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|  | Spring 2 | Spring 2 | Summer 1 | Summer 1 | Summer 2 | Summer 2 |
| Foundation | **Gross Motor**  Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.  Develop my strength, co-ordination, balance, control and agility.  Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.  Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. | **Gross Motor**  Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.  Develop my strength, co-ordination, balance, control and agility.  Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.  Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. | **Gross Motor**  Negotiate space and obstacles safely, with consideration for themselves and others.  Demonstrate strength, balance and coordination when playing.  Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. | **Gross Motor**  Negotiate space and obstacles safely, with consideration for themselves and others.  Demonstrate strength, balance and coordination when playing.  Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. | **Gross Motor**  Negotiate space and obstacles safely, with consideration for themselves and others.  Demonstrate strength, balance and coordination when playing.  Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. | **Gross Motor**  Negotiate space and obstacles safely, with consideration for themselves and others.  Demonstrate strength, balance and coordination when playing.  Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. |
| Year 1 | **Ball Skills**  **Can you hit your target?**  To develop rolling and throwing a ball towards a target.  **How well can you track a ball?**  To develop receiving a rolling ball and tracking skills.  **How do you receive a ball with your feet?**  To be able to send and receive a ball with your feet.  **How well can you throw and catch over a short distance?**  To develop throwing and catching skills over a short distance.  **How well can you throw and catch over a longer distance?**  To develop throwing and catching skills over a longer distance.  **How skilful am I at sending and receiving?**  To apply sending and receiving skills to small games. | **Yoga**  **What is Yoga?**  To develop an understanding of what yoga is.  To develop controlled movement and flexibility.  **How controlled is your pose?**  To show control when copying and repeating yoga poses  **How strong is your pose?**  To develop strength and co-ordination in yoga poses.  **How controlled are your poses?**  To show control and technique when working with a partner to create poses  **How balanced is your pose?**  To show balance, control and co-ordination in yoga poses  **How creative are your poses?**  To copy and create poses  `` | **Athletics**  **Can you adjust your speed to suit the distance?**  To learn to move at different speeds for varying distances  **How balanced and stable are you?**  To develop a foundation for balance and stability.  **How agile are you?**  To develop agility and co-ordination.  **How far can you jump, hop and leap?**  To explore hopping, jumping and leaping for distance.  **What is rhythm?**  To develop balance and rhythm when travelling over obstacles.  **How far can you throw?**  To develop throwing for distance. | **Striking and Fielding**  **How accurate is your rolling?**  To roll a ball towards a target.  **How do you track a rolling ball?**  To track a rolling ball and collect it.  **What is accuracy?**  To develop accuracy in underarm throwing and consistency in catching.  **How good is your over arm throwing?**  To develop overarm throwing.  **What is striking?**  To develop striking a ball with my hand and equipment.  **How do I retrieve a ball?**  To retrieve a ball when fielding. | **Invasion**  **What is possession?**  To develop dribbling towards a goal. To understand what being 'in possession' means.  **Why is accurate passing so important?**  To develop passing to a teammate with your feet. To understand who to pass to and why when playing against a defender.  **How well do you dribble?**  To develop dribbling a ball with hands. To move towards a goal with the ball.  **How can I support my teammate?**  To develop throwing to a teammate. To support a teammate when in possession.  **Keep an eye out for defenders!**  To move into space showing an awareness of defenders.  **How good is your dodging?**  To develop dodging and use it to lose a defender. | **Net and Wall**  **How ready are you?**  To defend space, using the ready position.  **How good is your opponent?**  To play against an opponent and keep the score.  **How well do you handle a racquet?**  To develop control when handling a racket.  **How good are your ball skills?**  To develop racket and ball skills.  **How well can you send a ball?**  To develop sending a ball using a racket.  **Can you hit your ball over the net?**  To develop hitting over a net. |
