

School: Harlington Lower School

Curriculum Progression for: Physical Education

Intent	Through our teaching and provision of Physical Education within the school we aim to enable children to learn about themselves, their capabilities, their strengths and their limitations. Through our Physical Education curriculum and activity provision we aim to promote physical and mental health with the overall aim that every child should leave our school physically confident in a way that supports their health and fitness. Each child will get to experience a wide range of different sports opportunities and activities by the end of their time in school giving each child an opportunity to discover their talents. We strongly recognise and promote physical education and activity as a means to good health but equally we recognise its benefits for mental health, learning, and the development of social skills. We facilitate and promote healthy competition within school and physical activity is celebrated and promoted within our school community so that children have opportunities to compete in sport to build character and embed values such as fairness, respect and perseverance.
EYFS	Children should come to Year 1 with the following skills and knowledge: Moving and Handling- Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing. Health and self-care - Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.



Year 1	Multi Skills	Gym	Dance	Attack, Defend, Shoot	Hit, Catch, Run (Striking and Fielding)	Run, Jump, Throw	OAA	Send and Return (Net and Wall)
Taught	Autumn 1 Autumn 2	Autumn 1 Spring 1	Autumn 2	Spring 1	Spring 2 Summer 2	Summer 1	Spring 2 Premier	Summer 2 both terms
Vocabulary	Jump Hop Stop on command Sprint Run Skip Gallop	Balance, body tension, carry, control, extension, fast, hang, high, jump, like, link, low, movement, muscles, music, pattern, relaxation, roll, sequence, shape, slow, speed, strength, timing, travel.	Beat, curl, dance, fast, feet, high, low, music, rhythm, step, stretch, swing, turn, twist.	Attack, catch, compete, defend, over-arm, play against, receive, rolling, send, throw, under-arm.	Batter, bowl, catch, collect, feed, @eld, hit, hitter, pick up, retrieve, roll, stop, strike, throw.	Backwards, distance, far, fast, forwards, furthest, high, hop, link, medium, power, run, sideways, skip, skipping, slow, step, straight, throw.		Hit, collect, stop, net, throw, roll, strike, catch, bowl, feed, pick up, batter, hitter, forehand, backhand, court.
Skills	Designed to develop the fundamental movement skills of balance, coordination and agility.	Use simple gymnastics actions and shapes -Link actions -Apply basic strength to a range of gymnastics actionsTo be able to transfer skills onto apparatus.	-Explore space, direction, levels and speeds -Experiment creating actions and performing movements with different body part -I can perform actions using different body parts.	-To practice basic movements including running, jumping, throwing and catching -To begin to engage in competitive activities -To begin to improve agility, balance and coordination	Able to hit objects with hand or batTrack and retrieve a rolling ballThrow and catch a variety of balls and objects -To use and understand key vocabulary - To move quickly with agility	-Pupils will begin to link running and jumpingTo learn and refine a range of running which includes varying pathways and speedsDevelop throwing techniques to		-Able to send an object with increased confidence using hand or batMove towards a moving ball to returnSending and returning a variety of balls.

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	- Use	-Respond to a	- To roll and	- To collect a	send objects over	-Explore different
	muscle/body	range of stimuli	throw (using	moving ball from	long distances	ways of sending a
	tension to hold a	and types of	underarm and	along the ground	-Run in a straight	ball
	shape	music	overarm	and return it to	line at different	-Get into
	for three seconds	-To explain the	technique)	given space.	speeds	positions to
	- To link travelling	mood/emotion of	-To use basic	-Catch over short	-Show power at	return a ball
	actions in a	my dance	defending skills to	distance	the start of a run.	-Use skills to
	sequence	-Perform with an	defend a target	-Describe what a	-Perform runs as	move towards
	- To show	awareness of	-Develop accuracy	striker/fielder	part of a team	and return a ball
	different shapes	body shape	when shooting	does	-Experience a	in a rally game
	when jumping	- Show control,	-To practice a	-To hit an object	variety of jump	-To use
	- Jumping and	coordination and	defensive body	with the hand	-Perform a	equipment to hit
	landing safely	spatial	position	-Throw and	standing long	over.
	- Begin to carry	awareness.	-Recognise how	retrieve with	jump	
	basic apparatus	-To create a short	to intercept	increasing	-Identify how to	
	such as mats and	sequence	-To incorporate	accuracy	take off	
	benches	-To show	point scoring		-Compete with	
		repetition	-To use a range of		others running,	
		- Demonstrate	simple attacking		throwing and	
		musicality	skills to move		jumping	
		throughout	toward the goal,			
		performance.	and defending			
		-Develop partner	skills to stop a			
		work	goal being scored.			
		-To show				
		mirroring, leading				
		and following				
		-To show a theme				
		in my dance				
Visit/Special						
Occasions						

