirement for KS1, Athletics builds on all their fundamental skills. Key vocabulary: <i>throw, jump, run, distance, daily mile, skills, develop, improve.</i></p>	<p><b>Games</b> In the Summer term, children will extend their movement skills in specific sports (tennis, cricket, rounders), developing their teamwork in playing team sports. They will also begin to master athletic skills. Key sports: Tennis, cricket, rounders Key vocabulary: <i>teamwork, passing, defending, block, attack.</i></p> <p><b>Athletics</b> Children will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities. Although not a statutory requirement for KS1, Athletics builds on all their fundamental skills. Key vocabulary: <i>throw, jump, run, distance, daily mile, skills, develop, improve.</i></p>
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	Autumn	Spring	Summer
Y3	<p><b>Games</b> Children will begin to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. They will learn how to be aware of space, pressure, tactics and rules. Key Sports: Football, hockey Key vocabulary: <i>movement, balance, agility, coordination, skill, sequence, attack, defend, space, pressure, tactics, rules.</i></p> <p><b>OAA</b> Children will begin to follow maps in familiar contexts; move from one location to another using a map; and follow a route safely. Key vocabulary: <i>mapping, coordinates, directions, instructions, routes, safety.</i></p> <p><b>Gymnastics</b> In gymnastics, children will develop a range of movements and sequences in response to a given task, developing flexibility, strength, technique, control and balance. Key vocabulary: <i>travel, balance, roll, control, sequence, rules, partner, flexible, strength, technique.</i></p> <p><b>Dance</b> Theme: Children will perform dances using a range of movement patterns, linked to the theme studied. Key vocabulary: <i>control, perform, movement, improvise, coordination, rhythm, speed, level, direction.</i></p> <p><b>Swimming</b> Children will gain confidence in Swimming, with a focus on: - swimming between 25 and 50 metres - swimming for 30 to 45 seconds, using swimming aids and supports - using a variety of basic arm and leg actions - swimming on the surface and lowering themselves under water</p>	<p><b>Gymnastics</b> In gymnastics, children will develop a range of movements and sequences in response to a given task, developing flexibility, strength, technique, control and balance. Key vocabulary: <i>travel, balance, roll, control, sequence, rules, partner, flexible, strength, technique.</i></p> <p><b>Games</b> Children will begin to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Key sports: Cricket, Basketball Key vocabulary: <i>movement, balance, agility, coordination, skill, sequence, attack, defend, space, pressure, tactics, rules.</i></p> <p><b>Athletics</b> Children will learn to run at various speed, varying directions; linking running and jumping activities with control, fluency and consistency. They will take part in a relay activity and throw a variety of objects, changing their action for accuracy and distance. Key vocabulary: <i>throw, jump, run, distance, daily mile, skills, develop, improve, control, fluent, accuracy, distance.</i></p> <p><b>OAA</b> Children will develop their skills to follow maps in familiar contexts; move from one location to another using a map; and follow a route safely. Key vocabulary: <i>mapping, coordinates, directions, instructions, routes, safety.</i></p>	<p><b>Athletics</b> Children will learn to run at various speed, varying directions; linking running and jumping activities with control, fluency and consistency. They will take part in a relay activity and throw a variety of objects, changing their action for accuracy and distance. Key vocabulary: <i>throw, jump, run, distance, daily mile, skills, develop, improve, control, fluent, accuracy, distance.</i></p> <p><b>Games</b> Children will develop their skills to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Key sports: Cricket, Tennis Key vocabulary: <i>movement, balance, agility, coordination, skill, sequence, attack, defend, space, pressure, tactics, rules.</i></p> <p><b>OAA</b> Children will develop their skills to follow maps in familiar contexts; move from one location to another using a map; and follow a route safely. Key vocabulary: <i>mapping, coordinates, directions, instructions, routes, safety.</i></p>

	Key vocabulary: <i>breaststroke, backstroke, front crawl, breathing</i>		
