

## The Craylands School S.T.A.R. KS1 Long term subject: PE

<b>Aims</b> <ul style="list-style-type: none"> <li>• develop competence to excel in a broad range of physical activities</li> <li>• are physically active for sustained periods of time</li> <li>• engage in competitive sports and activities</li> </ul>			
<b>Skills</b> <ul style="list-style-type: none"> <li>• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>• participate in team games, developing simple tactics for attacking and defending</li> <li>• perform dances using simple movement patterns.</li> </ul>		<b>Knowledge</b> <ul style="list-style-type: none"> <li>○ lead healthy, active lives.</li> </ul>	
		<b>Term 1</b>	
Early Years	Work will be planned around the following 7 areas of learning: Personal Social and Emotional Development, Physical Development, Communication and Language, Literacy, Mathematics, Understanding of the World and Expressive Arts and Design.		
<b>Year 1 Term 1</b>	<b>IMPROVE AGILITY</b>		
Link to prior learning			
Vocabulary	Agility Run Chase Tag Jump direction		
Learning objectives	Context	Skills	Knowledge
To move around an area safely	Can you run in and out of cones without touching them?	<ul style="list-style-type: none"> <li>• To copy actions</li> <li>• To follow instructions</li> <li>• To move around an area safely</li> </ul>	Can they explain what is happening to their body during exercise?
To step over items	Can you jump over the cones?	<ul style="list-style-type: none"> <li>• To copy actions</li> <li>• To follow instructions</li> </ul>	

		<ul style="list-style-type: none"> <li>To move around an area safely</li> </ul>				
To move through obstacles	Can you move around the different obstacles?	<ul style="list-style-type: none"> <li>To copy actions</li> <li>To follow instructions</li> <li>To move around an area safely</li> </ul>				
To follow instructions for games	What games can we play? What are the rules that need to be followed?	<ul style="list-style-type: none"> <li>To copy actions</li> <li>To follow instructions</li> <li>To move around an area safely</li> </ul>	Can they explain what is happening to their body during exercise?			
To develop running practise	What is the best way to run?	<ul style="list-style-type: none"> <li>To copy actions</li> <li>To follow instructions</li> <li>To move around an area safely</li> </ul>	Can they explain the best ways to use your head and arms when running?			
<b>Year 1 Term 2</b>	<b>Improving throwing</b>					
Links to prior learning	EYFS					
Vocabulary	Throw	Underarm	Overarm	Accuracy	Target	aim
Learning objectives	Context	Skills		Knowledge		
To throw underarm To aim	How do we throw underarm? How can we get the equipment into the targets?	To copy actions To throw different objects underarm		Can they describe different ways of throwing?		
To aim	How can we aim the equipment to meet a target?	To copy actions				
To throw over distance	How can we throw the equipment as far as possible?	To copy actions To throw in different ways				
To throw with accuracy	How can we develop accuracy of our throws?	To copy actions To throw in different ways				

To follow rules of a game	How can we use our throwing skills to play games?	To follow instructions To play as part of a team	
<b>Year 1 Term 3</b>	<b>Improving Catching</b>		
Links to prior learning	Year 1 term 2		
Vocabulary	Catch Throw Underarm Overarm Prepare stance		
Learning objectives	Context	Skills	Knowledge
To catch in different ways	How can we throw and catch a ball by ourselves in different ways?	To catch with their hands To follow instructions • To copy actions	<ul style="list-style-type: none"> <li>Can they describe what to do with their hands when ready to catch?</li> </ul>
To catch with a partner	How can we throw and catch with a partner in different ways?	To work with a partner To follow instructions • To copy actions	Can they describe what to do with their hands when ready to catch?
To catch with accuracy	How can we develop the accuracy of our catches?	To follow instructions • To copy actions	
To catch different equipment	Can we catch different pieces of equipment?	To catch different objects	
To play games with others	How can use catching as part of a game?	To work with a team	
<b>Year 1 Term 4</b>	<b>Multiskills</b>		
Link to prior learning	Year 1, term1 , 2 & 3		
Vocabulary	Rules Pairs Space Direction Jogging stretch throw catch		
Learning objectives	Context	Skills	Knowledge
To develop agility To develop co-ordination	How can we run and change direction when taking part in activities?	To play games with others To follow instructions • To copy actions	

To throw and catch as part of a game	How can we throw and catch over a distance as part of a game?	To use throwing, catching and movement in games To play games with others To follow instructions • To copy actions	
To catch accurately	How should our hands be placed if we want to catch the equipment thrown to us?	To use throwing, catching and movement in games To play games with others To follow instructions • To copy actions	
To catch in different ways	What are the different ways we can catch a piece of equipment?	To use throwing, catching and movement in games To play games with others To follow instructions • To copy actions	
To move around space To play a game with others	How can we play a game with others and use the space we have?	To play games with others To follow instructions	Can they explain the rules of a game?
<b>Year 1 Term 5</b>	<b>Football</b>		
Links to prior learning	Year 1 term 4		
Vocabulary	Football Pass Dribble Stop Shoot Score goal		
Learning objectives	Context	Skills	Knowledge
To control a ball with the feet	How can we move a ball around with our feet? How can we stop a ball with our feet?	To kick in different ways To pass a ball with their feet To move with a ball using their feet • To stop a ball with their feet	Can they explain what the aim of football is?