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Year 2	Multi Skills	Gymnastics	Dance	Attack Defend Shoot	Hit, Catch, Run (Striking and Fielding)	Run, Jump and Throw	OAA	Send and Return (Net and Wall)
Taught		Autumn 1 Spring 1	Autumn 2	Spring 1	Spring 2 Summer 2	Summer 2	Spring 2 Premier	Summer 1 (both terms)
Vocabulary	Jump Hop Stop on command Sprint Run Skip Gallop	Jump, roll, balance, travel, control, speed, link, slow, fast, high, low, shape, sequence, pattern, movement, music, timing, hang, like, carry, relaxation, extension, body tension, muscles, strength, rock, roll, turn, spin.	Dance, twist, turn, rhythm, step, music, beat, stretch, feet, curl, high, low, fast, slow, direction, huddle, group, mood, feeling, musicality, respond, galloping, jumping.	Aim, attack, compete, controlling, cooperate, defend, direction, Quency, following, heart rate, kick, outwit, physical activity, pitch, play against, rebound, receive, scoring, send, speed.	Hit, catch, runs, wicket, bats, bowl, feed, throw, catch, underarm, overarm, field, hitter, bowler, umpire, posts, stumps.	Run, hop, skip, step, forwards, backwards, sideways, throw, high, far, straight, furthest, distance, fast, slow, medium, link, skipping, power.		Hit, collect, stop, net, throw, roll, strike, catch, bowl, feed, pick up, hitter, forehand, backhand, court, serve, bounce, drop, badminton, tennis, volleyball, squash, shuttlecock, racquet
Skills	Designed to develop the fundamental movement skills of balance, coordination and agility.	-Perform with control and consistency basic actions -Describe and explain how performers can transition and link gymnastic elements -Challenge themselves to develop strength and flexibility	-Describe and explain how performers can transition and link shapes and balances -Perform basic actions with control and consistency at different speeds and on different levels -Challenge themselves to move	To send a ball using feet and can receive a ball using feetRefine ways to control bodies and a range of equipmentRecall and link combinations of skills, e.g. dribbling and passing -Send the ball with feet by kicking	-To developing hitting skills with a variety of bats -Practice feeding/bowlin g skills -Hit and run to score points in game -Work as a team to field a ball back to a base -To make choices about	Develop power, agility, coordination and balance over a variety of activities -Can throw and handle a variety of objects including quoits, beanbags, balls, hoops -Can negotiate obstacles showing		-To track the path of a ball over a net and move towards it -Begin to hit and return a ball using a variety of hand and racquet with some consistency -Play modified net/wall games throwing, catching and sending over a net -Anticipate the flight of the ball fed from partner -To identify their dominant and non-dominant side for sending a ball -To use correct grip to hold a tennis racquet



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-	-Create and	imaginatively	-Receive and	where I hit the	increased	-Play a modified game introducing
	perform a	responding to	stop the ball	ball to score	control of body	boundaries
s	simple	music	with feet	maximum	and limbs	-To work on serving
s	sequence	-Work as part of	-Pass the ball to	points.	-Explore	-Perform with increased agility
-	-Combine	a group to	another player	-To play	different ways	-Send, receive and stop a ball using
	balance, rolling,	create and	showing	different	to generate	a racquet along the ground
j	jumping,	perform short	accuracy	positions	power to start	-Attempt to combine skills to
r	rocking and	movement	-Kick the ball to	including	different	perform a rally
s	spinning	sequences to	score point	batter, fielder	actions such as	
-	-Perform using	music	-Working as a	and bowler	running,	
a	a recognised	-Explore the	team to keep	-To sprint to	jumping,	
s	start and finish	whole body	possession in a	correct areas to	hopping,	
s	shape	actions to	defined area	score point	striding	
-	-To jump with	create linked	-Play as part of	-To recognise	-Participate in	
	power and	shapes and	a team to	where to kick to	obstacle relay	
	control	balances	attack and	score the most	-Explore which	
-	-Show	-To create a	defend	runs	throws are	
l g	gymnastic	short dance	-Link bouncing	-To use	better for	
	elements can	-Perform dance	and passing	underarm	accuracy, which	
	link smoothly	phrases that	-Make choices	throwing skills	are better for	
a	and	express ideas	on where to	to feed/bowl a	distance and	
	continuously.	and feelings	stand when	ball to a player	which are	
-	-Demonstrate	-Create a	defending as	-To bowl to	better for	
ii	in shapes their	sequence of	part of a team	different	height	
f	full range of	movements for		positions		
f	flexibility	performance		accurately		
-	-Choose, adapt	with starting		-Experiment		
a	and perform	and finishing		with different		
s	shapes at	positions		bats to see		
	different level	-Explore,		which are		
		unison, levels		easier or harder		
		and canon		to hit with.		
		within the		-Field to catch		
		choreography		and throw to		
		-To create		teammates to		
		dances as a solo		stop opponents		
		or in a duet.		scoring runs		
		-To respond to				
		the music with				

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		musicality and good timing.	-Apply simple tactics to gameplay		
Visit/Special					
Occasions					

