



# Federation of St. Cuthbert's and St. Sebastian's Catholic Primary Schools

## PHYSICAL EDUCATION: CURRICULUM: LONG TERM PLAN



	AUTUMN TERM	SPRING TERM	SUMMER TERM
	<b>Fundamentals</b>	<b>Games (Ball Skills)</b>	<b>Athletics</b>
	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Change direction when moving at speed.</li> <li>Recognise changes in my body when I do exercise.</li> <li>Run at different speeds.</li> <li>Select my own actions in response to a task.</li> <li>Show hopping and jumping movements.</li> <li>Work co-operatively with others to complete tasks.</li> <li>Show balance and co-ordination when static and moving at a slow speed.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A8: Showing Initiative / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Begin to catch with two hands.</li> <li>Begin to dribble a ball with my hands and feet.</li> <li>Begin to understand simple tactics.</li> <li>Roll and throw with some accuracy towards a target.</li> <li>Say when someone was successful.</li> <li>Track a ball that is coming towards me.</li> <li>Work co-operatively with a partner.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Throw towards a target.</li> <li>Begin to show balance and co-ordination when changing direction.</li> <li>Develop overarm throwing.</li> <li>Recognise changes in my body when I do exercise.</li> <li>Run at different speeds.</li> <li>Work with others and make safe choices.</li> <li>Try my best.</li> <li>Understand the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C9: Community Cohesion / C10: Contributing Positively</i></p>
	<b>Mindful Movement</b>	<b>Dance</b>	
Y1	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Recognise how yoga makes me both feel physically and mentally.</li> <li>Remember and repeat actions, linking poses together.</li> <li>Say what I liked about someone else's flow.</li> <li>Show an awareness of space when travelling.</li> <li>Work with others to create poses.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Begin to use counts.</li> <li>Copy, remember and repeat actions.</li> <li>Move confidently and safely.</li> <li>Use different parts of the body in isolation and together.</li> <li>Work with others to share ideas and select actions.</li> <li>Choose appropriate movements for different dance ideas.</li> <li>Say what I liked about someone else's performance.</li> <li>Show some sense of dynamic and expressive qualities in my dance</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C9: Community Cohesion / C10: Contributing Positively</i></p>	
	<b>Teamwork</b>	<b>Gymnastics</b>	<b>Games (Striking &amp; Fielding)</b>
	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Communicate simple instructions.</li> <li>Follow instructions.</li> <li>Follow path and lead others.</li> <li>Listen to others' ideas.</li> <li>Suggest ideas to solve tasks.</li> </ul>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Confidently perform in front of others.</li> <li>Link simple actions together to create a sequence.</li> <li>Make my body tense, relaxed, stretched and curled.</li> <li>Recognise changes in my body when I do exercise.</li> <li>Remember and repeat actions and shapes.</li> </ul>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Catch a beanbag and a medium-sized ball.</li> <li>Roll a ball towards a target.</li> <li>Strike a ball using my hand.</li> <li>Track a ball that is coming towards me.</li> <li>Know how to score points.</li> </ul>

	<ul style="list-style-type: none"> <li>Work with a partner and a small group.</li> <li>Understand the rules of the game.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	<ul style="list-style-type: none"> <li>Say what I liked about someone else's performance.</li> <li>Use apparatus safely and wait for my turn.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C10: Contributing Positively</i></p>	<ul style="list-style-type: none"> <li>Understand the rules and I am beginning to use these to play honestly and fairly.</li> <li>Understand when I am successful.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>
<b>Y2</b>	<b>Fundamentals</b>	<b>Games (Target Games)</b>	<b>Athletics</b>