Y4	<p><b>Games</b> Children will play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. They will focus on hitting a ball accurately and with control; keeping possession of the ball; and moving to find a space. Key sports: Football, lacrosse, netball Key vocabulary: <i>movement, balance, agility, coordination, skill, sequence, attack, defend, space, pressure, tactics, rules, possession.</i></p> <p><b>OAA</b> Children will follow maps in demanding familiar contexts, moving from one location to another following a map; and will follow a route accurately, safely and within a time limit. Key vocabulary: <i>mapping, coordinates, directions, instructions, routes, safety.</i></p> <p><b>Gymnastics</b> In gymnastics, children will work in a controlled way, changing their speed and direction; include a range of shapes following a set of rules and creating a sequence. Key vocabulary: <i>travel, balance, roll, control, sequence, rules, partner, flexible, strength, technique.</i></p> <p><b>Dance</b> Theme: Romans Children will perform dances using a range of movement patterns, linked to the theme studied. Key vocabulary: <i>control, perform, movement, improvise, coordination, rhythm, speed, level, direction.</i></p>	<p><b>Gymnastics</b> In gymnastics, children will work in a controlled way, changing their speed and direction; include a range of shapes following a set of rules and creating a sequence. Key vocabulary: <i>travel, balance, roll, control, sequence, rules, partner, flexible, strength, technique.</i></p> <p><b>Dance</b> Theme: Ancient Egypt Children will perform dances using a range of movement patterns, linked to the theme studied. Key vocabulary: <i>control, perform, movement, improvise, coordination, rhythm, speed, level, direction.</i></p> <p><b>Games</b> Children will play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. They will focus on hitting a ball accurately and with control; keeping possession of the ball; and moving to find a space. Key sports: Cricket, rounders, netball, basketball Key vocabulary: <i>movement, balance, agility, coordination, skill, sequence, attack, defend, space, pressure, tactics, rules, possession.</i></p> <p><b>Athletics</b> Children will begin to run over longer distances, and sprint over shorter distances. They will throw and jump in a variety of ways, hit a target and develop stamina. Key vocabulary: <i>throw, jump, run, distance, daily mile, skills, develop, improve, control, fluent, accuracy, distance, sprint</i></p>	<p><b>Swimming</b> Children will gain confidence in Swimming, with a focus on: - swimming between 25 and 50 metres - swimming for 30 to 45 seconds, using swimming aids and supports - using a variety of basic arm and leg actions - swimming on the surface and lowering themselves under water Key vocabulary: <i>breaststroke, backstroke, front crawl, breathing.</i></p> <p><b>Athletics</b> Children will begin to run over longer distances, and sprint over shorter distances. They will throw and jump in a variety of ways, hit a target and develop stamina. Key vocabulary: <i>throw, jump, run, distance, daily mile, skills, develop, improve, control, fluent, accuracy, distance, sprint</i></p> <p><b>OAA</b> Children will follow maps in demanding familiar contexts, moving from one location to another following a map; and will follow a route accurately, safely and within a time limit. Key vocabulary: <i>mapping, coordinates, directions, instructions, routes, safety.</i></p>

	Autumn	Summer	Spring
Y5	<p><b>Games</b> Children will play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. They will learn to gain possession by working as a team, passing in different ways and choosing the best tactics for attacking and defending. Key sports: Football, hockey, Cricket, rounders Key vocabulary: <i>movement, balance, agility, coordination, skill, sequence, attack, defend, space, pressure, tactics, rules, possession, passing.</i></p> <p><b>Gymnastics</b> In gymnastics, children will develop more complex movements in creating sequences, individually and with a partner, performing consistently to different audiences. Key vocabulary: <i>travel, balance, roll, control, sequence, rules, partner, flexible, strength, technique, perform.</i></p> <p><b>OAA</b> Children will develop the ability to follow a map in an unknown location; use clues and compass directions to navigate a route; and change their route and plan if there is a problem. Key vocabulary: <i>mapping, coordinates, directions, instructions, routes, safety.</i></p> <p><b>Games</b> Children will play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. They will learn to gain possession by working as a team, passing in different ways and choosing the best tactics for attacking and defending. Key sports: netball, basketball Key vocabulary: <i>movement, balance, agility, coordination, skill, sequence, attack, defend, space, pressure, tactics, rules, possession, passing.</i></p>	<p><b>Swimming</b> Children will develop their confidence and skills in Swimming, with a focus on (mid attainers): - swimming between 50 and 100 metres - swimming for 45 to 90 seconds - using three different strokes, swimming on their front and back - controlling their breathing - swimming confidently and fluently on the surface and under water. Key vocabulary: <i>breaststroke, backstroke, front crawl, breathing.