



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Nursery</b>	<p><b>Curriculum Coverage</b> EYFS – Fundamental Movement Skills</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Jump Under arm throw Hop</p> <p><b>Character Values</b> Self-Belief Determination</p>	<p><b>Curriculum Coverage</b> EYFS – FMS – Elmer</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Roll Throw</p>	<p><b>Curriculum Coverage</b> EYFS – FMS – How to Catch a Star</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Balance Jump Throw</p> <p><b>Character Values</b> Self-Belief Determination</p>	<p><b>Curriculum Coverage</b> EYFS – FMS – Rosies Walk</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Jump Travel Skip Hop</p> <p><b>Character Values</b> Self-Belief Determination</p>	<p><b>Curriculum Coverage</b> EYFS – FMS – Mini Beasts</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Jump Catch Roll</p> <p><b>Character Values</b> Self-Belief Determination</p>	<p><b>Curriculum Coverage</b> EYFS – FMS – Transport</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Roll</p>
<b>Reception</b>	<p><b>Curriculum Coverage</b> EYFS – An adventure with the Emergency Services</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Under arm throw</p>	<p><b>Curriculum Coverage</b> EYFS – Fantasy Fairy Tale</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Under arm throw Over arm throw</p>	<p><b>Curriculum Coverage</b> EYFS – FMS – How to catch a star</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Balance Jump</p>	<p><b>Curriculum Coverage</b> EYFS – FMS – A Day on the Farm</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Run Balance</p>	<p><b>Curriculum Coverage</b> EYFS – FMS – Rumble in the Jungle</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Under arm throw</p>	<p><b>Curriculum Coverage</b> EYFS – FMS – Transport</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Roll Climb</p>



	<p>Over arm throw Catch with increasing accuracy</p> <p><b>Character Values</b> Self-Belief Determination</p>	<p>Catch with increasing accuracy</p> <p><b>Character Values</b> Self-Belief Determination</p>	<p>Throw</p> <p><b>Character Values</b> Self-Belief Determination</p>	<p>Roll Jump Throw</p> <p><b>Character Values</b> Self-Belief Determination</p>	<p>Over arm throw Roll</p> <p><b>Character Values</b> Self-Belief Determination</p>	<p>Over arm throw</p> <p><b>Character Values</b> Self-Belief Determination</p>
	<p><b>Curriculum Coverage</b> EYFS – FMS – Rosies Walk</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Jump Travel Jump Skip Hop</p> <p><b>Character Values</b> Self-Belief Determination</p>	<p><b>Curriculum Coverage</b> EYFS – Toys</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Balance</p> <p><b>Character Values</b> Self-Belief Determination</p>	<p><b>Curriculum Coverage</b> EYFS – FMS – Elmer</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Roll Throw Jump Balance</p> <p><b>Character Values</b> Self-Belief Determination</p>	<p><b>Curriculum Coverage</b> EYFS – Seasons</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Balance</p> <p><b>Character Values</b> Self-Belief Determination</p>	<p><b>Curriculum Coverage</b> EYFS – FMS – Hungry Caterpillar</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Jump Travel Hop Roll Balance</p> <p><b>Character Values</b> Self-Belief Determination</p>	<p><b>Curriculum Coverage</b> EYFS – FMS – Seaside</p> <p><b>National Curriculum Content</b> In foundation stage, Physical development is one of the three prime areas of learning and development, divided into moving and handling and health and self-care.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Balance Travel Roll Under arm throw</p> <p><b>Character Values</b> Self-Belief Determination</p>
<p><b>KSI</b></p> <p><b>Cycle A</b></p>	<p><b>Curriculum Coverage</b> Year 1 Baseline Unit</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination</p> <p><b>Skills Focus</b> FMS (fundamental movement skills)</p>	<p><b>Curriculum Coverage</b> Dance – Three Little Pigs</p> <p><b>National Curriculum Content</b> Perform dances using simple movement patterns</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Jump Travel Balance</p>	<p><b>Curriculum Coverage</b> FMS – Underarm throw</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Throw</p>	<p><b>Curriculum Coverage</b> FMS – Overarm throw</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Throw</p>	<p><b>Curriculum Coverage</b> FMS – Catching and Bouncing a ball</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination</p> <p><b>Skills Focus</b> FMS (fundamental movement skills)</p>	<p><b>Curriculum Coverage</b> FMS - Supertato</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Jump</p>



