

Kentmere Academy and Nursery- Knowledge and Skills- PE

Nursery

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Nursery</u>	Fine Motor Skills 1	Autumn 1 Week 1	Show control over an object	At least one effect of activity on the body How to share equipment and take turns	Run skilfully Negotiate space successfully
	Fine Motor Skills 1	Autumn 1 Week 2	To find space and move objects with control	What a good space to stand in is How to follow instructions in games	Use strength in my hand to manipulate an object Pick up, carry and put down with care
	Fine Motor Skills 1	Autumn 1 Week 3	To play a simple tagging game	Describe at least one effect of activity on my body How to play tagging games safely	Pick up, carry and put down with care Attack and defend in chasing games
	Fine Motor Skills 1	Autumn 1 Week 4	To show increasing control over my body	What to do with arms and eyes to balance on one leg	Thread with control Negotiate space successfully

	Fine Motor Skills 1	Autumn 1 Week 5	To control objects and use pace	To know that slowing down my pace helps control	Be confident in my jobs Pick up, carry and thread with control
	Fine Motor Skills 1	Autumn 1 Week 6	To negotiate space successfully	Explain some effects of exercise on my body	Be confident in my jobs Build carefully using small objects Negotiate space successfully
<u>Nursery</u>	Fundamental Movement Skills 1	Autumn 2 Week 1	To run and find space successfully	What a good space to stand in is How to share equipment and take turns	Run skilfully Negotiate space successfully
	Fundamental Movement Skills 1	Autumn 2 Week 2	To pick up, carry and put down with care	To know that taking time and working with care will improve performance	Pick up, carry and put down with care Use tools to help me manipulate objects
	Fundamental Movement Skills 1	Autumn 2 Week 3	To show increasing control over an object	To be aware of other children To keep my head up when running around	Show increasing control over an object Control my emotions when playing games
	Fundamental Movement Skills 1	Autumn 2 Week 4	To balance on one leg and apply to an obstacle course	Which part of my body help me with balancing	Balance on one leg Move through an obstacle course skilfully

	Fundamental Movement Skills 1	Autumn 2 Week 5	To share equipment and take turns	To take turns Apply sportsmanship	Be confident in my jobs Encourage my teammates whilst I wait my turn
	Fundamental Movement Skills 1	Autumn 2 Week 6	To apply skills to a range of games	To work carefully and that rushing can lead to mistakes Know some effects of exercise on the body	Threat objects Play games fairly
<u>Nursery</u>	Gymnastics - Travelling	Spring Week 1	To use mirroring in a short sequence	How to mirror How to share apparatus To work safely	Mirror a peer's movements Make up a short sequence Use apparatus safely
	Gymnastics - Travelling	Spring Week 2	To travel and balance in a sequence	How to travel by pushing and pulling myself How to share apparatus	Travel in different ways along the floor Balance on different body parts Make up a short sequence Use apparatus
	Gymnastics - Travelling	Spring Week 3	To jump and land in a sequence	How to jump and land safely How to share apparatus To work safely	Jump in different ways Make up short sequence Use apparatus imaginatively
	Gymnastics - Travelling	Spring Week 4	To travel with confidence and skill around, under, over and through	How to jump and land safely How to share apparatus	Travel with confidence and skill around, under, over and through Travel, stop and balance with control in a curled or stretched shape Link 2 movements together

	Gymnastics - Travelling	Spring Week 5	To travel high and low in different pathways, linking movements together	Know what pathways are What stepping is How to help put apparatus out and away	Travel high and low in different pathways Link 2 movements together
	Gymnastics - Travelling	Spring Week 6	To travel in different ways with my weight on my hands	Keep my head up when travelling with my weight on my hands How to help put apparatus out and away	Travel in different ways with my weight on my hands Start and finish my work in interesting ways Link movements together
Nursery	Locomotion 1	Summer 1 Week 1	To travel backwards safely	How to travel backwards safely	Find a space Walk forwards and backwards, stopping when instructed Negotiate space successfully
	Locomotion 1	Summer 1 Week 2	To run skilfully and negotiate space	How to share equipment and take turns	Run skilfully and negotiate space Work as part of a team
	Locomotion 1	Summer 1 Week 3	To hop on either leg using space	How to play by the rules of a game	Hop on either leg Negotiate space successfully
	Locomotion 1	Summer 1 Week 4	To jump in different ways	What a jump is What a successful jump looks like	Jump in different ways Move freely and with confidence in a range of ways