To dribble a ball	How can we dribble a ball accurately?	To move with a ball using their feet • To stop a ball with their feet	
To pass a ball	How can we get the ball between each other?	To pass a ball with their feet	Can they explain what a pass is?
To pass a ball	How can we aim a ball to pass accurately?	To pass a ball with their feet	Can they explain what a pass is?
To work with others	How can we use our passing skills to play a game with someone else?		
To shoot a ball	How can we shoot a ball at a goal?		
<b>Year 1 Term 6</b>	Striking and Fielding		
Links to prior learning	Year 1 term 2 & 3		
Vocabulary	Throw Catch Strike Field Chase round		
Learning objectives	Context	Skills	Knowledge
To run with speed	How can we get faster at running?	To run	Can they explain how arms and head should be during sprinting? • Can they explain the benefits of exercise? • Can they explain the impact of exercise on their bodies?
To jump over equipment	How can we jump over things as we are running?	To jump To hurdle	
To jump	How can we jump from a standing position?	To jump	Can they explain how the knees should be on landing and launching?
To throw	What ways do we know how to throw? How can we throw the furthest?	To throw	
To use agility skills	How can we best complete this obstacle course?		
<b>Year 2 Term 1</b>	Football		

Link to prior learning	Year 1 term 5							
Vocabulary	Kick	Shoot	Tackle	Dribble	Pass	Score	Turn	control
Learning objectives	Context		Skills			Knowledge		
To dribble a ball To stop a ball	How can we move with the ball with our feet? How do we dribble?		To kick a ball in different ways To dribble a ball To follow instructions • To copy actions			<ul style="list-style-type: none"> <li>To follow instructions</li> <li>To copy actions</li> </ul>		
To pass a ball	How do we pass the ball between us?		To pass a ball with the side of the foot To follow instructions • To copy actions					
To develop accuracy in passing	How can we make our passes more accurate?		To pass a ball with the side of the foot					
To work with others	How can we work with others when passing in game situations?		To pass a ball with the side of the foot					
To develop shooting techniques	How do you score in a game of football? How do you shoot?		To shoot a ball at a goal with accuracy To follow instructions • To copy actions					
To shoot accurately	How can we improve our accuracy with shooting?		To shoot a ball at a goal with accuracy To follow instructions • To copy actions					
To play with a team	How can we use our skills to play in a game of football?		<ul style="list-style-type: none"> <li>To attack in a game</li> <li>To defend in a game</li> <li></li> </ul>			<ul style="list-style-type: none"> <li>Can they explain the aim of a game?</li> <li>Can they explain how to pass accurately?</li> <li>Can they understand how to defend and attack?</li> </ul>		

<b>Year 2 Term 2</b>	Health Related Exercise		
Links to prior learning	Year 1 term 4		
Vocabulary	Heart pulse lungs healthy fitness breathing		
Learning objectives	Context	Skills	Knowledge
To recognise changes in heart beat when exercising	How do you feel after different types of exercise?		<p>Can they explain the benefits of exercise?</p> <ul style="list-style-type: none"> <li>Can they explain the impact of exercise on their bodies?</li> </ul>
To develop fitness levels	How can we test our fitness through physical activities?	<p>To throw</p> <p>To catch</p> <p>To jump</p> <p>To sprint</p>	<p>Can they explain the benefits of exercise?</p> <ul style="list-style-type: none"> <li>Can they explain the impact of exercise on their bodies?</li> </ul>
To improve on performance	How can we improve on previous performances?	<p>To throw</p> <p>To catch</p> <p>To jump</p> <p>To sprint</p>	<p>Can they explain the benefits of exercise?</p> <ul style="list-style-type: none"> <li>Can they explain the impact of exercise on their bodies?</li> </ul>
<b>Year 2 Term 3</b>	Multi-skills		
Links to prior learning	Year 1 term 4		
Learning objectives	Context	Skills	Knowledge
<p>To run in space</p> <p>To change direction</p>	How can we move in the space available and change directions in activities?	<p>To follow instructions</p> <p>To move in space accurately</p>	
To develop catching skills	How should our hands be when we are trying to catch?	To use hitting, kicking, rolling, throwing and catching in a game.	
To throw and catch as part of a game	How can we throw and catch over a distance as part of a game?	<p>To use throwing, catching and movement in games</p> <p>To play games with others</p> <p>To follow instructions</p> <ul style="list-style-type: none"> <li>To copy actions</li> </ul>	<p>To follow the rules of a game.</p> <ul style="list-style-type: none"> <li>Can they explain the aim of a game?</li> <li>Can they suggest skills that may be needed in a game?</li> </ul>