	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Begin to turn and jump in an individual skipping rope.</li> <li>Describe how my body feels during exercise.</li> <li>Show balance when changing direction.</li> <li>Show hopping, skipping and jumping movements with some balance and control.</li> <li>Show balance and co-ordination when running at different speeds.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A8: Showing Initiative / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Select the appropriate skill for the situation.</li> <li>Throw, roll or strike a ball to a target with some success.</li> <li>Work co-operatively with a partner and a small group.</li> <li>Understand the principles of a target game and can use different scoring systems when playing games.</li> <li>Understand what good technique looks like and can use key words in the feedback I provide.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Describe how my body feels during exercise.</li> <li>Identify good technique.</li> <li>Jump and land with control.</li> <li>Use an overarm throw to help me to throw for distance</li> <li>Work with others, taking turns and sharing ideas.</li> <li>Show and co-ordination when running at different speeds.</li> <li>Try my best.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C9: Community Cohesion / C10: Contributing Positively</i></p>
	<b>Mindful Movement</b>	<b>Dance</b>	
	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Begin to provide feedback using key words.</li> <li>Copy, remember and repeat yoga flows.</li> <li>Describe how my body feels during exercise.</li> <li>Move from one pose to another thinking about my breath.</li> <li>Use clear shapes when performing poses.</li> <li>Work with others to create simple flows showing some control.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Begin to provide feedback using key words.</li> <li>Copy, remember, repeat and create dance phrases.</li> <li>Describe how my body feels during exercise.</li> <li>Show a character and idea through the actions and dynamics I choose.</li> <li>Use counts to stay in time with the music.</li> <li>Work with a partner using mirroring and unison in our actions.</li> <li>Show confidence to perform.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C9: Community Cohesion / C10: Contributing Positively</i></p>	
<b>Teamwork</b>	<b>Gymnastics</b>	<b>Games (Striking &amp; Fielding)</b>	
<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Communicate simple instructions.</li> <li>Follow instructions.</li> <li>Follow path and lead others.</li> <li>Listen to others' ideas.</li> <li>Suggest ideas to solve tasks.</li> <li>Work with a partner and a small group.</li> <li>Understand the rules of the game.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Begin to provide feedback using key words.</li> <li>Confidently perform in front of others and be proud of our work.</li> <li>Perform the basic gymnastic actions with some control and balance.</li> <li>Plan and repeat simple sequences of actions.</li> <li>Use directions and levels to make my work look interesting.</li> <li>Use shapes when performing other skills.</li> <li>Work safely with others and apparatus.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Begin to provide feedback using key words.</li> <li>Develop underarm and overarm throwing skills.</li> <li>Hit a ball using equipment with some consistency.</li> <li>Track a ball and collect it.</li> <li>Use simple tactics.</li> <li>Know how to score points and can remember the score.</li> <li>Understand the rules of the game and can use these to play fairly in a small group.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	

	<b>Fundamentals</b>	<b>Games (Ball Skills)</b>	<b>Athletics</b>
	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>• Jump and turn a skipping rope.</li> <li>• Change direction quickly.</li> <li>• Identify when I was successful.</li> <li>• Link hopping and jumping actions.</li> <li>• Demonstrate balance when performing other fundamental skills.</li> <li>• Understand how the body moves differently at different speeds.</li> <li>• Understand why it is important to warm up.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A8: Showing Initiative / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>• Catch different sized objects with increasing consistency with two hands.</li> <li>• Dribble a ball with control.</li> <li>• Persevere when learning a new skill.</li> <li>• Provide feedback using key words.</li> <li>• Show a variety of throwing techniques.</li> <li>• Throw with accuracy and increasing consistency to a target.</li> <li>• Track the path of a ball that is not sent directly to me.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>• Develop jumping for distance.</li> <li>• Identify when I was successful.</li> <li>• Take part in a relay activity, remembering when to run and what to do.</li> <li>• Throw a variety of objects, changing my action for accuracy and distance.</li> <li>• Use different take off and landings when jumping.</li> <li>• Use key points to help me to improve my sprinting technique.</li> <li>• Work with a partner and in a small group, sharing ideas.</li> <li>• Perform demonstrations to achieve my personal best.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C9: Community Cohesion / C10: Contributing Positively</i></p>
	<b>Mindful Movement</b>	<b>Dance</b>	