	Locomotion 1	Summer 1 Week 5	To use dodging when moving around the space	Know my right and left How to dodge What sliding is	Use dodging when moving Slide to my left and right
	Locomotion 1	Summer 1 Week 6	To gallop confidently with either leg as a lead leg	How to gallop How to play fairly and accept decisions in a game	Use galloping to travel Manipulate objects whilst galloping Gallop confidently with either leg as the lead leg
Nursery	Dance-Nursery Rhymes	Summer 2 Week 1	To experiment with different ways of moving	How to contribute key words How to translate ideas into shapes, movements, and actions	Use my body and create simple theme related shapes, movement, and actions
	Dance-Nursery Rhymes	Summer 2 Week 2	To use movement to express feelings	How to use the words in a poem to create shape, movements, or feelings	Use my body to express simple theme related shapes, movements, and feelings
	Dance-Nursery Rhymes	Summer 2 Week 3	To travel safely and creatively in a space	Know the need to look forwards to safely move around in a space The need to control speed to ensure safety	Travel safely and creatively in a space Show different levels when I travel
	Dance-Nursery Rhymes	Summer 2 Week 4	To use pictures to create shapes, movements, and actions with a partner	How to turn what I see into ways of moving How to listen to other people's ideas and vocalise my own thoughts	Communicate effectively with a partner Use pictures to create shapes, movements, and actions

	Dance-Nursery Rhymes	Summer 2 Week 5	Work with a partner to improve shape, movements and actions	How to turn what I see into ways of moving How to listen to other people's ideas and vocalise my own thoughts	Work with a partner Look at pictures and create shapes, movements, and actions
	Dance-Nursery Rhymes	Summer 2 Week 6	To remember and perform a basic sequence of movement	How to be aware of people's feelings when giving and receiving simple feedback	Remember and perform a basic sequence of movement when led by a teacher Identify what a good one looks like Use control when performing

Reception

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Reception</u>	Locomotion 2	Autumn 1 Week 1	To jump in variety of ways	Know how to land safely using the bend of legs Know at least 2 jumps	Jump in a variety of ways Bend legs when landing
	Locomotion 2	Autumn 1 Week 2	To jump for distance	Know what the standing position is Know to bend legs and drive my arms upwards	Jump for distance Jump from a standing position

	Locomotion 2	Autumn 1 Week 3	To jump for height	Know a wider variety of jumps Know to bend legs and drive arms upwards	Jump for height Jump with a run up
	Locomotion 2	Autumn 1 Week 4	To jump with a scissor kick	Know which foot feels better to jump from Know what a scissor kick is Know how to land safely	Jump with a scissor kick Jump with a small run Maintain control
	Locomotion 2	Autumn 1 Week 5	To skip with a rope	Know that I have to jump when I bring the rope forward and in front of me	Skip with a rope Jump with a small run
	Locomotion 2	Autumn 1 Week 6	To skip with more consistency with a rope	That there are a variety of skipping techniques That skipping is lots of small jumps together, not big jumps for distance or height	Skip with more consistency with a rope Jump in a variety of ways
Reception	Object Manipulation	Autumn 2 Week 1	To push an object around using parts of my body	How to find a space How to travel around safely	Find a good space Show increasing control over an object Push an object around using parts of my body Play games and take turns
	Object Manipulation	Autumn 2	To work with a partner to show increasing control of an object	The need to concentrate to work well with a partner	Show increasing control over an object Twist and turn