	<p><b>Character Values</b> Self-Belief Courage</p>	<p><b>Character Values</b> Empathy</p>	<p>Travel</p> <p><b>Character Values</b> Determination Concentration</p>	<p>Travel</p> <p><b>Character Values</b> Determination Concentration Cooperation</p>	<p>Travel Bounce Catch Hop</p> <p><b>Character Values</b> Determination Cooperation Self-Belief</p>	<p>Travel Balance Bounce Roll</p> <p><b>Character Values</b> Cooperation Honesty Self-Belief</p>
	<p><b>Curriculum Coverage</b> Athletics</p> <p><b>National Curriculum Content</b> Participate in team games</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Hop Roll Travel Underarm throw Jump</p> <p><b>Character Values</b> Cooperation Encouragement Honesty Self-Belief</p>	<p><b>Curriculum Coverage</b> FMS – Rolling a ball</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Roll Jump</p> <p><b>Character Values</b> Concentration Cooperation Self-Belief</p>	<p><b>Curriculum Coverage</b> Dance – Toy Story</p> <p><b>National Curriculum Content</b> Perform dances using simple movement patterns</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Turn Jump Gesture Stillness</p> <p><b>Character Values</b> Imagination Self-Belief</p>	<p><b>Curriculum Coverage</b> Gymnastics Activities I</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Coordination Control Balance Jump Roll</p> <p><b>Character Values</b> Cooperation Encouragement Honesty Self-Belief</p>	<p><b>Curriculum Coverage</b> Dance - Robots</p> <p><b>National Curriculum Content</b> Perform dances using simple movement patterns</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Mirroring Shapes</p> <p><b>Character Values</b> Imagination Self-Belief</p>	<p><b>Curriculum Coverage</b> FMS – Tri Throlf</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Underarm throw Overarm throw Roll Travel</p> <p><b>Character Values</b> Determination Concentration Cooperation</p>
	<p>• From the FMS Baseline teachers will adapt the PE curriculum, so there is a focus on the FMS the children are less proficient in.</p>					
<p><b>KSI</b></p> <p><b>Cycle B</b></p>	<p><b>Curriculum Coverage</b> Year 1 Baseline Unit</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as</p>	<p><b>Curriculum Coverage</b> Dance – Moving Along</p> <p><b>National Curriculum Content</b> Perform dances using simple movement patterns</p> <p><b>Skills Focus</b></p>	<p><b>Curriculum Coverage</b> Dance - Seaside</p> <p><b>National Curriculum Content</b> Perform dances using simple movement patterns</p> <p><b>Skills Focus</b></p>	<p><b>Curriculum Coverage</b> FMS – Kicking Unit</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as</p>	<p><b>Curriculum Coverage</b> Games – Striking and Fielding</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as</p>	<p><b>Curriculum Coverage</b> OAA – The Great Outdoors</p> <p><b>National Curriculum Content</b> Engage in a range of increasingly challenging situations</p>



	<p>well as developing balance, agility and co-ordination</p> <p><b>Skills Focus</b> FMS (fundamental movement skills)</p> <p><b>Character Values</b> Self-Belief Courage</p>	<p>FMS (fundamental movement skills) Travel Shape Movement</p> <p><b>Character Values</b> Self-Belief Empathy</p>	<p>FMS (fundamental movement skills) Movement Travel Shapes</p> <p><b>Character Values</b> Curiosity Courage</p>	<p>well as developing balance, agility and co-ordination</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Kick</p> <p><b>Character Values</b> Cooperation Encouragement</p>	<p>well as developing balance, agility and co-ordination. Participate in team games, developing simple tactics.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Overarm throw Strike Simple tactics</p> <p><b>Character Values</b> Communication Self-Belief</p>	<p><b>Skills Focus</b> FMS (fundamental movement skills) Travel</p> <p><b>Character Values</b> Responsibility Trust Cooperation</p>
	<p><b>Curriculum Coverage</b> Athletics</p> <p><b>National Curriculum Content</b> Participate in team games</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Underarm throw Jump</p> <p><b>Character Values</b> Cooperation Encouragement Honesty Self-Belief</p>	<p><b>Curriculum Coverage</b> Games – Piggy in the Middle</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination. Participate in team games, developing simple tactics.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Underarm throw Catching Simple tactics</p> <p><b>Character Values</b> Cooperation Honesty Self-Belief</p>	<p><b>Curriculum Coverage</b> Games – Net and Wall</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination. Participate in team games, developing simple tactics.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Strike</p> <p><b>Character Values</b> Concentration Self-Belief</p>	<p><b>Curriculum Coverage</b> Gymnastics Activities 2</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Movement Balance Jump Roll</p> <p><b>Character Values</b> Courage Concentration Self-Belief</p>	<p><b>Curriculum Coverage</b> Dance – Once Upon a Giant</p> <p><b>National Curriculum Content</b> Perform dances using simple movement patterns</p> <p><b>Skills Focus</b> FMS (fundamental movement skills) Travel Gesture Control Sequence</p> <p><b>Character Values</b> Imagination Self-Belief</p>	<p><b>Curriculum Coverage</b> FMS End of KSI Assessment</p> <p><b>National Curriculum Content</b> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination.</p> <p><b>Skills Focus</b> FMS (fundamental movement skills)</p> <p><b>Character Values</b> Concentration Self-Belief</p>
	<p>• From the FMS Baseline teachers will adapt the PE curriculum, so there is a focus on the FMS the children are less proficient in.</p>					
<b>LKS2</b>	<b>Curriculum Coverage</b> Invasion Games - Handball	<b>Curriculum Coverage</b> Invasion Games - Netball	<b>Curriculum Coverage</b> Dance – Rock and Roll	<b>Curriculum Coverage</b> Gymnastics Activities 2	<b>Curriculum Coverage</b> Dance – Ironman	<b>Curriculum Coverage</b> Invasion Games - Rugby