<b>Y3</b>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>• Copy and link yoga poses together to create a short flow.</li> <li>• Describe how yoga makes me feel.</li> <li>• Move from one pose to another in time with my breath.</li> <li>• Provide feedback using key words.</li> <li>• Work with others to create a flow including a number of poses.</li> <li>• Show some stability when holding my yoga poses.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>• Show respect to others when watching them perform.</li> <li>• Provide feedback using key words.</li> <li>• Repeat, remember and perform a dance phrase.</li> <li>• Use counts to keep in time with a partner and group.</li> <li>• Use dynamic and expressive qualities in relation to an idea.</li> <li>• Work with a partner and in a small group, sharing ideas.</li> <li>• Create short dance phrases that communicate the idea.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C9: Community Cohesion / C10: Contributing Positively</i></p>	
	<b>OAA</b>	<b>Gymnastics</b>	<b>Games (Cricket)</b>
	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>• Developing map reading skills.</li> <li>• Follow and give instructions.</li> <li>• Listen to and am accepting of others' ideas.</li> <li>• Plan and attempt to apply strategies to solve problems.</li> <li>• Reflect on when and why I was successful at solving challenges and am beginning to understand why.</li> <li>• Work collaboratively with a partner and a small group.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>• Adapt sequences to suit different types of apparatus.</li> <li>• Choose actions that flow well into one another.</li> <li>• Choose and plan sequences of contrasting actions.</li> <li>• Complete actions with increasing balance and control.</li> <li>• Move in unison with a partner.</li> <li>• Provide feedback using key words.</li> <li>• Use a greater number of my own ideas for movements in response to a task.</li> <li>• With help, recognise how performances could be improved.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>• Communicate with my teammates to apply simple tactics.</li> <li>• Explain what happens to my body when I exercise and how this helps to make me healthy.</li> <li>• Provide feedback using key terminology and understand what I need to do to improve.</li> <li>• Return to the ready position to defend my own court.</li> <li>• Sometimes play a continuous game.</li> <li>• Use a range of basic racket skills.</li> <li>• Share ideas and work with others to manage our game.</li> <li>• Understand the rules of the game and I can use them often and honestly.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>
<b>Y4</b>	<b>Games (Handball)</b>	<b>Games (Hockey)</b>	<b>Athletics</b>
	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>• Delay an opponent and help to prevent the other team from scoring.</li> </ul>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>• Demonstrate the difference in sprinting and jogging techniques.</li> </ul>

	<ul style="list-style-type: none"> <li>Accurately self-manage a match with my team-mates and officiate a match by applying the basic rules.</li> <li>Delay an opponent and help to prevent the other team from scoring.</li> <li>Move to space to help my team to keep possession and score goals.</li> <li>Provide feedback using key terminology and understand what I need to do to improve.</li> <li>Throw, catch, dribble and shoot the ball with increasing control.</li> <li>Use simple tactics to help my team gain possession.</li> <li>Share ideas and work with others to manage our game</li> <li>Understand the rules of the game and I can use them often and honestly.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	<ul style="list-style-type: none"> <li>Dribble, pass, receive and shoot the ball with increasing control.</li> <li>Move to space to help my team to keep possession and score goals.</li> <li>Provide feedback using key terminology and understand what I need to do to improve.</li> <li>Use simple tactics to help my team score or gain possession.</li> <li>Share ideas and work with others to manage our game.</li> <li>Understand the rules of the game and I can use them often and honestly.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	<ul style="list-style-type: none"> <li>Explain what happens in my body when I warm up.</li> <li>Identify when I was successful and what I need to do to improve.</li> <li>Jump for distance with balance and control.</li> <li>Throw with some accuracy and power to a target area.</li> <li>Show determination to improve my personal best.</li> <li>Support and encourage others to work to their best.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C9: Community Cohesion / C10: Contributing Positively</i></p>
	<b>Fitness</b>	<b>Dance</b>	