		Week 2		How to keep play going by responding to other people	Reach and bend
	Object Manipulation	Autumn 2	To move a ball with control and in different directions	How to mirror a partner How to follow	Move a ball with control and in different directions Apply the right amount of force to a ball
		Week 3			
	Object Manipulation	Autumn 2	To roll a ball and stop a rolling ball	What good positions are for rolling a ball and stopping a ball	Roll a ball Dominant hand and opposite leg Swing arm back and drive forwards Keep an eye on the target Stop a ball when it is rolled to me
		Week 4			
	Object Manipulation	Autumn 2	To throw and catch an object with control	How to make a target with my hands for my friend to throw How to stand when throwing underarm	Catch an object Throw underarm accurately for my friend to catch Dominant hand and opposite leg Swing arm back and drive forwards Keep an eye on the target
	Week 5				
Object Manipulation	Autumn 2	To bounce and catch a ball with control	The need to keep my head up when bouncing the ball Know how much force needed to bounce and catch it on my own	Bounce and catch a ball Travel around bouncing safely	
	Week 6				
Reception	Target Games 1	Spring	To throw a ball underarm with some accuracy	Stand with one leg forward, the opposite leg to the hand I am throwing from To know which hand is dominant	Throw a ball under arm with some accuracy at a target
		Week 1			

	Target Games 1	Spring Week 2	To throw underarm accurately with either hand	Know which is my dominant hand How to stand when throwing accurately	Throw underarm accurately with either hand Work with others and take turns Throw from the hand that is not dominant
	Target Games 1	Spring Week 3	To strike a ball with my foot	Know which part of my foot to use when striking for power How to lean back if I want my strike to go higher	Strike a ball with my foot for power Work at all 3 levels
	Target Games 1	Spring Week 4	To kick a ball with some accuracy	Know my dominant foot Why it is important to kick with both feet	Kick a ball with some accuracy with both feet
	Target Games 1	Spring Week 5	To roll a ball with some accuracy	That the ball travels all the way across the ground when I roll What a sideways stance is for rolling	Roll a ball with some accuracy Adopt a sideways stance when rolling To bend when rolling
	Target Games 1	Spring Week 6	To roll with some accuracy with both hands	Know which is my dominant hand Why it is important to be able to roll well with both hands	Roll with some accuracy with both hands Link movements together Perform sideways stance when rolling
Reception	Gymnastics-Flight	Summer 1 Week 1	To be able to jump off an object and land safely	Know importance of bending my legs to cushion impact Arms swing forwards to drive the jump	Jump in a variety of ways Construct a simple jumping sequence with a partner Bend my legs when landing to cushion impact

	Gymnastics-Flight	Summer 1 Week 2	To perform a star jump and pencil jump using the floor and apparatus	That a good sequence involves using the floor imaginatively as well as the apparatus How to share space and take turns	Jump showing good technique throughout take off and landing Control a star jump and pencil jump
	Gymnastics-Flight	Summer 1 Week 3	To jump through half and quarter turns with control	What a half turn and quarter turn are To be aware of others when I am jumping	Jump through turns with control Jump as part of a sequence of other movements
	Gymnastics-Flight	Summer 1 Week 4	To perform a tuck jump	Know and name different jumping shapes How to jump onto and off apparatus safely To land by bending my legs	Jump and show a tucked body shape in the air Jump as part of a sequence of other movements
	Gymnastics-Flight	Summer 1 Week 5	To perform a leap	The difference between a jump and a leap How to gain extra elevation using dominant leg	Change leg positions whilst I am in the air Jump as part of a sequence of other movements
	Gymnastics-Flight	Summer 1 Week 6	To perform and evaluate a variety of jumps and leaps with control	To start with work with an interesting shape and finish it with style Know what style is How to carry equipment safely Know what a good one looks like	Execute a variety of jumps and leaps with control Include jumps and leaps in sequence work on the floor and apparatus
Reception	Athletics 1	Summer 2	To show a position of readiness before running	What a good position of readiness looks like	Share a space and run with my head up React quickly