<b>Cycle A</b>	<p><b>National Curriculum Content</b> Play competitive games, modified where appropriate. Use running, jumping, throwing and catching in isolation and in combination.</p> <p><b>Skills Focus</b> Chest pass Bounce pass Space Simple tactics to outwit a defender</p> <p><b>Character Values</b> Honesty Evaluation</p>	<p><b>National Curriculum Content</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination.</p> <p><b>Skills Focus</b> Chest pass Bounce pass Space Dodging Simple tactics to outwit a defender</p> <p><b>Character Values</b> Honesty</p>	<p><b>National Curriculum Content</b> Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Effective travel movements Stillness Unison</p> <p><b>Character Values</b> Cooperation, Evaluation</p>	<p><b>National Curriculum Content</b> Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Develop sport specific skills and perform them with some accuracy Travel Balance Jump Rolling Use of apparatus</p> <p><b>Character Values</b> Trust Courage Evaluation</p>	<p><b>National Curriculum Content</b> Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Perform dances expressively Perform freely, translating ideas Have an awareness of rhythmic, dynamic and expressive qualities</p> <p><b>Character Values</b> Resilience</p>	<p><b>National Curriculum Content</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination.</p> <p><b>Skills Focus</b> Passing a ball Simple tactics to outwit opponent Moving into space Evaluate performance</p> <p><b>Character Values</b> Honesty Evaluation</p>
	<p><b>Curriculum Coverage</b> Gymnastics Activities I</p> <p><b>National Curriculum Content</b> Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Develop sport specific skills and perform them with some accuracy Travel Balance Jump Rolling Use of apparatus</p> <p><b>Character Values</b> Trust Courage Evaluation</p>	<p><b>Curriculum Coverage</b> Dance – Myths and Legends</p> <p><b>National Curriculum Content</b> Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Travelling along pathways Mirrored sequence Sequence</p> <p><b>Character Values</b></p>	<p><b>Curriculum Coverage</b> Creative Games – Tag and Target</p> <p><b>National Curriculum Content</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Rolling Dodging Underarm throw</p> <p><b>Character Values</b></p>	<p><b>Curriculum Coverage</b> Athletics</p> <p><b>National Curriculum Content</b> Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Master fundamental movement skills Develop athletic specific skills Throwing – push, pull and sling Hop, step and jump Combination of jumping actions</p> <p><b>Character Values</b></p>	<p><b>Curriculum Coverage</b> Striking and Fielding - Rounders</p> <p><b>National Curriculum Content</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Underarm throw Catch a ball Striking a ball from a tee or drop feed</p>	<p><b>Curriculum Coverage</b> OAA – Trust and Trails</p> <p><b>National Curriculum Content</b> Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p><b>Skills Focus</b> Travel and balance safely when carrying out challenges Demonstrate team work skills during planning, doing and reviewing</p> <p><b>Character Values</b> Communication Trust Self-Discipline</p>