To catch accurately	How should our hands be placed if we want to catch the equipment thrown to us?	To use throwing, catching and movement in games To play games with others To follow instructions <ul style="list-style-type: none"> <li>To copy actions</li> </ul>	
To catch in different ways	What are the different ways we can catch a piece of equipment?	To use throwing, catching and movement in games To play games with others To follow instructions <ul style="list-style-type: none"> <li>To copy actions</li> </ul>	
To move around space To play a game with others	How can we play a game with others and use the space we have?	To play games with others To follow instructions	To follow the rules of a game. <ul style="list-style-type: none"> <li>Can they explain the aim of a game?</li> <li>Can they suggest skills that may be needed in a game?</li> </ul>
<b>Year 2 Term 4</b>	<b>Invictus Games</b>		
Link to prior learning	Year 1 term 2		
Vocabulary	Goalball   Boccia   Disability   Sense   limbs		
Learning objectives	Context	Skills	Knowledge
To throw and aim	How should we use the equipment we have to move the ball around?	To roll, throw, catch equipment	
To throw and aim	How can we aim the equipment so that it lands in the hoop?	To roll, throw, catch equipment To use tactics in a game	
To play a game deprived of a sense; Goalball (2-3 lessons)	How can we play a game if we lose our sense of sight? What would we need to use? How is the equipment different?	To roll, throw, catch equipment To use senses in a game <ul style="list-style-type: none"> <li>To use tactics in a game</li> </ul> To follow instructions	Can they explain how some sports have been adapted for the disabled? Can they explain the rules of Goalball?

To play a game deprived of a sense To work as a team	How can we communicate with each other if we can't speak? How can we solve the problems given to us by not talking to each other?		Can they explain how some sports have been adapted for the disabled?
<b>Year 2 Term 5</b>	<b>Strike and Field</b>		
Links to prior learning	Year 1 terms 2, 3 & 6		
Vocabulary	Strike	Bowl	Throw Catch Run Field out
Learning objectives	Context	Skills	Knowledge
To throw and catch accurately	How do we throw a ball accurately? How do we catch a ball accurately?	To throw a ball with accuracy	
To develop accuracy of throws	How can we develop the accuracy of our throws further?	To throw a ball with accuracy To aim at a target	
To roll a ball with accuracy	How can we adapt throwing a ball accurately to rolling a ball with accuracy?	To roll a ball	
To strike a ball	What equipment could we use to strike a ball? Which is easiest? Hardest to strike with?	To hit a ball with a bat	Can they begin to think about the best place to hit a ball?
To field effectively	What is the purpose of the fielders in a game?	To run after a ball	Can they understand the role of the fielder in a game?
To play a strike and field game	How can we use the skills we have learnt in a game like situation? What are the rules we need to follow?		Can they understand the rules of a game?
<b>Year 2 Term 6</b>	<b>Athletics</b>		
Links to prior learning	Year 1 term 1, 2 & 3		
Vocabulary	Run	Jump	Sprint Fast Slow Jog Distance hurdle
Learning objectives	Context	Skills	Knowledge
To sprint To hurdle	How should we use our arms to help us sprint? How do we hurdle when running?	To run To hurdle	<ul style="list-style-type: none"> <li>Can they explain the benefits of exercise?</li> </ul>

			<ul style="list-style-type: none"> <li>• Can they explain the impact of exercise on their bodies?</li> </ul>
To jump from standing	How should we take off when jumping? How should we land safely?	To jump	<p>Can they explain the benefits of exercise?</p> <ul style="list-style-type: none"> <li>• Can they explain the impact of exercise on their bodies?</li> </ul>
To throw for distance	How can we throw over a longer distance?	To throw	<p>Can they explain the benefits of exercise?</p> <ul style="list-style-type: none"> <li>• Can they explain the impact of exercise on their bodies?</li> </ul>
To work with others in a relay	What is a relay? How do you take part with others in a relay race?	To work with others	<p>Can they explain the benefits of exercise?</p> <ul style="list-style-type: none"> <li>• Can they explain the impact of exercise on their bodies?</li> </ul>

# The Craylands School KS2 Long term subject: PE Games

<b>Aims</b> <ul style="list-style-type: none"> <li>• develop competence to excel in a broad range of physical activities</li> <li>• are physically active for sustained periods of time</li> <li>• engage in competitive sports and activities</li> </ul>				
<b>Skills</b> <ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• perform dances using a range of movement patterns</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul>		<b>Skills</b> <ul style="list-style-type: none"> <li>• lead healthy, active lives.</li> </ul>		
<b>Year 3 Term 1 &amp; 2</b>	<b>Hockey</b>			
Link to prior learning				
Vocabulary	Dribble   Strike   Hockey stick   Turn   Twist   pass			
Learning objectives	Context	Skills		Knowledge
To hold equipment accurately	How do you hold a hockey stick correctly?			<ul style="list-style-type: none"> <li>• Can they understand how to hold a hockey stick and manoeuvre it?</li> </ul>