		Week 1		That I need to focus and avoid distractions	
Athletics 1	Summer 2	Week 2	To coordinate a run with a jump for distance	To land with soft knees To use my arms to help power me forward	Jump 1 foot to 2 feet and 2 feet to 2 feet Coordinate a run with a jump
Athletics 1	Summer 2	Week 3	To throw overarm accurately	How to stand to throw overarm Know the teaching points for throwing overarm The importance of my non-throwing arm	Throw accurately Throw using dominant hand Step forward with opposite leg Release the ball towards the target Work cooperatively with a part and within a group
Athletics 1	Summer 2	Week 4	To run efficiently and within a lane	How to stay focused on my own performance when running in a lane Why it is important to dip at the finish	Run efficiently and within a lane Sustain form during a race Dip for finish
Athletics 1	Summer 2	Week 5	To jump for height to clear an obstacle	Know which parts of the body are important for jumping high How to coordinate a scissor kick Know the effects of activity on my body	Jump for height Time my take-off to clear an obstacle
Athletics 1	Summer 2	Week 6	To throw a variety of pieces of equipment well	How to grip a frisbee Know the teaching points for throwing from side-on	Throw a variety of pieces of equipment well Throw for distance Throw with good technique Know to use a side on position

					To draw my body back by lifting my front leg to generate more power
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Cycle A - Year 1/2

			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 1/2	Fundamental Movement Skills 2	Autumn 1 Week 1	To hop carefully retaining balance	That focusing my eyes and using my arms helps me to balance better To use my arms to help me hop	To hop with control Move carefully retaining balance
	Fundamental Movement Skills 2	Autumn 1 Week 2	To travel backwards safely	What the dangers are if I am not sensible To glance over both shoulders when travelling backwards	Travel backwards safely Share space considerately
	Fundamental Movement Skills 2	Autumn 1 Week 3	To jump in different ways	To make a W shape when I want to receive a catch Which my preferred take off foot is (dominant foot)	Jump in a variety of ways Land safely in different jumps Combine a run and a jump
	Fundamental Movement Skills 2	Autumn 1 Week 4	To travel around and dodge safely	Know that keeping my head up will keep me and others safe	Dodge safely with an awareness of others Travel around a space being aware of others

	Fundamental Movement Skills 2	Autumn 1 Week 5	To evade, attack and defend	Know what evade, attack and defend mean To always be focused and aware of what is going on	Evade others To attack and defend
	Fundamental Movement Skills 2	Autumn 1 Week 6	To punt a ball accurately and with power	That a punt is a kick from my hands That when kicking from the ground, I need to get my standing foot adjacent to the ball	Punt a ball Strike a ball accurately and with power with my laces
			Indoor		
Year 1/2	Gymnastics-Balancing	Autumn 1 Week 1	To perform controlled spins and symmetrical balances	How to start and finish a sequence What symmetrical shapes are How to observe a partner and give positive feedback	Perform controlled spins Support my body weight in symmetrical balances
	Gymnastics-Balancing	Autumn 1 Week 2	To perform asymmetrical spins and balances	What asymmetrical work looks like What a good starting and finishing position is	Perform asymmetrical spins on side, front, back and bottom Demonstrate quality work on the floor and apparatus Balance asymmetrical Demonstrate good starting and finishing positions
	Gymnastics-Balancing	Autumn 1 Week 3	To work with a partner to perform a combination of symmetrical and	The difference between symmetrical and asymmetrical shapes	Work with a partner to perform routines in different formations

			asymmetrical spins on patches	What patches are (larger body parts) How to work with a partner in different formations	Perform a combination of symmetrical and asymmetrical spins on patches
	Gymnastics-Balancing	Autumn 1 Week 4	To perform a sequence of spins on points, with a mixture of symmetrical, asymmetrical shapes.	What points are (smaller body parts) How to start linking movements	Spin at different levels on points Perform a sequence of spins on points, with a mixture of symmetrical, asymmetrical shapes. Hold balances on points of the body
	Gymnastics-Balancing	Autumn 1 Week 5	To hold balances at different levels and spin out of balances to form a sequence	What good gymnastics work looks like How to comment positively on my partner's work	Hold balances at different levels Spin out of balances to form a sequence Show understanding of what success looks like
	Gymnastics-Balancing	Autumn 1 Week 6	To perform spins and balances in different formations as part of a routine.	What different formations are for performing with a partner, direction, levels, pace.	Perform spins and balances in different formations as part of a wider routine Perform in different levels and direction
			Outdoor		
Year 1/2	Net and Wall Games 1	Autumn 2 Week 1	To send and receive a ball with some accuracy	What a 'ready position' looks like	Send a large ball with some degree of accuracy Receive a ball by moving quickly into position