	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Collect and record my scores and identify areas I need to improve.</li> <li>Use key points to help me to improve my sprinting technique.</li> <li>Share ideas and work with others to manage activities.</li> <li>Show balance when changing direction at speed.</li> <li>Show control when completing activities to improve balance.</li> <li>Show determination to continue working over a period of time.</li> <li>Understand there are different areas of fitness and that each area challenges my body differently.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A8: Showing Initiative / C3: The Local Community / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Choose actions and dynamics to convey a character or idea.</li> <li>Copy and remember set choreography.</li> <li>Provide feedback using appropriate language relating to the lesson.</li> <li>Respond imaginatively to a range of stimuli relating to character and narrative.</li> <li>Use changes in timing and spacing to develop a dance.</li> <li>Use counts to keep in time with others and the music.</li> <li>Use simple movement patterns to structure dance phrases on my own, with a partner and in a group.</li> <li>Show respect for others when working as a group and watching others perform.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C9: Community Cohesion / C10: Contributing Positively</i></p>	
	<b>OAA</b>	<b>Gymnastics</b>	<b>Games (Tennis)</b>
	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Accurately follow and give instructions.</li> <li>Confidently communicate ideas and listen to others.</li> <li>Identify key symbols on a map and use a key to help navigate around a grid.</li> <li>Plan and apply strategies to solve problems.</li> <li>Reflect on when and why I was successful at solving challenges.</li> <li>Work collaboratively and effectively with a partner and a small group.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Explain what happens to my body when I exercise and how this helps to make me healthy.</li> <li>Identify some muscle groups used in gymnastic activities.</li> <li>Plan and perform sequences with a partner that include a change of level and shape.</li> <li>Provide feedback using appropriate language relating to the lesson.</li> <li>Safely perform balances individually and with a partner.</li> <li>Watch, describe and suggest possible improvements to others' performances and my own.</li> <li>Understand how body tension can improve the control and quality of my movements.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Communicate with my teammates to apply simple tactics.</li> <li>Explain what happens to my body when I exercise and how this helps to make me healthy.</li> <li>Provide feedback using key terminology and understand what I need to do to improve.</li> <li>Return to the ready position to defend my own court.</li> <li>Sometimes play a continuous game.</li> <li>Use a range of basic racket skills.</li> <li>Share ideas and work with others to manage our game.</li> <li>Understand the rules of the game and I can use them often and honestly.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>
	<b>Games (Volleyball)</b>	<b>Games (Basketball)</b>	<b>Athletics</b>
<b>Y5</b>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Develop a wider range of skills and I am beginning to use these under some pressure.</li> <li>Identify when I was successful and what I need to do to improve.</li> <li>Use feedback provided to improve my work.</li> </ul>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Communicate with my team and move into space to keep possession and score.</li> <li>Dribble, pass, receive and shoot the ball with some control under pressure.</li> <li>Identify when I was successful and what I need to do to improve.</li> </ul>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Choose the best pace for a running event.</li> <li>Identify good athletic performance and explain why it is good.</li> <li>Perform a range of jumps showing some technique.</li> </ul>

	<ul style="list-style-type: none"> <li>Use the rules to referee a game.</li> <li>Work co-operatively with others to manage our game.</li> <li>Understand the need for tactics and can identify when to use them in different situations.</li> <li>Understand the rules of the game and I can apply them honestly most of the time.</li> <li>Understand there are different skills for different situations and I am beginning to use these.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	<ul style="list-style-type: none"> <li>Use tracking and intercepting when playing in defence.</li> <li>Understand the need for tactics and can identify when to use them in different situations.</li> <li>Understand the rules of the game and I can apply them honestly most of the time.</li> <li>Understand there are different skills for different situations and I am beginning to apply this.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	<ul style="list-style-type: none"> <li>Show control at take-off and landing in jumping activities.</li> <li>Take on the role of coach, official and timer when working in a group.</li> <li>Use feedback to improve my sprinting technique.</li> <li>Preserve to achieve my personal best.</li> <li>Show accuracy and power when throwing for distance.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C9: Community Cohesion / C10: Contributing Positively</i></p>