(2 lessons)			
To dribble with a hockey stick ( 2 lessons)	How do we use a hockey stick to dribble a ball?	To dribble with a hockey stick	
To stop a ball with a hockey stick	How do we use a hockey stick to stop a ball?	To stop a ball with a hockey stick	
To pass a ball with a hockey stick (2 lessons)	How do we use the hockey stick to pass a ball?	To pass using a hockey stick	
To play game like situations (3 lessons)	How can we use the skills we have learnt in game like situations?	To attack in a game • To defend in a game • To work with a team	Can they apply skills in a competitive setting?
<b>Year 3 Term 3</b>	Invictus Games		
Links to prior learning	Year 2 term 4		
Vocabulary	Goalball   Boccia   Disability   Sense   Limbs   aim		
Learning objectives	Context	Skills	Knowledge
To solve problems To work with others	How can we solve the problems given to us without communicating verbally? How else can we communicate?	To follow instructions To work with others in a team	
To solve problems To work with others	How can we work together as a group to solve the problems set?	To follow instructions To work with others in a team	
To play a game deprived of a sense; Goalball (2-3 lessons)	How can we play a game if we lose our sense of sight? What would we need to use? How is the equipment different?	To roll, throw, catch equipment To use senses in a game • To use tactics in a game To follow instructions	Can they explain how some sports have been adapted for the disabled? Can they explain the rules of Goalball?
To develop accuracy of rolling	How can we roll a ball to get it close to a 'Jack' ball?	To roll, throw, catch equipment • To use tactics in a game	

		To follow instructions	
To play a game of Boccia	How do you play the game of Boccia? What skills and strategies are involve?	To roll, throw, catch equipment • To use tactics in a game To follow instructions	Can they explain how some sports have been adapted for the disabled? Can they explain the rules of Boccia?
<b>Year 3 Term 4</b>	<b>OAA</b>		
Links to prior learning	North	South	East West Forwards Backwards
Learning objectives	Context	Skills	Knowledge
To follow a plan	How can you recreate the plan using the equipment given?	To follow simple plans/maps	Can they explain how we use a map?
To locate position on a map	Where on the map are you in the obstacle course?	To follow simple plans/maps	Can they explain how we use a map?
To recognise compass directions	How can we tell which direction we are travelling in?	To understand compass directions	Can they name the compass directions?
To use a compass	How do you use a compass to find directions?	To understand compass directions	Can they name the compass directions?
To use a map	How can we use the map of the school grounds to locate different places?	To follow simple plans/maps	Can they explain how we use a map?
<b>Year 3 Term 5 &amp; 6</b>	<b>Cricket</b>		
Link to prior learning	Year 2 term 5		
Vocabulary	Wicket	stump	Bat Bowl Overarm Underarm Strike out
Learning objectives	Context	Skills	Knowledge
To field	What is the role of a fielder? How can we best stop a ball when we are fielding?	To field	Can they explain what a short and long barrier is when fielding?
To aim a throw	How can we best hit the stumps when we throw a ball at them?	To stump To throw overarm and underarm.	

To bowl underarm	How can we bowl a ball underarm to hit the stumps when someone is batting?	To bowl a ball	
To throw when fielding To catch To hold a bat	How should we throw a ball when we are fielding? How can we prepare to catch the ball? How should we hold a bat when hitting a ball?	To field To strike a ball	
To bowl a ball overarm	How do we bowl a ball when bowling in cricket?	To bowl a ball	Can they understand the process of bowling overarm?
To play in game like situations 3 lessons	How do you score in cricket? What strategies are needed?	To strike a ball To make a run	Can they explain the rules of cricket?
<b>Year 3 Term 6</b>	<b>Athletics</b>		
Links to prior learning	Year 2 term 6		
Vocabulary	Sprint Jog pace Long jump Throw aim		
Learning objectives	Context	Skills	Knowledge
To long jump	How can make sure we jump the furthest?	To jump	Can they explain to Bend knee's & push with quadriceps Swing your arms, Look forwards Bend knee's on landing Take off on one, land on two.
To relay	How do you take part in a relay race with others?	To take part in a relay	Face away from team-mate Arm behind body, and parallel to floor, Palm up, fingers outstretched. Split feet, bent knees
To throw over distance	How can we throw the furthest we can?	To throw	Stand side-on Throw at a 45 degree angle Transfer weight across body Bend knees, Throw above the head