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Year 3	Dance	Gym	Invasion Games	Striking and Fielding	Run, Jump and Throw	OAA	Swimming External Provider	Net and Wall
Taught	Spring 2	Spring 1	Autumn 1 Autumn 2 Spring 2	Summer 2	Summer 2	Autumn 2	Spring 1	Autumn 1 Summer 1
Sports			Netball Handball Football	Rounders	Athletics			Badminton Tennis
Vocabulary	Dance, twist, turn, rhythm, step, music, beat, stretch, levels, fast, slow, direction, huddle, group, mood, feeling, musicality, emotions, facial expression, improvisation, rehearse, director	Fluency, contrasting, unison, low, combinations, full turn, half- turn, sustained, explosive, power, control, group, similar, different.	Shoot, defend, attack, block, run, control, catch, pass, teamwork, score, intercept, possession, movement, using space. Space, pass, accurately, mark, dodge, footwork, change of direction, tactics, shooting, zones	Batting, fielding, bowling, bat, bases, ball, run, batter, bowler, elder, innings, no ball, batting box, backstop, rounders, half rounders	Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce	Maps, diagrams, scale, symbols, orienteering, controls, challenges, problem- solving, lead, follow, plan, trust		Hit, return, court, forehand, backhand, shuttlecock, points, score, net, tactics, underarm, overarm, racquet.
Skills	Practise different sections of a dance aiming to put together a performance	Modify actions independently using different pathways, directions and shapes -Consolidate and improve quality of movements and	Netball -To be able to perform basic netball skills such as passing and catching using recognised throws -To use space efficiently to	Hit a stationary ball into space Retrieve and throw the ball as a fielder Explain how _elders work together to restrict batters	-Control movements and body actions in response to specific instructions -Demonstrate agility and speed -Jump for height and	-To work with others to solve problems -To describe their work and use different strategies to solve problems -To lead others and be led		-Play in a game against an opponent -Hit a shuttlecock over a bench/net -Hit showing control of power