		Encouragement Reflection	Co-operation	Resilience	Develop sports specific skills performing them with consistency and accuracy  <b>Character Values</b> Communication Evaluation	
<b>LKS2</b>  <b>Cycle B</b>	<b>Curriculum Coverage</b> Target Games - Dodgeball  <b>National Curriculum Content</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination.  <b>Skills Focus</b> Catch a ball One handed throw Dodging  <b>Character Values</b> Self-discipline Respect	<b>Curriculum Coverage</b> Gymnastics Activities 3  <b>National Curriculum Content</b> Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.  <b>Skills Focus</b> Shoulder stand Arabesque Balances – one footed, dish and arch Basic rolling actions Two footed jump and land and turns  <b>Character Values</b> Motivation Evaluation	<b>Curriculum Coverage</b> Invasion Games – Rugby 2  <b>National Curriculum Content</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination.  <b>Skills Focus</b> Passing a ball Simple tactics to outwit opponent Moving into space Evaluate performance  <b>Character Values</b> Encouragement Determination Evaluation	<b>Curriculum Coverage</b> Target Games - Boccia  <b>National Curriculum Content</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination.  <b>Skills Focus</b> Underarm roll Different rolls – overarm, pushing Simple tactics  <b>Character Values</b> Reflection Respect	<b>Curriculum Coverage</b> OAA – Team Work and Problem Solving  <b>National Curriculum Content</b> Take part in outdoor and adventurous activity challenges both individually and within a team  <b>Skills Focus</b> Orientate a map Use a control card Navigate a course safely  <b>Character Values</b> Communication Problem-Solving	<b>Curriculum Coverage</b> Striking and Fielding - Cricket  <b>National Curriculum Content</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance  <b>Skills Focus</b> Bowl underarm Catch Return the ball Straight drive  <b>Character Values</b> Communication Evaluation
	<b>Curriculum Coverage</b> Dance – Sparks Might Fly  <b>National Curriculum Content</b> Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement	<b>Curriculum Coverage</b> Invasion Games - Basketball  <b>National Curriculum Content</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in	<b>Curriculum Coverage</b> Dance - Superheroes  <b>National Curriculum Content</b> Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement	<b>Curriculum Coverage</b> Gymnastic Activities 4  <b>National Curriculum Content</b> Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement	<b>Curriculum Coverage</b> Dance – The Great Plague  <b>National Curriculum Content</b> Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement	<b>Curriculum Coverage</b> Invasion Games – On the Attack  <b>National Curriculum Content</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in



	<p>to achieve their personal best. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Create a freeze frame Transitions Group dance Movement</p> <p><b>Character Values</b> Encouragement</p>	<p>isolation and in combination.</p> <p><b>Skills Focus</b> Dribble Bounce pass Chest pass Simple tactics</p> <p><b>Character Values</b> Determination Evaluation</p>	<p>to achieve their personal best. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Perform dances clearly and fluently Show sensitivity to the dance idea Perform dances expressively Perform freely, translating ideas Have an awareness of rhythmic, dynamic and expressive qualities</p> <p><b>Character Values</b> Communication Empathy</p>	<p>to achieve their personal best.</p> <p><b>Skills Focus</b> Mirrored shape Matched balance Create a sequence</p> <p><b>Character Values</b> Problem-Solving Evaluation</p>	<p>to achieve their personal best. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Create a group dance showing contact, canon, unison, changes of direction, formations and dynamics Solo Movement</p> <p><b>Character Values</b> Responsibility</p>	<p>isolation and in combination.</p> <p><b>Skills Focus</b> Pass and move into space Shoot one handed Throw and catch Simple tactics</p> <p><b>Character Values</b> Determination Evaluation</p>
<p><b>UKS2</b></p> <p><b>Cycle A</b></p>	<p><b>Curriculum Coverage</b> Dance - Earthlings</p> <p><b>National Curriculum Content</b> Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Perform different styles of dance clearly and fluently Adapt and refine the way they use weight, space and rhythm in their dances Perform dances expressively</p>	<p><b>Curriculum Coverage</b> Invasion Games - Netball</p> <p><b>National Curriculum Content</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination.</p> <p><b>Skills Focus</b> Chest pass Bounce pass Shoulder pass Shoot Close down opponent</p> <p><b>Character Values</b> Decision-Making Evaluation</p>	<p><b>Curriculum Coverage</b> Athletics</p> <p><b>National Curriculum Content</b> Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Throwing (push, pull, sling and heave) Jumping and landing in different ways Running for short and long distances Passing a baton in a relay</p> <p><b>Character Values</b> Self-motivation Determination</p>	<p><b>Curriculum Coverage</b> Invasion Games - Hockey</p> <p><b>National Curriculum Content</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Skills Focus</b> Passing a ball Dribbling Shooting Attacking tactics</p>	<p><b>Curriculum Coverage</b> Dance – Robin Hood</p> <p><b>National Curriculum Content</b> Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Body actions and shapes Actions Expressions Exaggerated movements</p> <p><b>Character Values</b> Empathy</p>	<p><b>Curriculum Coverage</b> Creative Games</p> <p><b>National Curriculum Content</b> Play competitive games, modified where appropriate. Use running, jumping, throwing and catching in isolation and in combination.</p> <p><b>Skills Focus</b> Sending a ball Receiving a ball Different techniques for travelling Shooting with accuracy</p> <p><b>Character Values</b> Decision-Making Evaluation</p>