	<b>Mindful Movement</b>	<b>Dance</b>	
	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Confident to lead others through poses and flows.</li> <li>Create a yoga flow working safely with a partner.</li> <li>Identify how different activities can benefit my physical health.</li> <li>Move with control from one pose to another demonstrating good balance.</li> <li>Provide feedback to others using key terminology.</li> <li>Use feedback provided to improve my work.</li> <li>Use my breath to move from pose to pose.</li> <li>Show strength and flexibility whilst holding yoga poses.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Accurately copy and repeat set choreography.</li> <li>Choreograph phrases individually and with others considering actions and dynamics.</li> <li>Confidently perform different styles of dance, clearly and fluently, showing a good sense of timing.</li> <li>Lead a group through short warm-up routines.</li> <li>Refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus.</li> <li>Suggest ways to improve my own and other peoples work using key terminology.</li> <li>Use counts when choreographing to stay in time with others and the music.</li> <li>Use feedback provided to improve my work.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C9: Community Cohesion / C10: Contributing Positively</i></p>	
	<b>OAA</b>	<b>Gymnastics</b>	<b>Games (Football)</b>
	<p><i>Core Learning:</i></p> <ul style="list-style-type: none"> <li>To be inclusive of others and can share job roles.</li> <li>Navigate around a course using a map.</li> <li>Orientate a map confidently.</li> <li>Reflect on when I was successful at solving challenges and alter my methods in order to improve.</li> <li>Use critical thinking to approach a task.</li> <li>Work effectively with a partner and a small group, sharing ideas and agreeing on a team strategy.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	<p><i>Core Learning:</i></p> <ul style="list-style-type: none"> <li>Create and perform sequences using apparatus, individually and with a partner.</li> <li>Lead a partner through short warm-up routines.</li> <li>Use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.</li> <li>Use feedback provided to improve my work.</li> <li>Use set criteria to make simple judgments about performances and suggest ways they could be improved.</li> <li>Use strength and flexibility to improve the quality of a performance.</li> <li>Work safely when learning a new skill to keep myself and others safe.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C10: Contributing Positively</i></p>	<p><i>Core Learning:</i></p> <ul style="list-style-type: none"> <li>Communicate with my team and move into space to keep possession and score.</li> <li>Dribble, pass, receive and shoot the ball with some control under pressure.</li> <li>Identify when I was successful and what I need to do to improve.</li> <li>Often make the correct decision of who to pass to and when to use tracking and intercepting when playing in defence.</li> <li>Understand the need for tactics and can identify when to use them in different situations.</li> <li>Understand the rules of the game and I can use them most of the time to play honestly and fairly.</li> <li>Understand there are different skills for different situations and I am beginning to apply this.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>
	<b>Fitness</b>	<b>Games (Netball)</b>	<b>Athletics</b>
<b>Y6</b>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Change my running technique to adapt to different distances.</li> <li>Collect, record and analyse scores to identify areas where I have made the most improvement.</li> <li>Work with others to organise, manage and record information at a station.</li> </ul>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Create and use space to help my team.</li> <li>Pass, receive and shoot the ball with increasing control under pressure.</li> <li>Select the appropriate action for the situation and make this decision quickly.</li> <li>Use marking, and/or interception to improve my defence.</li> <li>Use the rules of the game consistently to play honestly and fairly.</li> </ul>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Compete within the rules showing fair play and honesty.</li> <li>Help others to improve their technique using key teaching points.</li> <li>Identify my own and others' strengths and areas for development and can suggest ways to improve.</li> <li>Perform jumps for distance using good technique.</li> <li>Select and apply the best pace for a running event.</li> </ul>