| Year 2 | **Yoga**  **Can you copy a yoga pose?**  To copy and repeat yoga poses  **How strong is your yoga pose?**  To develop an awareness of strength when completing yoga poses.  **How flexible are you?!**  To develop an awareness of flexibility when completing yoga poses.  **Do your actions flow?**  To copy and remember actions linking them into a flow  **How creative are you?**  To create a flow and teach it to a partner.  **How different can your poses be?**  To explore poses and create a yoga flow. | **Fitness**  **How can you run for longer?**  To understand how to run for longer periods of time without stopping.  **How important is your timing?**  To develop co-ordination and timing when jumping in a long rope.  **How good is your skipping?**  To develop individual skipping.  **What is stamina?**  To take part in a circuit to develop stamina and agility.  Which exercises use your own body weight?  To explore exercises that use your own body weight.  **How good is your ABC?**  To develop ‘ABC,’ agility, balance and co-ordination. | **Team Building**  **How well do you work with others?**  To follow instructions and work with others.  **How well do you communicate?**  To develop communication skills when working with a partner. Listen to each other's ideas before deciding on what to do.  **Can you solve the group challenge?**  To co-operate and communicate in a small group to solve challenges.  **Can your group plan to solve a challenge?**  To create a plan with a group to solve the challenges.  **Can your partner trust you to keep them safe?**  To communicate effectively and develop trust. Use clear directions to help guide your partner and keep them safe.  **Can your group create a map?**  To work with a group to copy and create a basic map. | **Net and Wall**  **How ready are you?**  To defend space, using the ready position.  **How good is your opponent?**  To play against an opponent and keep the score.  **How well do you handle a racquet?**  To develop control when handling a racket.  **How good are your ball skills?**  To develop racket and ball skills.  **How well can you send a ball?**  To develop sending a ball using a racket.  **Can you hit your ball over the net?**  To develop hitting over a net. | **Athletics**  **How good is your sprinting action?**  To develop the sprinting action.  **Can rhythm help me jump over obstacles?**  To develop rhythm and balance in running over obstacles.  How can agility help me!  To develop agility and co-ordination.  **How far can you jump?**  To develop jumping for distance.  **How far can I throw a ball?**  To develop throwing for distance.  **What learnt techniques can we use in an athletics circuit?**  To develop technique when taking part in an athletics carousel. | **Dance**  To create actions and accurately copy other’s actions. Practise mirroring if time! |
| Year 3 | **Ball Skills**  **How do I track a ball?**  To develop confidence and accuracy when tracking a ball.  **How do I improve my ball tracking?**  To develop confidence and accuracy when tracking a ball.  **What ways can I throw the ball?**  To explore and develop a variety of throwing techniques  **Can I catch with one and two hands?**  To develop catching skills using one and two hands.  **Can I dribble the ball with my hands?**  To develop dribbling a ball with hands.  **Can I use all the skills together that I have learnt this half term?**  To use tracking, sending and dribbling skills with feet. | **Football**  **How do I dribble a football?**  To develop control whilst dribbling the ball  **How do I keep control of the football under pressure?**  To develop controlling the ball and dribbling under pressure.  **How do I pass accurately to a team mate?**  To develop passing to a teammate  **How do I pass accurately and the move into space?**  To develop passing and moving.  **Can I control the ball with different parts of my body?**  To be able to control the ball with different parts of the body  **How can I change the direction of the ball?**  To develop changing direction with the ball using an inside and outside hook | **Dance**  **Can I use music to move in unison with a partner?**  To count in 8s in dance to help you to stay in time with the music and with each other  **How well can you move with your partner?**  To create actions and move in contact with a partner?  **How do dynamics affect the actions performed?**  To think about which actions best represent an idea?  **Can I work with a partner to choose actions that relate to an idea?**  For partners to think about and choose actions related to an idea  **Can I remember and repeat actions?** To use dynamics to clearly show different phrases  **How do I use space and timing to make my work look interesting?