-Perform using facial actions expressions expressions -Relate strength and flexibility to the basic rules of netball experiment they are receive the ball in a variety of creating characters and narratives -Choose and link actions to create a dance phrase -Use -Use -Use -Use -Use -Use -Use -U
expressions -Relate strength and flexibility to the actions and prop movements they are receive the ball or recating characters and narratives ideas to create a dance phrase sequence phrase sequence of 2 contrasting eperformance skills to communicate shapes -Perform and in sequence of 2 -Perform and in sequence of poposition of the said contraction and proportion movements the basic rules of netball to basic rules of netball to the basic rules of netball to the basic rules of netball the basic rules of netball at a target at an appropriate power and when it is court at arget different atask is speed and proportiate power and when it is court at arget and appropriate power and when it is court at arget and appropriate power and when it is court at arget at an appropriate power and when it is court atask is speed and power and when it is court apply collaborative apply collaborative apply collaborative apply collaborative appropriate at a target at an appropriate power and when it is court apply apply collaborative apply collaborative apply collaborative apply collaborative apply collaborative apply collaborative apply appropriate as target at an appropriate at a target at an appropriate apply apply collaborative apply appropriate apply
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Perform with a prop movements they are receive the ball of height and propriate height receive the ball they are receive the ball and variety of ways some consistency in a game situation To work collaboratively to send the ball back to the back to the performance skills to extension in communicate shapes and receive the ball in a variety of ways some consistency in a game situation To work collaboratively to send the ball back to the back to the ball back to the ball ball to communicate shapes and receive the ball and propriate height appropriate as part of a as part of a as part of a consistency in a game situation To work collaboratively to send the ball back to the ball ball to return the shapes and receive the ball appropriate as part of a consistency in a game situation To work collaboratively to send the ball back to the ball back to the ball back to the ball target at an appropriate as part of a consistency in a game situation To work collaboratively to send the ball back to the ball target at an appropriate as part of a consistency in a game situation To work collaboratively to send the
or netball appropriate height appropriate appr
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-Explore creating creating characters and narratives ideas to compositional link actions to create a dance phrase sequence phrase -Use elements elements existlis to communicate skills to communicate skills to communicate shapes -Perform and elements -To use basic ways ways ways ways ways ways ways composition din a variety of some to a variety of some consistency in a gapropriate of consistency in a gapropriate ochallenge team hits for distant targets and short low lits oconsistency in a gapropriate ochallenge team hits for distant targets and short low lits oconsistency in a gapropriate ochallenge team hits for distant targets and short low lits oconsistency in a game situation To work variety of ways collaboratively to send the ball back to the jumpin a variety of ways variety of ways collaboratively to send the ball back to the jumping flexibility to the shuttlecock others have describe what others have done on a map ochal composition of choose where speeds symbols and bench/net
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characters and narratives ideas to ideas to improve to keep possession by link actions to create a dance phrase sequence of 2 contrasting performance skills to extension in -Perform and in sequence of 2 -Produce flow in sequence opposition in sequence opposition in sequence opposition in sequence opposition in sequence on the sequence of to keep possession by to send the ball back to the ball back to the bowler oconsistency in a game situation To work variety of ways -Beat previous distances when jumping flexibility to conflict targets and vourself to -Communicate shapes accurately to send the ball back to the bowler ocony and complete a task describe what others have basic symbols of the shave basic symbols of the shape short low hits of coloser targets of the set of the shapes of the shapes of the shape short low hits of colose when the solve of the shape short low it argets and short low it argets and short low it argets of the solve oposition of the shape short low it argets and short low it argets and short low it argets and variety of ways -Beat previous distances when jumping flexibility to complete strength and pumping flexibility to complete to solve variety of ways -Beat previous distances when jumping flexibility to complete to solve variety of ways -Beat previous distances when jumping flexibility to complete to solve variety of ways -Beat previous distances when jumping flexibility to complete to solve variety of ways -Beat previous distances when jumping flexibility to complete to solve variety of ways -Beat previous distances when jumping flexib
narratives ideas to improve to keep possession by link actions to create a dance phrase sequence of 2 contrasting elements performance skills to communicate shapes reproduce flow for each of the perform and in sequence opposition collaboratively to keep possession by possession by passing accurately to send the ball pumping flexibility to sond the ball pumping flexibility to communicate shapes reproduced from opposition choose where speeds symbols and collaboratively to solve problems for closer to solve problems short low hits to solve variety of ways short low hits to solve problems for closer targets and short low hits distances when jumping flexibility to complete a task describe what other shave basic symbols to return the done on a map shuttlecock for closer targets and short low hits for closer targets and short low hits for closer targets are to solve problems for closer targets are targets are to solve problems for closer targets are targets are to solve problems for closer targets are ta
narratives ideas to improve to keep possession by link actions to create a dance phrase Stellements belements performance skills to communicate shapes -Produce flow for each and link actions and link actions to create a dance phrase sequence of 2 contrasting accurate passes help when shills to communicate shapes -Perform and in sequence of possession by possession by possession by possession by passing accurately accurately to send the ball back to the jumping flexibility to contrasting accurate passes on the posses of the shuttlecock accurate passes on the performance shapes on a map shuttlecock accurate passes opposition should ball accurate passes on the performance opposition should be possession by pos
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Choose and link actions to create a dance phrase Sequence of 2 contrasting performance skills to communicate Series of the perform and Perform and accurately to send the ball distances when Strength and stre
create a dance phrase -Create a sequence of 2 contrasting elements -Use performance skills to communicate -Demonstrate communicate -Perform and -Perform and -Create a securately -Explain how accurate passes help when shapes -Perform and in sequence -Create a securately -Explain how accurate passes help when sequence of 2 contrasting accurate passes help when skills to send the ball distances when jumping flexibility to complete a task -Create a sequence of 2 cxplain how accurate passes help when strike a bowler -Copy and complete a task -Create a dance phrase -Create a sequence of 2 cxplain how accurate passes help when strike a bowler -Copy and describe what others have basic symbols of a map shuttlecock -Copy and describe what others have done on a map -To apply simple tactics to -Rally with a partner over a different shots of a map shuttlecock -Rally with a partner over a bench/net
phrase sequence of 2 contrasting accurate passes help when skills to communicate skills to communicate -Produce flow -Produce flow -Produce flow accurate passes help when shapes -Perform and in sequence of 2 contrasting accurate passes help when accurate passes help when attacking back to the bowler strike a bowled ball accurate passes help when attacking ball accurate passes bowler strike a bowled ball accurate passes bowler on a map accurate passes bowler basic symbols and stringth and flexibility to complete a task accurate passes bowler accurate passes accurate p
-Use elements help when attacking performance skills to communicate extension in shapes -Produce flow in sequence on a map opposition -Perform and in sequence on position -Copy and describe what others have describe what others have done on a map opposition -Copy and describe what others have describe what others have done on a map opposition -Copy and describe what others have done on a map opposition -Copy and describe what others have done on a map opposition -Copy and describe what others have done on a map opposition -Copy and describe what others have done on a map opposition -Copy and describe what others have done on a map opposition -Copy and describe what others have done on a map opposition -Copy and describe what others have done on a map opposition -Copy and describe what others have done on a map opposition -Copy and describe what others have done on a map opposition -Copy and describe what others have done opposition opposition -Copy and describe what others have done opposition opposition -Copy and describe what others have done opposition opposition -Copy and describe what others have done opposition opposition opposition -Copy and describe what others have done opposition opposition opposition -Copy and describe what others have done opposition opposition opposition -Copy and describe what others have done -Copy and d
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skills to extension in shapes need to get -Produce flow in sequence opposition -Recognise the opposition -Recognise the need to get tactics to choose where speeds symbols and -Recognise the need to get tacks using speeds symbols and -Recognise the need to get tacks using speeds symbols and -Recognise the need to get tacks using speeds symbols and -Recognise the need to get tacking speeds symbols and -Recognise tacking speeds symbols and -Reco
skills to extension in shapes need to get -Perform and in sequence opposition -Recognise the need to get in sequence opposition -Recognise the need to get tactics to choose where opposition on a map -To complete tactics to different tasks using partner over a bench/net
-Perform and in sequence opposition reed to get tactics to choose where red to get tactics to choose where red tasks using tasks using tacks using tacks using the complete tacks using ta
-Perform and in sequence opposition choose where speeds symbols and bench/net
in sequence opposition species symbols and
communicate -Consolidate players to hit the ball -Start-stop and maps -Move around
ideas as part of and improve -Demonstrate Count and change pace -To work with the court to
a group quality of basic dodging remember runs with control others to return the
rolls techniques to scored -Demonstrate complete shuttle
Develop Explain how get 'free.' Stan a moving agility in simple map Describe the
Strength and -Discuss & Tunning Feating task Skills needed to
using flexibility explain why you ball with -Combine -Confidently keep a rally
improvisation applies to roll need to be free consistency running and read and follow going
-Consolidate from a player Collect and jumping a basic map Play using basic
-Incorporate and improve when receiving return a moving -Jump over -Create a route service rules
facial quality of basic the ball ball apparatus with on a map for -Use a forehand
expression into jumps -To play in Work as a team Work as a team others to us
a dance prirase -Jump high and attacking & balance -Respond to -Explain when
Tal o low defending problems in a you use service
apparatus zones1 pass the ball in group situation is in a game