<ul style="list-style-type: none"> <li>Encourage and motivate others to work to their best.</li> <li>Understand that there are different areas of fitness and how this helps me in different activities.</li> <li>Understand the different components of fitness and ways to test and develop them.</li> <li>Work to my maximum consistently when presented with challenges.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A8: Showing Initiative / C3: The Local Community / C10: Contributing Positively</i></p>	<ul style="list-style-type: none"> <li>Work collaboratively to create tactics with my team and evaluate the effectiveness of these.</li> <li>Work in collaboration with others so that games run smoothly.</li> <li>Recognise my own and others strengths and areas for development and can suggest ways to improve.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	<ul style="list-style-type: none"> <li>Show accuracy and good technique when throwing for distance.</li> <li>Understand that there are different areas of fitness and how this helps me in different activities.</li> <li>Use different strategies to persevere to achieve my personal best.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C9: Community Cohesion / C10: Contributing Positively</i></p>
<b>Swimming – External Provider</b>	<b>Dance</b>	
<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>I can swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>I can use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].</li> <li>Perform safe self-rescue in different water-based situations.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A8: Showing Initiative / C3: The Local Community / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Choreograph a dance and work safely using a prop.</li> <li>Lead a small group through a short warm-up routine.</li> <li>Perform dances confidently and fluently with accuracy and good timing.</li> <li>Refine the way I use actions, dynamics and relationships to represent ideas, emotions, feelings and characters.</li> <li>Use appropriate language to evaluate and refine my own and others' work.</li> <li>Use feedback provided to improve the quality of my work.</li> <li>Work creatively and imaginatively on my own, with a partner and in a group to choreograph and structure dances.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C9: Community Cohesion / C10: Contributing Positively</i></p>	
<b>OAA</b>	<b>Gymnastics</b>	<b>Games (Rounders)</b>
<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Inclusive of others, can share job roles and lead when necessary.</li> <li>Orientate a map efficiently to navigate around a course.</li> <li>Pool ideas within a group, selecting and applying the best method to solve a problem.</li> <li>Use critical thinking skills to form ideas and strategies to solve challenges.</li> <li>Work effectively with a partner and a group to solve challenges.</li> <li>With increasing accuracy, I can reflect on when and how I successful at solving challenges and alter my methods in order to improve.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Combine and perform gymnastic actions, shapes and balances with control and fluency.</li> <li>Create and perform sequences using compositional devices to improve the quality.</li> <li>Lead a small group through a short warm-up routine.</li> <li>Use appropriate language to evaluate and refine my own and others' work.</li> <li>Work collaboratively with others to create a sequence.</li> <li>Understand how to work safely when learning a new skill.</li> <li>Understand what counter balance and counter tension is and can show examples with a partner.</li> </ul> <p><i>PREVENT: A1: Values / A3: Respect for Others / A8: Showing Initiative / B1: British Values &amp; Culture/ C3: The Local Community / C10: Contributing Positively</i></p>	<p><b>CORE LEARNING (KNOWLEDGE &amp; SKILL):</b></p> <ul style="list-style-type: none"> <li>Strike a bowled ball with increasing consistency.</li> <li>Use a wider range of skills with increasing control under pressure.</li> <li>Use the rules of the game consistently to play fairly.</li> <li>Work collaboratively with others to get batters out.</li> <li>Work in collaboration with others so that games run smoothly.</li> <li>Recognise my own and others strengths and areas for development and can suggest ways to improve.</li> <li>Understand and can apply some tactics in the game as a batter, bowler and fielder.</li> </ul> <p><i>PREVENT: A1: Values / A2: Making Choices (Right &amp; Wrong) / A3: Respect for Others / A6: Resolve Conflict / A8: Showing Initiative / B1: British Values &amp; Culture/ C9: Community Cohesion / C10: Contributing Positively</i></p>