	Net and Wall Games 1	Autumn 2 Week 2	To strike a ball whilst it is airborne in a rally (volleyball focus)	To call my name when playing doubles To keep the ball within the court To leave the ball which is going to land out	Strike a large ball, with one hand, whilst it is airborne I can play rallies by striking over a net with my hand
	Net and Wall Games 1	Autumn 2 Week 3	To strike and volley a large ball (volleyball focus)	That a good dig gives more time for teammates to set up our own attack Understand the basic rules of volleyball	Strike and volley a large ball with some degree of accuracy Dig a ball by getting underneath it
	Net and Wall Games 1	Autumn 2 Week 4	To strike a small ball using an open palm (tennis focus)	What a T position is How the T position can help striking a ball	Strike a small ball using an open palm and move into position to receive it back
	Net and Wall Games 1	Autumn 2 Week 5	To strike a ball with my open palm within a rally (cricket focus)	Know to move to the line of the ball and to get into a T position That the ball needs to be struck over the net	Strike a small ball with my open palm with some accuracy Keep a rally going with a partner
	Net and Wall Games 1	Autumn 2 Week 6	To throw accurately and show understanding of rules (dodgeball focus)	I know not to turn my back on the ball I know how to throw for accuracy and power	Throw with accuracy and power Keep my eye on the ball at all times
			Indoor		
Year 1/2	Dance- Animals	Autumn 2 Week 1	To move safely and creatively in a space	How to contribute key words to a theme related to shape, movement and actions That a motif is a short repeated sequence	Use my body to create theme related shapes, movements and actions I can count the first 16 counts

Dance- Animals	Autumn 2 Week 2	To develop the second 16 counts using creative ideas from words in a mind map	How to contribute key words to a theme related mind map How to translate key words to a theme related to shape, movement and actions Know what timing and unison are	Use my body to express simple theme related shapes, movements and feelings Show good listening skills I can demonstrate timing and unison
Dance- Animals	Autumn 2 Week 3	To use 1-2 actions from our motif to create a short travelling section showing use of different levels and pathways	That we need to look forwards to safely move around in a space That we need to control our speed to ensure safety	Travel safely and creatively in space Show different levels when I travel Show different pathways when I travel
Dance- Animals	Autumn 2 Week 4	To use a poem to create 8-16 count phrase to add to our performance piece	How to turn what I see into ways of moving How to listen to other people's ideas and vocalise my own thoughts	Communicate effectively with a partner Use pictures to create shapes, movements and actions
Dance- Animals	Autumn 2 Week 5	To use a picture to create a second 8-16 count phrase for our performance piece	How to turn what I see/ hear into ways of moving How to link ideas and movements together so that they flow	Communicate effectively with a partner Use pictures to create shapes, movements and actions
Dance- Animals	Autumn 2 Week 6	To perform, review and improve our finished performance piece	How to use simple technical language to give useful feedback	Remember and perform a simple sequence of movement Identify what good performance looks like Give feedback to help my partner improve

Outdoor

<u>Year 1/2</u>	Invasion Games	Spring Week 1	To send and receive bounce and chest passes	What a bounce and chest pass looks like How far to bounce a pass between pairs That the ball should bounce at approx $\frac{3}{4}$ way between me and my partner How to receive a bounce pass How to receive a chest pass	I can get into a good ready position I can receive a chest and bounce pass Pass the ball from my chest using a bounce pass
	Invasion Games	Spring Week 2	To change direction confidently by dodging from both feet	How to move around and be aware of others (head up) That being able to dodge off both feet makes me twice as hard to catch	Change direction confidently and competently Move around safely in a limited space
	Invasion Games	Spring Week 3	To dribble a ball using a hockey stick with good control	How to grip a hockey stick-writing hand lower down and other hand at the top How to hook the ball How to control a stop the ball when dribbling	Hook the ball using a hockey stick Stop the ball using a hockey stick Show control over the ball Keep the ball close
	Invasion Games	Spring Week 4	To bounce and dribble a ball with my hands with good control	That a bounce is a push down with 2 hands and dribbling is with one hand To use my fingers to push the ball down	Bounce/ dribble the ball with my hands with good control Move around safely whilst bouncing/ dribbling
	Invasion Games	Spring Week 5	To perform and receive a hockey push pass	That my hands need to give and be soft when receiving a hockey pass To know how to find space after passing a ball	Push pass a hockey ball Receive a hockey ball pass To move into space after passing a ball