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Visit/Special Occasions					

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Year 4	Dance	Gym	Invasion Games	Striking and Fielding	Run, Jump and Throw	OAA	Net and Wall
Taught	Spring 2	Spring 1	Autumn 1 Autumn 2 Spring 1	Summer 1 Summer 2	Summer 2	Autumn 2	Spring 2 Summer 1
Sports			Hockey Handball Netball	Cricket Rounders	Athletics		Tennis Badminton
Vocabulary	Dance, turn, rhythm, stretch, levels, fast, slow, direction, huddle, mood, feeling, emotions, facial expression, improvisation, rehearse, director, choreographer, slide, formation, freeze frames	Fluency, contrasting, unison, low, combinations, full turn, half- turn, sustained, explosive, power, control, group, similar, different, direction, speed, partner, actions	Netball Control, use space, defend, attack, chest pass, tactics, compete, collaborate, teamwork, score, shoot, footwork, foul, free pass Hockey Control, use space, defend, attack, dribble, pass, push, slap, tactics, compete, collaborate, teamwork, score, shoot.	Batting, fielding, bowling, bat, wicket, stumps, ball, crease, boundary, run, batsman, bowler, wicketkeeper, field, innings, strike, cross, four, six, single, over, balls, pull, shot, forward	Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce	Maps, diagrams, scale, symbols, orienteering, compass, challenges, problem- solving, lead, follow, plan, trust, solve, cardinal points.	Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready
Skills	-Work to include freeze frames in routines -Practise and perform a variety of different	-To become increasingly competent and confident to perform skills more consistently -Able to perform in time	Netball Catch the ball and bring to the chest to protect Play in competitive game scoring goals in	To develop the range of Cricket skills they can apply in a competitive context -Choose and use a range of simple tactics in	Using running, jumping and throwing stations, children investigate in small groups different ways	Work well in a team or group within defined and understood roles -Plan and refine strategies to solve problems	-Be in correct position to move and receive/return balls -Be alert to your opposing player