To sprint	How can we make ourselves run fast?	To run at different speeds in different directions.	<p>Start low</p> <p>Slice through the air w/ hands</p> <p>Move arms 'Hip to lip, not across the zip'</p> <p>Keep head facing forwards always</p>
To chest push	How can we push a ball the furthest possible from our chest?		<p>Stand one foot behind the other</p> <p>Bend knees</p> <p>Hold ball by chest</p> <p>Push at 45 degrees</p>
<b>Year 4 Term 1</b>	<b>Handball</b>		
Links to prior learning	Year 1 terms 2&3, Year 2 term 3		
Vocabulary	Target   Overarm   Throw   Goal   Handball		
Learning objectives	Context	Skills	Knowledge
To pass a ball	<p>How do you play the game handball?</p> <p>How do you pass a ball in handball?</p>	<p>To pass a ball</p> <p>To throw a ball in different ways</p>	<p>Passing</p> <p>Throw with one arm, Stand side-on</p> <p>Point to target with non-throwing Arm</p> <p>Throw above the head</p> <p>Handball rules</p> <p>Score by throwing the ball into the net, Non-contact</p> <p>Max 3 steps holding ball</p> <p>Only GK allowed in the 'D'</p>
To use space	How can you use the space available to you in a game? Where should you move to so you can be passed to?	<p>To move into an area free</p> <p>To throw a ball in different ways</p> <p>To catch a ball</p>	

To shoot	How do you score in handball? How can we shoot in the game?	To aim at a target To play as a team To attack a goal	Can they recognise the roles of an attacker and defender in handball?
To defend	How do you stop the other team from scoring?	To defend an area	Can they recognise the roles of an attacker and defender in handball?
To play as a team	How can we use the skills learnt to play a game of handball?	To attack a goal To defend a goal To pass To shoot To catch a ball To use space effectively	Can they recognise the roles of an attacker and defender in handball?
<b>Year 4 Term 2</b>	<b>Football</b>		
Link to prior learning	Year 1 term 5, year 2 term 1		
Vocabulary	Tackle Dribble Strike Shoot Corner Goalkeeper Free kick centre		
Learning objectives	Context	Skills	Knowledge
To dribble a ball To pass a ball	Which part of the foot do we use to dribble? How would you stop a ball when dribbling?  What part of the foot do we use when passing?	To move into a space To pass a ball to another player	Dribbling - Keep the ball in front of them, use the part of the foot just to the outside of the laces, Lots of light touches.  Passing - Use the instep of the foot to 'push' the ball. toes or laces will often mean too fast and not enough control of direction!
To dribble a ball To pass a ball	How can we speed up when dribbling? How do we develop accuracy in passes?	To move into a space To pass a ball to another player	Dribbling - Keep the ball in front of them, use the part of the foot just to the outside of the laces, Lots of light touches.

			<p>Passing - Use the instep of the foot to 'push' the ball. toes or laces will often mean too fast and not enough control of direction!</p>
To develop accuracy of passing and shooting	How can we make our passes more accurate in a game?	To pass a ball to another player	<p>Passing - Use the instep of the foot to 'push' the ball. toes or laces will often mean too fast and not enough control of direction!</p>
To strike a ball	Which part of the foot should we shoot with?	<p>To aim at a goal To kick with the intention of shooting</p>	<p>Shooting - Place ball level w/ standing foot Strike through the ball with laces Keep head over the ball</p>
To defend and attack	What does a defender do? What does an attacker do?	<p>To move into a space To stop a ball and change direction To understand positioning in a game</p>	Can they recognise the roles of an attacker and defender in football?
To follow the rules of a game	What are the rules of football?	<p>To move into a space To pass a ball to another player To understand positioning in a game</p>	Can they understand the rules of football?
<b>Year 4 Term 3</b>	<b>OAA</b>		
Links to prior learning	Year 3 term 4		
Vocabulary	Compass    Direction    Plan    Key    Map    orientation		
Learning objectives	Context	Skills	Knowledge
To follow a plan	How can you recreate the plan using the equipment given?	To follow simple plans/maps	Can they explain how we use a map?
To locate position on a map	Where on the map are you in the obstacle course?	To follow simple plans/maps	Can they explain how we use a map?

To recognise compass directions	How can we tell which direction we are travelling in?	To understand compass directions	Can they name the compass directions?
To use a compass	How do you use a compass to find directions?	To understand compass directions	Can they name the compass directions?
To use a map	How can we use the map of the school grounds to locate different places?	To follow simple plans/maps	Can they explain how we use a map?
<b>Year 4 Term 4</b>	<b>Badminton</b>		
Links to prior learning			
Vocabulary	Serve shuttle cock racquet swing		
Learning objectives	Context	Skills	Knowledge
To hold a badminton racquet	What sport do we play with this racquet? How do we hold the racquet?	To hold equipment correctly	Can they use The Forehand Grip Its like 'Shaking hands with the racquet'!
To position body correctly To hit a shuttlecock	What equipment do we use in a game of badminton? How do we stand when a shuttlecock is coming towards us?	To position bodies ready for a game	Can they recognise the position for returning a shot - racquet high, knees bent, body balanced and eyes on the prize!
To serve	How do you start a game off in badminton?	To serve	Can they recognise how to serve - Children should stand 2-3-feet behind the service line, Relax their body and bend their knees slightly. Hold the shuttle by the feathers and let it drop slightly as they hit it. Follow through aiming at whereabouts you would like the s'cock to land.
To think about space in a game	Where should you aim the shuttlecock in a game?	To use space effectively	Can they consider where best to place a shuttlecock in a game?