**  To choose actions which relate to the idea. | **OAA**  **What makes a good team?**  To communicate with other pupils.  Discuss and plan ideas.  To talk and listen to each other and to share ideas.  **How can I use my communication skills to work effectively with a partner?**  To give instructions with clear description.  To work effectively in small groups.  H**ow can I use planning and problem solving skills to solve a problem?**  To work effectively in small groups.  **How can I help all my team members to work together to achieve the goal?**  Listen to each other and share ideas then decide and agree on a plan.  **Can I identify objects on a map?**  To be able to draw and follow a simple map.  C**an I orientate a map and navigate around a grid?**  To draw a map using directions  Orientate map as you travel around. | **Cricket**  **Can you throw over arm?**  To develop overarm throwing and catching.  **How do you bowl underarm?**  To develop underarm bowling.  **Have you got the right grip?**  To learn how to grip the bat and develop batting technique.  **Can you use the short barrier?**  To be able to field a ball using a two handed pick up and a short barrier.  **Can you keep your arm straight?**  To develop overarm bowling technique.  **What skills have you learnt?**  To apply skills learnt to mini cricket. | **Golf**  **How many different ways can you hit the ball?**  To explore hitting techniques and aiming towards a target  **How good is your aim?**  To explore shot accuracy  **What is your putting technique?**  To explore the technique for putting  **How do you chip?**  To explore the technique for chipping  **What techniques are involved in the short game?**  To explore the techniques used for a short game  **What techniques are involved in the longer game?**  To explore the techniques used for a longer game |
| Year 4 | Football  **How controlled is your dribbling?**  To dribble a football with control  **Can you pass whist on the move?**  To execute a successful pass of a football while on the move.  **How powerful is your shot?**  To shoot a football at a target area with power.  **How important is turning in football?**  To turn with a football. To learn the Drag Back and the Inside Hook  **What new skills can you use today?**  To practise skills previously taught  **How well can you attack and defend?**  To apply attacking and defending skills in a game of football. | **Netball**  **How well can you handle the ball?**  To develop ball handling skills. To practise throwing and catching.  **How well can you pass and move?**  To develop passing and moving. To be able to play within the footwork rule.  **Can you pass and move towards a goal?**  To develop passing and moving towards a goal  **What makes a good shooting action?**  To develop the shooting action.  **Can we use the netball rules?**  To develop playing using netball rules. Previous skills taught to be practised.  **Can you name the positions in a netball game?**  To learn the positions of 5-a-side netball and where each is allowed to go. | **Rounders**  **How good are your throwing and catching skills?**  To develop throwing and catching skills.  **Can I think tactically?**  To play different roles in a game and begin to think tactically about each role.  **What are the rules of bowling?**  To develop the bowling action and learn the rules of bowling.  **Can I use my awareness of where the ball is to help me make decisions?**  To run around the outside of the bases and make decisions about when to stop and when to run.  **Can I perform a two handed pick up and a short barrier stop?**  To field a ball using a two handed pick up and a short barrier.  **What are the rules for batting?**  To play to the rules when batting as a team. | **Athletics**  **How can**  **What is stamina, speed and pace?**  To develop stamina and an understanding of speed and pace in relation to distance.  **Can you sprint with power and technique?**  To develop power and speed in the sprinting technique.  **Why are communication and technique so important in relays?**  To develop communication skills and technique in relays.  **Can you use goof technique for distance jumping?**  To develop technique when jumping for distance  **What is the technique for throwing for distance?**  To develop power and technique when throwing for distance.  **What are officiating skills?**  To develop officiating and performing skills | **OAA**  **How good are my problem solving skills?**  To take part in outdoor and adventurous activity challenges both individually and within a team. To work together in small groups, developing problem-solving skills.  **How can your bodies reaction affect your performance?