Invasion Games	Spring Week 6	To dribble and stop a ball using my feet	To use 'big toe, little toe' to dribble keeping the ball close to me How to trap a ball by moving in line with it and putting my foot on it	Dribble a ball with my feet with good control Stop a ball on the run by trapping it Keep the ball close to me
		Indoor		
Gymnastics- Rolling	Spring Week 1	To travel and balance in a wide shape, controlling movements	That control means holding form and shape in balances and in transitions What different levels and direction adds to overall performance	Travel and balance with my body in a wide shape Take up wide balances and spin in wide body positions Control my movement and move elegantly between moves Use different levels and direction
Gymnastics- Rolling	Spring Week 2	To create a sequence of curled movements	What inversion is How to feedback to a partner	Take my own body weight and move in tight curled shapes Create a sequence of curled movements on the floor and apparatus
Gymnastics- Rolling	Spring Week 3	To form a sequence of long shapes on the floor and apparatus	How to find a good starting position on the floor or apparatus How to work safely on apparatus How to control my movements	Form a sequence of long shapes whilst in balance, motion and flight Transfer some of my floor work onto apparatus
Gymnastics- Rolling	Spring	To move from narrow shapes to tight curled shapes to form a sequence	What a contrast is	Move from narrow shapes, to tight curled shapes and back To form a sequence

		Week 4		Why changing level and direction are important for overall performance	Change direction and level of my work
	Gymnastics- Rolling	Spring Week 5	To form a sequence to include a curled, narrow and wide shape with control and different levels	How to share apparatus How to give constructive feedback	Form a sequence to include a curled, narrow and wide shape Perform at different levels
	Gymnastics- Rolling	Spring Week 6	To perform a sequence of moves with my partner	How to work with a partner to agree a sequence Different ways of performing with a partner (unison, mirroring)	Perform a sequence of moves with my partner Work in curled, long and narrow shapes
			Outdoor		
<u>Year 1/2</u>	Athletics 2	Summer 1 Week 1	To run with technique for fast pace	To retain my focus The importance of a good start To travel with soft knees and quiet landings To keep my head still when running To use my arms to drive up my body in L shapes	Show a sense of anticipation to begin work React quickly Demonstrate agility, balance and control To show running technique
	Athletics 2	Summer 1 Week 2	To jump with technique in a variety of ways	To cushion my knees when landing The technique for different types of jumps	Jump in a variety of ways Coordinate a run with a jump Comment on others using technical language
	Athletics 2	Summer 1 Week 3	To develop a hop, leap and jump for a triple jump	How to improve my technique to increase the height and distance of my jumps The difference between a leap and a jump	Discover and develop different styles of jumping Demonstrate a hop, leap and jump