To follow game rules	What are the rules for badminton? How do you win?	To follow rules of a game	
<b>Year 4 Term 5</b>	<b>SWIMMING</b>		
Link to prior learning			
Vocabulary	Breathe front crawl back crawl stroke kick float		
Learning objectives	Context	Skills	Knowledge
<ul style="list-style-type: none"> <li>To use a swimming stroke</li> <li>To put face under water</li> <li>To develop use of arms</li> <li>To develop use of legs</li> <li>To practise forward strokes</li> <li>To practise backwards strokes</li> <li>To develop confidence in water</li> </ul>	<ul style="list-style-type: none"> <li>What strokes can you use to swim?</li> <li>Can you place your face under water?</li> <li>Can you swim on your front?</li> <li>Can you swim on your back?</li> </ul>	<ul style="list-style-type: none"> <li>To develop confidence in the water</li> <li>To breathe under water</li> <li>To kick legs to propel forwards</li> <li>To float on front and back</li> <li>To kick legs to propel forwards holding onto a float at least 10 m</li> <li>To develop a breathing technique when swimming</li> <li>To begin to use arms for front crawl</li> </ul>	<ul style="list-style-type: none"> <li>Can they explain best to go under the water?</li> <li>Can they name different swimming strokes?</li> </ul>
<b>Year 4 Term 6</b>	<b>Rounders</b>		
Links to prior learning	Year 2 term 5, Year 3 term 5		
	Round Strike Bowl Overarm Underarm Stump out		
Learning objectives	Context	Skills	Knowledge
To develop fielding skills	How do we stop a ball that has been hit towards us?	<ul style="list-style-type: none"> <li>To use a long barrier</li> <li>To use a short barrier</li> <li>To stop a ball in your hands</li> </ul>	<ul style="list-style-type: none"> <li>Long barrier - Lower left leg parallel and close to floor,</li> <li>Right foot touching left knee so there is no gap,</li> <li>Hands out in front to stop ball</li> </ul>

			Shot barrier - Place foot behind aiming to stop the Ball, hits foot if missed by the hand.		
To develop fielding skills To improve catching skills	How can we improve our fielding skills? What should our hands be like when ready to catch?	To catch a ball when it has been hit To field by looking at where the ball is heading			
To improve catching skills	How can catch balls from a short distance? How can we catch balls from a long distance?	To catch a ball when it has been hit			
To bowl	How do we bowl in a game of rounders?	To throw a ball overarm and underarm.			
To develop fielding techniques To develop running techniques	Where should we stand as a fielder? Where do we need to get the ball to? When should we run as a striker?	To catch a ball when it has been hit To field by looking at where the ball is heading To make a run To stump a base To stop at a base when you need to	Can they decide when to stop at a base and when to run?		
To follow the rules of a game	What are the rules of rounders? How do we play the game and win?	To catch a ball when it has been hit To field by looking at where the ball is heading To make a run To stump a base To stop at a base when you need to To strike a ball	Can they understand the rules of rounders?		
<b>Year 5 Term 1</b>	Swimming				
Links to prior learning	Year 4 term 5/6				
Vocabulary	Front crawl	Back stroke	Breast stroke	Float	Tread water

Learning objectives	Context	Skills	Knowledge					
<p>To swim on front confidently</p> <p>To swim on back confidently</p> <p>To swim 25 m</p> <p>To use life saving skills</p>	<p>What strokes can we use to swim 25 m?</p> <p>What techniques can we use to help ourselves if we are stuck in water?</p>	<p>To breathe under water</p> <p>To kick legs to propel forwards and backwards holding onto a float at least 25 m</p> <p>To develop a breathing technique when swimming</p> <p>To use arms for front crawl without a float for at least 25m</p> <p>To swim on back without a float for at least 25 m</p> <p>To float on front and back</p> <p>To tread water as a lifesaving skill</p>	<p>Can they demonstrate a range of strokes including front crawl and back stroke?</p> <p>Can they demonstrate lifesaving skills?</p>					
<b>Year 5 Term 2</b>	<b>Netball</b>							
Links to prior learning	Year 4 term 1							
Vocabulary	Chest pass	Bounce pass	Overhead pass	Pivot	Defence	Attack	Goalkeeper	Goal striker
Learning objectives	Context	Skills	Knowledge					
<p>To develop footwork</p> <p>To pass</p>	<p>What happens when you get the ball in netball? What do you do with your feet?</p>	<p>To pivot</p>	<p>Can they explain how to pivot - Pupils are allowed to take one step when holding the ball. Whichever foot lands first can act as a pivot.</p> <p>☐</p> <p>☐ To work in a zoned area</p> <p>☐ To make improvements to their performance.</p>					
<p>To pass in different ways</p>	<p>How do we get the ball from player to player in netball?</p>	<p>To use a chest pass</p> <p>To use a bounce pass</p>	<p>Can they explain how to chest pass - Hold the ball against chest.</p>					