formations in dance and group Attempt to Shoot using Correct Existing skills Perform as a lideas in with a partner and scoring area Attempt to game context Shoot using a scoring area and group Attempt to game context Shoot using Correct Existing skills Shoot using Stills Shoot using Shoot usin	
-Develop a dance to compositional perform as a lideas in shoot using correct existing skills and apply with lideas in shoot using consolidate existing skills of equipment, compass and symbols different targets and apply with lideas in shoot using consolidate existing skills of equipment, compass and symbols explore	0
dance to compositional correct existing skills of equipment, compass and perform as a ideas in technique and apply with ways of symbols targets -Explore	
perform as a deas in technique and apply with ways of symbols -Explore	
group with a set sequences such -Shoot within consistency measuring and -Perform AFL techniques	
starting as changes in the area - Throw and timing, task as part of a used in a	
position height, speed -Work as part of catch the ball comparing the group forehand	
-Develop dance and direction a team to get with increasing effectiveness of -Suggest ways shot	
'freeze frames' -Compose and the ball to accuracy different styles to solve the -Play in small	all
based on a perform a the shooter -Hit the ball into of runs, jumps problem games again	nst
visual stimulus sequence of 6 within the area zones to score and throws. -Support others opposition	
-Demonstrate elements -Defining the points - Challenge to participate in using foreh	and
how to link -Teach your role of Goal -Work as an yourself to the task shots to sco	re
positions in a sequence to a Attack and individual to jump in a -Recognise points	
variety of ways partner centre keep score variety of ways compass points -Introduce	
-Practice and -To understand -Goal Attack -Anticipate for distance and -Operate as backhand s	hots
perform a slide the STEP model. building the when to run to height part of a team -Attempt to)
and rolls - Perform play with score singles -Show different to solve a self-feed fo	r
- Learn and existing Centre -Work with a ways of running problem backhand s	hots
replicate a set sequence to be in attack partner to score -Compare -Listen and be -Identify the	е
phrase judge -Play within the runs different directed by differences	
- Develop a -Act as judges appropriate -Run at speed throws with other between	
short dance to evaluate a areas to avoid being different -Explain what a forehand are	nd
using unison group sequence -Play in a game run out equipment compass is backhand s	hots
and formations -Compare and using one-to- -Intercepting a -Assess what -Describe how a -Demonstra	ate
-Describe contrast group one marking moving ball fast running compass can be ready position	ion
different performance -Recognise the over varying feels like used to return	
formation need to stay distances -Practice and -Use compass serve	
-To perform in with a player -Intercept balls perform points to -Move toward	ards
cannon in when marking to stop runs in running at complete the and return	a
routines and -Play a full game situations speed task moving ball	
cannon lines game -Work with -Compete over successfully Return balls	s to
-Improve and -Play within a team to return shorts distances -Perform under dillerent pla	aces
extend mission court using balls in the field against self and time pressures on the	
set phrase correct rules -Bowl overarm other -Refine answers court	
-Sequence when the ball from a -Use running to from clues -Use tennis	
movements in a goes old the stationary increase the -Use a map to skills to play	y in
logical order court follow a course doubles gar	nes