				What a triple jump looks like	
	Athletics 2	Summer 1 Week 4	To perform a standing and running jump	How to increase distance of my jumps What a standing jump looks like What a running jump looks like Why it is important to warm up	Jump in a variety of ways competently Add a short run up to my jump
	Athletics 2	Summer 1 Week 5	To throw with increasing technique and accuracy	What a good overarm throw looks like How to increase distance of my throws How to keep others safe when I am throwing	To use an overarm throw To show a sideways position Throw with good technique Throw with a run up
	Athletics 2	Summer 1 Week 6	To demonstrate a variety of athletic techniques using peer assessment	WAGOLL for jumping, throwing and running Know the school games values How to share equipment and take turns	Help a peer improve their performance with feedback Demonstrate a variety of athletic techniques competently
			Indoor		
<u>Year 1/2</u>	Target Games 2	Summer 1 Week 1	To recap punting a ball and improve performance	Which part of my foot to strike with Which foot to strike with How to punt high	Coordinate the skill of punting a ball consistently Work with a partner to improve punting
	Target Games 2	Summer 1 Week 2	To punt a ball with increasing accuracy using both feet	To hold the ball over to the side I want to strike from I need to be in a ready position to catch my partner's punts	Coordinate the action of punting with either foot To punt a ball with increasing accuracy Use both feet
	Target Games 2	Summer 1	To strike a ball at a target using equipment	To get into a sideways position when striking	Strike a ball at a target using equipment

		Week 3		To keep my head still when striking	Strike a ball with increasing accuracy
	Target Games 2	Summer 1 Week 4	To strike a ball at a target with some force	What game situations striking with force might be needed	Strike a ball at a target with some force Strike into spaces
	Target Games 2	Summer 1 Week 5	To throw a ball overarm with some accuracy at a target	How to stand when throwing overarm That practise increases accuracy Know game situations where overarm throws are needed	Throw a ball overarm with some accuracy at a target Choose correctly when it is best to throw underarm and overarm
	Target Games 2	Summer 1 Week 6	To send and receive a ball consistently well on 'one bounce'	How to receive a ball after one bounce Why a bounce before receiving the ball is sometimes used	Throw overarm on 'one bounce' Receiving a ball consistently well after one bounce
			Outdoor		
<u>Year 1/2</u>	Striking and Fielding 1	Summer 2 Week 1	To strike a ball off a tee and accumulate runs	Know some basic principles of cricket Know what a run is That I need to run, after striking a ball, to accumulate runs To touch my bat over the crease line and slide it on my final run	Strike a ball off a tee Get in line with the ball and field it Understand the basic rules of cricket
	Striking and Fielding 1	Summer 2 Week 2	To stop a rolling ball using a long barrier	When to run and when not to How to form a long barrier to stop the ball	Stop a ball with 2 hands to create a barrier Hit a ball to the leg side

	Striking and Fielding 1	Summer 2 Week 3	To bowl a ball overarm at a target	That I have to bowl from on or behind the crease line That arms should be straight when bowling	Bowl a ball overarm at a target Strike a ball off a tee through the off side Keep my arms straight when bowling
	Striking and Fielding 1	Summer 2 Week 4	To call for runs when batting	That I need to communicate with my partner to accumulate runs The different calls used by batsmen/ women when they want to run	Pick up a ball with one hands and throw it underarm Call for runs sensibly and decisively when batting
	Striking and Fielding 1	Summer 2 Week 5	To make good decisions when batting about when to run and when not to	That a batsman/woman should always call after each ball That as a batter I don't always have to run	Chase and retrieve a ball Make good decisions when batting about when to run and when not to
	Striking and Fielding 1	Summer 2 Week 6	To apply my learning to a small cricket game	I know some rules of cricket I know the roles of batsman, fielders and wicket keepers The importance of staying in my crease How to adopt a wicket keeping stance School Games Values	Bowl either under or overarm with some accuracy Wicket keep effectively Apply a range of skills from the unit
			Indoor		
<u>Year 1/2</u>	Yoga	Summer 2 Week 1	To explore a range of yoga poses	Recall animals from Science work Know that yoga needs quiet and focus	Pose like a variety of animals Control my breathing pattern

	Yoga	Summer 2 Week 2	To perform a range of bending, stretching and reaching poses	Know that breathing is important in yoga	Bend, stretch and reach Breathe whilst stretching Make up my own pose for an animal
	Yoga	Summer 2 Week 3	To perform a range of poses with increasing control	Know about space travel (Moon Zoom) I know at least 3 poses	Work imaginatively Explain how the name of each pose links to its shape
	Yoga	Summer 2 Week 4	To create yoga poses linked to the natural world	Know that yoga poses can develop balance, strength or stretching Know some objects from the natural world	To link natural objects such as clouds and rainbows to a pose To make my own interpretation
	Yoga	Summer 2 Week 5 (Week 6 from the app- skip out lesson 5)	To practise 3 part breathing	What 3 part breathing is	Focus on what I am doing in the moment Explain the effects of 3 part breathing on my body and mood
	Yoga	Summer 2 Week 6 (Separate to the app)	To create my own yoga flow	Know the names of most yoga poses Know how to perform each pose	Use a range of poses taught Use some of my own yoga poses Link poses together