		To use an overhead pass	<p>Hands each side of the Ball. Step into pass points fingers at target</p> <p>Bounce pass - Push ball into the floor, slightly over half-way between yourself and the destination of your pass. Step into pass</p> <p>Overhead pass - Hold ball in two hands over your head Release ball at 45 degrees. Step forwards into pass power should come from fore-arm and wrist</p>						
To defend and attack	How do you score in netball? How do you stop someone from shooting?	To attack as part of a team To defend as part of a team							
To shoot	How can we improve our shooting skills?	To aim To shoot at a net	<p>Shooting players have 3 seconds to take there shot. Bend knees, then release ball as legs straighten. Aim for the back of the hoop</p>						
To follow the rules of a game	How do we play netball? What are the rules?		Can they explain the rules of netball?						
<b>Year 5 Terms 3 &amp; 4</b>	<b>Basketball</b>								
Links to prior learning	Year 4 term 1, year 5 term 2								
Vocabulary	Chest pass	Bounce pass	Overhead pass	Pivot	Defence	Attack	backboard	double dribble	travelling
Learning objectives	Context		Skills				Knowledge		

To dribble	How do you get the ball to move around the court in basketball? How is it different from netball?	To dribble with a ball To pivot	Can they explain the difference and similarities between netball and basketball?
To improve dribbling	What happens when I stop dribbling in a game of basketball? Can I dribble again?	To dribble with a ball To pivot	Can they explain what double dribble is?
To pass x 2	Can I use the same passes I learnt in netball in basketball?	To use a chest pass To use a bounce pass To use overhead pass	Can they recall movements for chest, over head, bounce pass?
To shoot x 2	How is shooting in basketball different or the same as netball?	To use a back board to support shooting	Feet shoulder width apart Stand square on to the basket (feet Facing either side of the hoop) Bend at the knee's, extend legs at The same time as you release the ball Strong hand rests under ball Supporting hand rests on the side of the ball, Push up through the ball with strong hand.
To follow the rules of a game x 2	What are the rules of basketball?	To attack as part of a team To defend as part of a team To make improvements to their performance.	Can they explain the rules of double dribble and travelling?
<b>Year 5 Term 5</b>	<b>Tennis</b>		
Links to prior learning	Year 4 term 4		
Vocabulary	Forearm	Back arm	Racket Love Deuce advantage
Learning objectives	Context	Skills	Knowledge

To control equipment	How do you hold this racquet? How do you stand ready for a ball to be hit towards you?	To hold a racket	Can they explain the ready position? knees bent, body balanced, racket in front of the chest and eyes on the prize!
To use different tennis strokes	Do you always hit the ball in the same way?	To hit a ball with a racket To use forehand shot To use a backhand shot	Can they explain when to use different strokes? If a right handed player moves to play a forehand shot, their left foot should be furthest forward when they hit the ball. Backhand shots Need their right foot furthest forward upon impact. Reverse this for left handed players!
To develop accuracy of strokes x 2	How can we develop the accuracy of our hits? Where on a tennis court do we want the ball to land?	To hit a ball over a net To aim between grid lines	
To create a rally	How can we ensure continuous play with a partner?	To take part in a rally	
To follow the rules of a game	What are the rules in a game of tennis? What is the scoring system?	To take part in a rally	Can they understand how to score in tennis? Can they explain the scoring system?
<b>Year 5 Term 6</b>	<b>Athletics</b>		
Links to prior learning	Year 2 term 6, Year 3 term 6		
Vocabulary	Triple jump   Long jump   Javelin   Sprint   Long distance   Relay   Personal best		
Learning objectives	Context	Skills	Knowledge
To long jump	How can make sure we jump the furthest?	To jump	Can they explain to Bend knee's & push with quadriceps

			<p>Swing your arms, Look forwards Bend knee's on landing Take off on one, land on two.</p>
To relay	How do you take part in a relay race with others?	To take part in a relay	<p>Face away from team-mate Arm behind body, and parallel to floor, Palm up, fingers outstretched. Split feet, bent knees</p>
To sprint To hurdle	How can we make ourselves run fast? How can we jump over things when running?	To run at different speeds in different directions.	<p>Start low Slice through the air w/ hands Move arms 'Hip to lip, not across the zip' Keep head facing forwards always</p> <p>Hurdling Jump over hurdles, one foot at a time (Lead leg, trail leg). Aim to take the same amount of steps between hurdles. Jump as flat as possible</p>
To triple jump	What is the different between a standing long jump and a triple jump?	To triple jump	<p>Hop, Step, Jump. Each phase should be equi-distant. Pupils should bend their knees at each point of contact with floor</p>
To throw	How do you throw a javelin?	To throw a javelin	<p>Stand side-on, weight on the rear leg. Release the javelin at 45 degrees. Keep the throwing elbow high, draw the Hand 'fast and last.</p>
<b>Year 6 Terms 1 &amp; 2</b>	<b>Tag rugby</b>		