**  To describe how the body reacts at different times and how this affects performance whilst showing leadership skills.  **How confidently can I navigate around a space?**  To navigate around a space with growing confidence.  **How accurately can you read a map?**  To read a map with increasing accuracy and confidence and within a time limit.  **What symbols can you create for map reading?**  To create symbols that are effective for map-reading.  **How confident are you at following a map?**  To follow a map with increasing accuracy and confidence. | **Yoga**  **What do you understand yoga to be?**  To develop an understanding of yoga. To develop flexibility in the sun salutation flow.  **How flexible could you be?**  To develop flexibility through yoga.  **Can you show strength in your pose?**  To develop strength when holding yoga poses  **Can you create a paired Yoga flow?**  To work collaboratively with a partner to create a paired yoga flow.  **How strong is your arm balance?**  To develop strength when completing arm balances.  **How technical is your Yoga flow?**  To improve flexibility and technique when performing a yoga flow. |
| Year 5 | **Gymnastics**  **How can I develop a strong balance position?**  To be able to perform symmetrical and asymmetrical balances.  **What makes the perfect, safe roll?**  To develop the straight, forward, straddle and backward roll.  **How can I develop a linked sequence of moves?**  To be able to explore different methods of travelling, linking actions in both canon and synchronization  **What helps me to develop inverted movements and handstands?** To be able to perform progressions of inverted movements and handstands  **What is the difference between matching and mirroring?**  To explore matching and mirroring using actions both on the floor and on apparatus.  **How can my partner and I perfect our sequence using the apparatus?**  To be able to create a partner sequence using apparatus. | **OAA**  **How much do you trust your partner?**  To build communication and trust whilst showing an awareness of safety.  **How well does your team collaborate?**  To work as a team to solve problems, sharing ideas and collaborating with one another  **Can you plan tactically?**  To develop tactical planning and problem solving  To lead a group and be confident to share ideas  **How good is your teamwork?**  To share ideas and work as a team to solve problems. Be inclusive  **What are navigational skills?**  To develop navigational skills and map reading.  **Can you use a key to identify different locations?**  To be able to use a key to identify objects and locations. | **Athletics**  **What is change of pace?**  To be able to apply different speeds over varying distances.  **What makes a relay handover most efficient?**  To develop technique in relay changeovers.  **How do I prepare my body to achieve a long jump?**  To develop power, control and consistency in jumping for distance.  **What is the technique to achieve a triple jump?**  To develop technique and coordination in the triple jump.  **How do I add power to my throw?**  To develop throwing with force for longer distances.  **Have I improved my performance?** To develop officiating and performing skills | **Cricket**  **How can I improve accuracy of throwing and catching?**  To develop throwing accuracy and catching skills.  **What improves underarm bowling accuracy?**  To develop underarm bowling accuracy.  **How can I control the direction of the ball when batting?**  To develop batting accuracy and directional batting.  **What constitutes a good overarm bowling technique?**  To develop overarm bowling technique and accuracy.  **How do the fielders cover the pitch during a game?**  To develop a variety of fielding techniques and to use them within a game  **What are long and short barriers in a game?**  To develop long and short barriers and apply them to a game situation. | **Volley Ball**  **What is the ready position in volleyball?**  To use the ready position to move to the ball.  **What skills are needed for the fast catch volley?**  To develop the fast catch volley  **Can I volley using a set shot?**  To be able to volley the ball using a set shot.  **When do we use a dig?**  To develop the dig and understand when to use it.  **What are the rules for serving?**  To develop the underarm serve and learn the rules of serving  **Can I apply the rules and tactics in a game?**  To apply the rules, skills and tactics learnt to play in a volleyball tournament | **Football**  **How can I control dribbling?**  To develop dribbling the ball with control  **What improves the accuracy of passing the ball?**  To be able to pass the ball accurately to a target  **How can I develop first touch control?** To develop first touch control  **What is a drag back, inside and outside hook turn?** To be able to turn using a drag back, inside and outside hook.  **What makes a good defence player?**  To develop defending Skills  **How can I keep the ball out of the net?** To develop goalkeeping skills |