</i></p> <p><b>Dance</b> Children will perform dances using a range of movement patterns, linked to the theme studied. Key vocabulary: <i>control, perform, movement, improvise, coordination, rhythm, speed, level, direction.</i></p> <p><b>Gymnastics</b> In gymnastics, children will develop more complex movements in creating sequences, individually and with a partner, performing consistently to different audiences. Key vocabulary: <i>travel, balance, roll, control, sequence, rules, partner, flexible, strength, technique, perform.</i></p>	<p><b>Athletics</b> Children will develop control when running and jumping; throw with accuracy; combine running and jumping, and follow specific rules. Key vocabulary: <i>throw, jump, run, distance, daily mile, skills, develop, improve, control, fluent, accuracy, distance, sprint</i></p> <p><b>Games</b> Children will play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. They will learn to gain possession by working as a team, passing in different ways and choosing the best tactics for attacking and defending. Key sports: tennis, rounders Key vocabulary: <i>movement, balance, agility, coordination, skill, sequence, attack, defend, space, pressure, tactics, rules, possession, passing.</i></p> <p><b>OAA</b> Children will develop the ability to follow a map in an unknown location; use clues and compass directions to navigate a route; and change their route and plan if there is a problem. Key vocabulary: <i>mapping, coordinates, directions, instructions, routes, safety.</i></p>

Y6	<p><b>Swimming</b> Children will extend their confidence and skills in Swimming, with a focus on (higher attainers):</p> <ul style="list-style-type: none"> <li>- swimming further than 100 metres</li> <li>- swimming fluently and confidently for over 90 seconds</li> <li>- using all three strokes with control</li> <li>- swimming short distances using butterfly</li> <li>- breathing so that the pattern of their swimming is not interrupted.</li> <li>- performing a wide range of personal survival techniques confidently.</li> </ul> <p>Key vocabulary: <i>breaststroke, backstroke, front crawl, breathing.</i></p> <p><b>Games</b> Children will play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. They will explain complicated rules, make team plans and lead others in game situations.</p> <p>Key sports: Football, hockey</p> <p>Key vocabulary: <i>movement, balance, agility, coordination, skill, sequence, attack, defend, space, pressure, tactics, rules, possession, passing.</i></p> <p><b>Dance</b> Children will perform dances using a range of movement patterns, linked to the theme studied.</p> <p>Key vocabulary: <i>control, perform, movement, improvise, coordination, rhythm, speed, level, direction.</i></p>	<p><b>Gymnastics</b> In gymnastics, children will learn to combine their own work with that of others and work to specific timings.</p> <p>Key vocabulary: <i>travel, balance, roll, control, sequence, rules, partner, flexible, strength, technique, perform.</i></p> <p><b>OAA</b> Children will learn to plan a route and a series of clues for someone else, taking into account health and safety.</p> <p>Key vocabulary: <i>mapping, coordinates, directions, instructions, routes, safety.</i></p> <p><b>Athletics</b> In Athletics, children will demonstrate stamina and use their skills in different situations.</p> <p>Key vocabulary: <i>throw, jump, run, distance, daily mile, skills, develop, improve, control, fluent, accuracy, distance, sprint</i></p> <p><b>Games</b> Children will play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. They will explain complicated rules, make team plans and lead others in game situations.</p> <p>Key sports: cricket, rounders</p> <p>Key vocabulary: <i>movement, balance, agility, coordination, skill, sequence, attack, defend, space, pressure, tactics, rules, possession, passing.</i></p>	<p><b>Games</b> Children will play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. They will explain complicated rules, make team plans and lead others in game situations.</p> <p>Key sports: Tennis, football, netball</p> <p>Key vocabulary: <i>movement, balance, agility, coordination, skill, sequence, attack, defend, space, pressure, tactics, rules, possession, passing.</i></p> <p><b>Athletics</b> In Athletics, children will demonstrate stamina and use their skills in different situations.</p> <p>Key vocabulary: <i>throw, jump, run, distance, daily mile, skills, develop, improve, control, fluent, accuracy, distance, sprint</i></p> <p><b>OAA</b> Children will learn to plan a route and a series of clues for someone else, taking into account health and safety.</p> <p>Key vocabulary: <i>mapping, coordinates, directions, instructions, routes, safety.</i></p>
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