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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 directionsOrientate 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 timeTo 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.PTeach 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 courseIn 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**