| Year 6 | **Fitness**  **What is your limit?**  To develop an awareness of what your body is capable of.  **What makes a good sprinting technique?**  To develop sprinting technique and speed.  **How can I use my own body weight to develop strength?**  To develop strength using my own body weight To complete exercises slowly and with control.  **How agile and coordinated are you?**  To develop coordination through skipping – ability to use different parts of the body at the same time  To perform actions that use agility  **How controlled is your balancing?**  To develop control whilst balancing (L7)  To move slowly to gain balance and control  To complete actions to develop stamina (L6)  **What is your personal best?**  To compete against your own score to achieve your personal best  To work to your maximum. (L8) Re-test fitness and identify areas of improvement. | **Tennis**  **What is the forehand ground stroke?**  Forehand groundstroke  To develop the forehand groundstroke.  **What is the backhand ground stroke?**  Backhand groundstroke  To be able to return the ball using a backhand groundstroke.  **Can you react quickly using the split step?**  Split step  To use a split step to react quickly to the ball and keep a continuous rally going.  **When should we use the volley?**  Volleying To develop the volley and understand when to use it.  **How accurate is your underarm serve?**  Underarm serve  To develop accuracy of the underarm serve  **Do you compete with honesty, respect and fairness?**  Scoring  To show respect, honesty and fair play when competing against an opponent. | **Rounders**  **How technical are your throwing and catching skills?**  To develop throwing and catching skills.  **Can I think tactically in different roles?**  To play different roles in a game and begin to think tactically about each role  **What makes a good bowling action?**  To develop the bowling action and learn the rules of bowling.  **How well can I use my awareness of where the ball is to help me make good decisions?**  To make decisions about when to stop and when to run.  **Can you master the technique of the two handed pick up and the short barrier?**  To field a ball using a two handed pick up and a short barrier.  **How effectively can I apply my skills in a game of rounders?**  To apply skills and rules learnt to play rounders. | **Dance**  **How well can I copy and repeat a set dance phase?**  To copy and repeat a set dance phrase showing confidence in movements.  **How effectively did you collaborate with your partner?**  To work collaboratively with a partner to explore and develop the dance idea.  **How well can you vary the level and speed in your dance?**  To use changes in level and speed when choreographing.  **How expressive are your dynamics?**  To select actions and dynamics to convey different characters.  **How can you convey emotion through dance?**  To choreograph a dance that shows contrasting characters.  **What story does your dance tell?**  To communicate a story through dance. | **Swimming**  **How can I develop my basic skills of water safety and floating?**  Test individual’s ability to enter the pool safely at the deep end and to swim 25m with a stroke of their choice.  Then ensure children can exit the pool via the pool edge.  **What techniques do I need for personal survival?**  **H.E.L.P. position –** pupils have a kickboard each and explain what H.E.L.P. stands for – Heat/ Escape/ Lessening/Position  Teach how to hold the kickboard in the HELP position  **How can I develop my water safety skills and an understanding of personal survival?**  Recap on H.E.L.P  Teach the children how to ‘fall in’. Cover face to protect it and curl up small to protect face and chest.  **Can I make my own personal survival course?**  Skill development: Personal survival course  In groups of 3, work collaboratively to complete a personal survival course | **OAA**  **How much do you trust your partner?**  To build communication and trust whilst showing an awareness of safety.  **How effectively does your team collaborate?**  To work as a team to solve problems. To suggest ideas and listen to others.  **What tactics can you ue in your planning?**  To develop tactical planning and problem solving.  **Can you listen to and follow instructions?**  To develop trust in others. To be able to listen to others and follow instructions.  **How skilful are you at reading a map?**  To develop navigational skills and map reading.  **How effectively can you use a key?**  To be able to use a key to identify objects and locations. |

**Lady Bay Primary School Subject Overview**