Links to prior learning			
Vocabulary	Tag Try Chase Defend Attack		
Learning objectives	Context	Skills	Knowledge
To pass x 2	Do you pass the same way in tag rugby as you do in other sports? What is different?	To hold a rugby ball with 2 hands To pass a rugby ball sideways or backwards	Can they explain what lateral passing is - Hold hands out to the side of the body to catch. Move arms across the body parallel to the floor. Point fingers to chest of target on release.
To defend x 2	How do you defend in tag rugby?	To chase after others To tag others	When defending in a group in rugby it is a good idea to keep together in a horizontal line. This line will move sideways to stop attacks.
To develop passing strategies x 2	Are there are techniques to use to support when passing as a team?	To attack as part of a team	Can they recall some passing tricks?
To develop attacking strategies x 2	Are there any techniques to trick defenders when playing a game?	To attack as part of a team	Can they explain techniques such as a decoy run?
To follow the rules of a game x 2	What are the rules of tag rugby?	To follow the rules To work as part of a team To be competitive and respectful to others in a game	Can they explain how to play a game of tag rugby?
<b>Year 6 Term 3 &amp; 4</b>	Tri Golf		
Links to prior learning	Year 3 term 5, Year 4 term 6		
Vocabulary	Par Strike Putt Chip Hole in one		
Learning objectives	Context	Learning objectives	Context
To putt	How can we move the ball with this club?	To listen to instruction To copy and repeat actions To hold a club accurately	Can they explain when to putt in golf?  Stand side on, make sure

		<p>To putt To aim To improve their own performance</p>	<p>the ball is between the feet. Swing the putter smoothly and not too fast.</p>
To chip	How can we get a ball to leave the ground and travel in the air?	<p>To listen to instruction To copy and repeat actions To hold a club accurately To putt To aim To chip</p>	<p>Can they explain when to chip in golf?</p> <p>Stand side on, with the ball between the feet. Swing the club smoothly, for greater distance Swing the club further backwards.</p>
To aim	What is the purpose of golf? How do you get the ball to the hole?	<p>To aim To putt To chip</p>	
To develop accuracy	How can we develop the accuracy of our shots?	<p>To listen to instruction To copy and repeat actions To hold a club accurately To putt To aim To improve their own performance</p>	Can they explain what par means in golf?
To complete a course	How can we use our golf skills to complete a golf course?	<p>To listen to instruction To copy and repeat actions To hold a club accurately To putt To aim To improve their own performance</p>	Can they explain what par means in golf?

Year 6 Terms 5 & 6	Athletics		
Links to prior learning	Year 2 term 6, Year 3 term 6, Year 5 term 6		
Vocabulary	Triple jump	Long jump	Javelin shot putt Sprint Long distance Relay Personal best
Learning objectives	Context	Learning objectives	Context
To long jump	How can make sure we jump the furthest?	To jump	Can they explain to Bend knee's & push with quadriceps Swing your arms, Look forwards Bend knee's on landing Take off on one, land on two.
To relay	How do you take part in a relay race with others?	To take part in a relay	Face away from team-mate Arm behind body, and parallel to floor, Palm up, fingers outstretched. Split feet, bent knees
To sprint To hurdle	How can we make ourselves run fast? How can we jump over things when running?	To run at different speeds in different directions.	Start low Slice through the air w/ hands Move arms 'Hip to lip, not across the zip' Keep head facing forwards always  Hurdling Jump over hurdles, one foot at a time (Lead leg, trail leg). Aim to take the same amount of steps between hurdles. Jump as flat as possible
To triple jump	What is the different between a standing long jump and a triple jump?	To triple jump	Hop, Step, Jump. Each phase should be equi-distant. Pupils should bend their knees at each point of contact with floor

To throw	How do you throw a javelin?	To throw a javelin	Stand side-on, weight on the rear leg. Release the javelin at 45 degrees. Keep the throwing elbow high, draw the Hand 'fast and last.
To shot putt	How do you throw a shot putt?	To throw a shot putt	Can they explain how to shot putt? Stand side-on, push the Shotput into the neck. Bend knee's with weight over The back leg (Toe, Knee, Chin in Line). Explode up & push at 45 degree's!
To develop middle distance running	How can we ensure that we can run over greater distances?	To run over distance	Can they understand how to best reserve energy for longer distance running? Ensure that the children understand that they will not be able to run at full pace. Clever runners, save some energy And time when they use up there last bit of energy!