-Practice and perform a routine which includes an routine which includes an entering start position or a training for the work of the position or a forework fool of the work						Fron Lower
routine which includes an 'entering' start position - Evaluate my work	-Practice and	-Play with	position at a	distance of	-Recognise	
includes an 'entering' start position - Evaluate my work committed a footwork foul high fives positions - Policus which positions - Policus which positions - Policus which positions - Policus which positions your favoured a word advibiling and push pass - To implement the basic rules of hockey stills and paphy them in competitive situations - To increase speed and endurance during in a game in	perform a	correct	target	jumps	common map	to score points
rentering' start position -Evaluate my work -Evaluate my work -Evaluate my work -Play on a full court using full high fives positions -Rotate to play in a variety of positions -Posicions -Posicio	routine which	footwork rules	-Attempt to	-Judge speed to	symbols	-Work together
position -Evaluate my work -Play on a full high fives positions -Rotate to play in a variety of positions -Discuss which positions -Demonstrate control upon take off -Introduce sling technique for discus throws -Paratice wind up technique -Paratice wind up technique -Paratice wind different -Paratice wind different -Paratice wind different -Paratice with different -Parform running on a curve -Perform a baton exchange -Analyse as a team how to improve the baton exchange -Analyse as a team how to improve the baton exchange -Analyse as a team how to improve the baton exchange -Analyse as a team how to improve the baton exchange -Analyse as a team how to improve the baton exchange -Analyse as a team how to improve -Chellenge self to improve scores using appropriate scores us	includes an	-Recognise	bowl overarm	take off a	-Remember and	to stop
Foxuluate my work footwork foul -Play on a full court using full high fives positions -Rotate to play in a variety of positions -Discuss which positions on favoured Hockey -To be able to consistently perform basic hockey skills such as dribbling and push pass -To implement the basic rules -To develop tactics and apply them in competitive situations -To increase speed and endurance during	'entering' start	when you have	in a game	specified point	recall map	opposition
Play on a full court using full high fives positions - R-tota to play in a variety of positions - Discuss which positions you favoured Promaic hockey shills such as ush as ush as of hockey shills in basic rules of hockey - To develop tactics and apply them in competitive situations - To increase speed and endurance during with the basic rules of the positions or underarm high fives positions or underarm high fives or underarm light fives or underarm leads the positions or underarm light fives or underarm leads the positions of underarm leads the positions or underarm leads the positions or underarm leads the positions of underarm leads the positions or leads to consistency diribling and push pass a to make the positions or underarm leads the positions or underarm leads the positions of underarm leads the positions of the positions or underarm leads the positions of the positions or underarm leads the positions of the positions or underarm leads the positions or underarm leads the positions of the positions or underarm leads the positions of the	position	committed a	-Bowl from	-Demonstrate	symbols	scoring
court using full high fives positions -Rotate to play in a variety of positions -Discuss which positions vou favoured -Discuss which positions vou favoured -To be able to consistently perform basic hockey skills such as dribbling and push pass -To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during	-Evaluate my	footwork foul	both ends of	control upon		points
high fives positions 9 chotate to play in a warlety of positions 9-Discuss which positions you favoured 4-Decide where can hit a pull 4-Decide where can hit	work	-Play on a full	the wicket (over	take off		-Play in a game
Positions Rotate to play in a variety of positions Positions Positions you favoured Favoured Favoured For Early of positions you favoured		court using full	or underarm	-Introduce sling		keeping score
-Rotate to play in a variety of positions positions on -Discuss which positions you favoured someone who can hit a pull hockey -To be able to consistently perform basic hockey skills such as diribbling and push pass -To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during -Discuss which in a game situation when the positions you to in a game situation and push pass -Discussion with some and apply them in competitive situations -To increase speed and endurance during -Discuss which are game situation as variety of up technique up technique up technique up technique up technique up technique dup technique up technique		high fives	-Use the pull	technique for		-Describe how
in a variety of positions Poliscuss which positions you favoured consistently perform basic hockey skills such as dribbling and push pass -To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during situation and residuation in a pass positions of positions of positions of positions over favoured intention in a game situation because the filter of field against of filed against someone who can hit a pull shot. O-becide where to field against someone who can hit a pull shot. O-becide where to field against someone who can hit a pull shot. O-becide where to field against someone who can hit a pull shot. O-becide where to field against someone who consistently perform basic or unve or onsistency or objectively and bation exchange or object to improve the bation exchange or object to improve the strong with the basic rules of hockey or or object to improve the successful play them in competitive situations or or increase speed and endurance during or or object to first or of the first of the first or of the fir		positions	shot in isolation	discus throws		to score in a
positions -Discuss which positions you favoured Hockey -To be able to consistently perform basic hockey skills such as dribbling and push pass -To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during positions -Discuss which positions you feel dagainst to field against someone who can hit a pull value and ifferent equipment equipment -Perform running on a curve -Perform a bowling in a batton exchange with some consistency improve the different equipment -Perform running on a curve -Perform a bowling in a batton exchange -Perform a bouncing or a team how to improve the different equipment sequipment someone who can hit a pull value of equipment someone who can hit a pull value of equipment someone who can hit a pull value of equipment someone who can hit a pull value of equipment someone who can hit a pull value of equipment someone who can hit a pull value of equipment someone who can hit a pull value of equipment someone who can hit a pull value of equipment someone who can hit a pull value of equipment someone who can hit a pull value of equipment someone who can hit a pull value of equipment someone who can hit a pull value of equipment someone who can hit a pull value of equipment someone who can hit a pull value of equipment someone who can hit a pull value of equipment someone who can hit apull value of equipment someone who curve uning on a transition and botton exchange or exchange o		-Rotate to play	-Attempt a pull	-Practice wind		variety of
-Discuss which positions you favoured someone who can hit a pull shot consistently perform basic hockey skills such as 4-To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during -Discuss which positions you favoured someone who can hit a pull shot can hit a pull shot consistency -Perform a baton exchange -Analyse as a team how to improve the baton exchange -Analyse as a team how to some struction and against others and against others are some structions and apply them in competitive situations -To increase speed and endurance during -Play competitively equipment curve -Perform a baton exchange -Analyse as a team how to improve the baton exchange -Challenge self to improve scores using appropriate techniques -Evaluate to aim to improve performance second time		in a variety of	shot in a game	up technique		-Different