	<p>Perform freely, translating ideas Have an awareness of rhythmic, dynamic and expressive qualities</p> <p><b>Character Values</b> Empathy Self-Discipline</p>			<p>Evaluate performance Evaluate the performance of others Defending tactics Play a role in a competitive modified game</p> <p><b>Character Values</b> Responsibility Decision making Evaluation</p>	<p>Self-Discipline</p>	
	<p><b>Curriculum Coverage</b> Gymnastics Activities 1</p> <p><b>National Curriculum Content</b> Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Skills Focus</b> Counter balance with a partner with and without apparatus Counter-tension balance with a partner Matched and mirrored shapes with a partner</p> <p><b>Character Values</b> Communication Evaluation</p>	<p><b>Curriculum Coverage</b> Gymnastics Activities 2</p> <p><b>National Curriculum Content</b> Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Skills Focus</b> Counter balance with a partner using apparatus Counter-tension balance with a partner using apparatus Sequence with a partner in unison and canon</p> <p><b>Character Values</b> Evaluation</p>	<p><b>Curriculum Coverage</b> Dance – Food, Glorious Food</p> <p><b>National Curriculum Content</b> Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Perform in unison as part of a group Dance sequence in canon as part of a group Use a prop as part of a dance phrase</p> <p><b>Character Values</b> Co-operation</p>	<p><b>Curriculum Coverage</b> Orienteering</p> <p><b>National Curriculum Content</b> Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p><b>Skills Focus</b> Navigate to a control marker on a score event course Demonstrate teamwork skills during planning, doing and reviewing.</p> <p><b>Character Values</b> Cooperation Responsibility Evaluation</p>	<p><b>Curriculum Coverage</b> Net and Wall - Tennis</p> <p><b>National Curriculum Content</b> Play competitive games, modified where appropriate. Use running, jumping, throwing and catching in isolation and in combination.</p> <p><b>Skills Focus</b> Throwing a ball Holding a racket correctly Forehand Backhand Volley Develop sport specific skills and perform with accuracy, consistency, confidence and control</p> <p><b>Character Values</b> Decision-Making Evaluation</p>	<p><b>Curriculum Coverage</b> Striking and Fielding - Rounders</p> <p><b>National Curriculum Content</b> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Develop sport specific skills and perform them with consistency, accuracy, control, confidence and speed. Bowl overarm Strike a ball of a tee Strike a bowled ball Field a ball and throw back overarm</p> <p><b>Character Values</b> Encouragement Motivation Decision-Making</p>