positions you favoured To be able to consistently perform basic hockey skills such as dribbling and push pass To implement the basic rules of hockey To develop tactics and apply them in competitive situations To increase speed and endurance during To be able to consistently perform a bowling in a shot curve To be able to consistently perform a bowling in a baton exchange perform a bowling in a baton exchange agame situation with some consistency with some curve To develop tactics and apply them in competitive situations To increase speed and endurance during To be able to consistently some curve To be able to consistently shot and curve To use overarm bowling in a baton exchange agame situation improve the baton exchange appropriate techniques To develop tactics and apply them in competitive situations To increase speed and endurance during To be able to consistently shot and curve To develop tactics and apply them in competitive situations To increase speed and endurance during		positions	situation	-Practice with		sceneries in
favoured Hockey -To be able to consistently perform basic hockey skills such as dribbling and push pass -To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during favoured someone who can hit a pull running on a sont curve -Perform running on a covered curve -Perform abcic curve -Perform ab baton exchange garne situation with some tam how to improve the baton exchange ground ball others and against others -Perform curve -Perform abcic curve -Perform aboton exchange garne situation with some tam how to improve the baton exchange ground ball to improve to improve successful play -To develop tactics and apply them in competitive situations -To increase speed and endurance during		-Discuss which	-Decide where	different		tennis
Hockey -To be able to consistently perform basic hockey skills such as dribbling and push pass -To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during Tunning on a curve -Perform a boton exchange shot occurve -Indicate shot occurve -Perform a boton exchange shot occurve -Perform a boton exchange shot occurve -Indicate shot occurve -Perform a boton exchange shot occurve -Indicate shot occurve -Perform a boton exchange shot occurve -Indicate shot occurve -Perform a boton exchange shot occurve -Indicate shot occurve -Perform a boton exchange shot occurve -Indicate shot occurve -Perform a boton exchange shot occurve -Indicate shot occurve -Perform a boton exchange shot occurve -Indicate shot occurve -Perform a boton exchange shot occurve -Indicate shot occurve -Perform a boton exchange shot occurve -Indicate shot occurve -Perform a boton exchange shot occurve -Indicate shot occurve -Perform a boton exchange shot occursion shot occ		positions you	to field against	equipment		-Play
Hockey -To be able to consistently perform basic hockey skills such as dribbling and push pass -To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during Hockey -To be able to consistently bowling in a game situation with some consistency dribbling and push pass -To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during		favoured	someone who	-Perform		competitively
-To be able to consistently perform basic hockey skills such as Gribbling and push pass -To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during -To be able to consistently perform bowling in a game situation with some game situation with some team how to improve the baton exchange abouncing ground ball to improve the baton exchange abouncing team how to improve the baton exchange abouncing ground ball to improve scores using appropriate techniques -Evaluate to aim to improve performance second time			can hit a pull	running on a		and
consistently perform basic hockey skills such as dribbling and push pass -To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during bowling in a game situation with some team how to with some team how to improve the baton exchange -Analyse as a team how to improve team how to improve team how to improve steam how to improve team how to improve scores using appropriate to improve techniques -Evaluate to aim to improve second time		Hockey	shot	curve		cooperatively
perform basic hockey skills such as dribbling and push pass -To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during -Analyse as a team how to improve the baton exchange a bouncing ground ball -Identify and describe successful play -Challenge self to improve scores using appropriate techniques -Evaluate to aim to improve performance second time -Analyse as a team how to improve the baton exchange a abouncing scores using appropriate techniques -Evaluate to aim to improve performance second time		-To be able to	-Use overarm	-Perform a		with
hockey skills such as dribbling and push pass a bouncing -Challenge self ground ball to improve the basic rules of hockey describe appropriate structics and apply them in competitive situations -To increase speed and endurance during with some consistency improve the baton exchange abouncing ground ball to improve to improve the baton exchange abouncing consistency improve the baton exchange abouncing consistency improve the baton exchange abouncing scores using describe appropriate techniques -Evaluate to aim to improve performance second time		consistently	bowling in a	baton exchange		others and
such as dribbling and push pass -To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during such as dribbling and push pass -To implement the basic rules abouncing ground ball to improve scores using appropriate techniques -Evaluate to aim to improve performance second time		perform basic	game situation	-Analyse as a		against others
dribbling and push pass -To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during -Effectively stop a bouncing ground ball to improve -Challenge self to improve scores using appropriate successful play -Challenge self to improve scores using appropriate successful play -Effectively stop a bouncing ground ball to improve -Challenge self to improve -Challenge self to improve -Challenge self to improve -Evaluate to aim to improve performance second time		hockey skills	with some	team how to		
push pass -To implement the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during a bouncing ground ball to improve scores using appropriate techniques -Evaluate to aim to improve performance second time		such as	consistency	improve the		
-To implement the basic rules of hockey of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during endurance during ground ball -Identify and describe scores using appropriate scores using appropriate techniques -Evaluate to aim to improve performance second time		dribbling and	-Effectively stop	baton exchange		
the basic rules of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during		push pass	a bouncing	-Challenge self		
of hockey -To develop tactics and apply them in competitive situations -To increase speed and endurance during describe successful play techniques -Evaluate to aim to improve performance second time		-To implement	ground ball	to improve		
-To develop tactics and apply them in competitive situations -To increase speed and endurance during successful play techniques -Evaluate to aim to improve performance second time		the basic rules	-Identify and	scores using		
tactics and apply them in competitive situations -To increase speed and endurance during		of hockey	describe	appropriate		
apply them in competitive performance second time -To increase speed and endurance during		-To develop	successful play	techniques		
competitive situations second time -To increase speed and endurance during		tactics and		-Evaluate to aim		
situations -To increase speed and endurance during		apply them in		to improve		
-To increase speed and endurance during		competitive		performance		
speed and endurance during		situations		second time		
endurance during		-To increase				
during		speed and				
		endurance				
gameplay		during				
		gameplay				



		_ _	 LOWE.
		-Pass and	
		receive the ball	
		with accuracy	
		-Work	
		collaboratively	
		to attack a goal	
		-Explain how	
		accurate passes	
		help when	
		attacking	
		-Control ball	
		when moving	
		around players	
		un-challenged.	
		-Move in to	
		space at speed	
		to receive and	
		send ball.	
		-Use control on	
		the ball to keep	
		possession	
		within a game	
		-Keep	
		possession of	
		the ball in small	
		groups un-	
		challenged	
		-Use the	
		reverse stick to	
		stop a ball on	
		the far side of	
		the body.	
		-Keep	
		possession of	
		the ball and	
		progress	
		consistently	
		-Be able to use	
		the slap pass	
L	1		

1	15			
anlin.	gron	16	50	100%

		with some accuracy - Receive the ball in a game & move into space by turning -Suggest ways to improve the			
		to improve the game			
Visit/Special Occasions					