<p style="text-align: center;"><b>UKS2</b></p> <p style="text-align: center;"><b>Cycle B</b></p>	<p><b>Curriculum Coverage</b> Invasion Games - Rugby</p> <p><b>National Curriculum Content</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Skills Focus</b> Passing and catching a ball with consistency, accuracy and control Apply simple tactics Evaluate performance</p> <p><b>Character Values</b> Decision Making Evaluation</p>	<p><b>Curriculum Coverage</b> Invasion Games - Netball</p> <p><b>National Curriculum Content</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Skills Focus</b> Chest pass Bounce pass Shoulder pass Shoot Close down opponent</p> <p><b>Character Values</b> Decision Making Evaluation</p>	<p><b>Curriculum Coverage</b> Net and Wall - Badminton</p> <p><b>National Curriculum Content</b> Play competitive games, modified where appropriate. Use running, jumping, throwing and catching in isolation and in combination.</p> <p><b>Skills Focus</b> Hold a racket correctly Forehand shot Backhand shot Hit a shuttlecock into a target using a forehand Hit a shuttlecock into a target using a backhand</p> <p><b>Character Values</b> Decision-Making Evaluation</p>	<p><b>Curriculum Coverage</b> Athletics</p> <p><b>National Curriculum Content</b> Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Throwing (push, pull, sling and heave) Jumping and landing in different ways Running for short and long distances Passing a baton in a relay</p> <p><b>Character Values</b> Self-motivation Determination</p>	<p><b>Curriculum Coverage</b> Invasion Games – Rugby 2</p> <p><b>National Curriculum Content</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Skills Focus</b> Kick a rugby ball with confidence and accuracy Run with the ball in two hands Use techniques for passing using swing pass and catching with accuracy</p> <p><b>Character Values</b> Encouragement Determination Evaluation</p>	<p><b>Curriculum Coverage</b> OAA – Teamwork and Problem Solving</p> <p><b>National Curriculum Content</b> Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p><b>Skills Focus</b> Different ways of communicating directions Transport equipment Guide a blindfolded partner safely</p> <p><b>Character Values</b> Problem Solving</p>
	<p><b>Curriculum Coverage</b> Dance – Heroes and Villains</p> <p><b>National Curriculum Content</b> Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement</p>	<p><b>Curriculum Coverage</b> Gymnastics Activities 3</p> <p><b>National Curriculum Content</b> Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>Curriculum Coverage</b> Gymnastics Activities 4</p> <p><b>National Curriculum Content</b> Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>Curriculum Coverage</b> Dance - Seaside</p> <p><b>National Curriculum Content</b> Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>Curriculum Coverage</b> Dance – Highway Man</p> <p><b>National Curriculum Content</b> Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>Curriculum Coverage</b> Invasion Games - Hockey</p> <p><b>National Curriculum Content</b> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination.</p>



	<p>to achieve their personal best. Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Perform dances fluently and with control Perform to an accompaniment expressively and sensitively. Perform dances expressively Perform freely, translating ideas Have an awareness of rhythmic, dynamic and expressive qualities</p> <p><b>Character Values</b> Empathy</p>	<p><b>Skills Focus</b> Develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed. Travel Balance Jump Roll Use of apparatus</p> <p><b>Character Values</b> Resourcefulness Responsibility Evaluation</p>	<p><b>Skills Focus</b> Develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed. Travel Balance Jump Roll Use of apparatus</p> <p><b>Character Values</b> Problem Solving Resourcefulness Evaluation</p>	<p>Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Suggest actions and demonstrate movement ideas Perform balances or shapes in a group dance</p> <p><b>Character Values</b> Resilience</p>	<p>Develop flexibility, strength, technique, control and balance</p> <p><b>Skills Focus</b> Exaggerate body movements and shapes Convey a character through movement Different traveling actions</p> <p><b>Character Values</b> Self-discipline</p>	<p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p><b>Skills Focus</b> Passing a ball Dribbling Shooting Attacking tactics Evaluate performance Evaluate the performance of others Defending tactics Play a role in a competitive modified game</p> <p><b>Character Values</b> Responsibility Decision Making Evaluation</p>
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**Currently swimming takes place for Year 5 in Autumn Term and Year 4 in Spring and Summer Term.**

<b>Swimming</b>	<p><b>Curriculum Coverage</b> Swimming</p> <p><b>National Curriculum Content</b> To swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (front crawl, backstroke, breaststroke). Perform safe self-rescue in different water-based situations.</p>	<p><b>Curriculum Coverage</b> Swimming</p> <p><b>National Curriculum Content</b> To swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (front crawl, backstroke, breaststroke). Perform safe self-rescue in different water-based situations.</p>	<p><b>Curriculum Coverage</b> Swimming</p> <p><b>National Curriculum Content</b> To swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (front crawl, backstroke, breaststroke). Perform safe self-rescue in different water-based situations.</p>	<p><b>Curriculum Coverage</b> Swimming</p> <p><b>National Curriculum Content</b> To swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (front crawl, backstroke, breaststroke). Perform safe self-rescue in different water-based situations.</p>	<p><b>Curriculum Coverage</b> Swimming</p> <p><b>National Curriculum Content</b> To swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (front crawl, backstroke, breaststroke). Perform safe self-rescue in different water-based situations.</p>	<p><b>Curriculum Coverage</b> Swimming</p> <p><b>National Curriculum Content</b> To swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively (front crawl, backstroke, breaststroke). Perform safe self-rescue in different water-based situations.</p>
	<b>Year 5</b>	<b>Year 5</b>	<b>Year 4</b>	<b>Year 4</b>	<b>Year 4</b>	<b>Year 4</b>

Due to swimming in these years, the units will vary slightly.