Cycle B- Year 1/2

	Outdoor
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Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 1/2	Movement Skills 3	Autumn 1 Week 1	To skip using a rope	Watch the hands to know when to jump That there are different ways to jump a rope	Skip using a rope Jump in a variety of ways
	Movement Skills 3	Autumn 1 Week 2	To dribble a ball with either hand while travelling	To push down on the ball using my fingers To relax whilst dribbling and not be too tense	Dribble a ball with either hand Travel with my ball with my head up and with the ball under control
	Movement Skills 3	Autumn 1 Week 3	To send and receive a ball using the inside of my foot	How to turn my foot to cushion a pass	Receive a ball and trap it Cushion a pass sent to me To send a ball over a short distance using the inside of my foot
	Movement Skills 3	Autumn 1 Week 4	To demonstrate a bounce pass, shoulder pass and chest pass	What a bounce pass, shoulder pass and chest pass look like How far to bounce a pass That good bounce passes are easier to receive	Pass in different ways Pass accurately Use markers on the playground to aim bounces To apply different passes to games
	Movement Skills 3	Autumn 1 Week 5	To perform a range of jumps for height and length	The difference between a vertical jump, broad jump and scissor kick jump How to measure a success of jumps The importance of arms for increasing length and height	Vertical jump for height Broad jump for distance Scissor kick over obstacles Throw arms back and drive forwards or upwards when jumping
	Movement Skills 3	Autumn 1 Week 6	To catch consistently	I know to make a target for my partner to throw I know how to cushion the impact of a ball	Catch consistently well Signal that I want the ball Make a target for my partner Cushion the impact when catching

			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 1/2</u>	Dance- Mini beasts	Autumn 1 Week 1	To use my body to create Mini Beast related shapes, movement and actions	How to contribute key words to a theme related mind map How to translate words/ ideas into theme related shapes, movement and actions	Use my body to create theme related shapes, movement and actions Develop the first 16 counts of a mini beast motif Follow whole group choreography
	Dance- Mini beasts	Autumn 1 Week 2	To develop my movement, shapes and actions based on our class mind map	How to contribute key words to mini beast related mind map How to translate my ideas into movement and actions I know what a good performance looks like - timing, levels and dynamics	Use my body to express simple theme related shapes, movement and feelings Show good listening skills Make links between my work in PE and Science Give constructive feedback To develop the second 16 counts of a mini beast motif
	Dance- Mini beasts	Autumn 1 Week 3	To use 1-2 actions to create a short travelling section for our motif	To look forwards when travelling To control my speed for safety	Travel safely and creatively in space Show different levels when I travel Show different pathways when I travel
	Dance- Mini beasts	Autumn 1 Week 4	To use a poem to create an 8-16 count phrase in partners	How to turn what I see into ways of moving How to listen to other people's ideas and vocalise my own thoughts	Communicate effectively with my partner Use pictures to create shapes, movement and actions
	Dance- Mini beasts	Autumn 1	To use a picture to create the next 8-16 count phrase in partners	Know what unison means and looks like How to turn what I can see into ways of moving	Communicate effectively with my partner

		Week 5			Use pictures to create shapes, movement and actions Show level, direction and unison Join movement together so that they start to flow
	Dance- Mini beasts	Autumn 1 Week 6	To remember, improve and perform a simple sequence To peer assess performance	How to use simple technical language to give feedback Travelling Unison Direction Control Timing	Remember and perform a simple sequence of movement Identify WAGOLL and give feedback to help my partner improve

Kentmere Academy **Outdoor** Kentmere Academy

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 1/2</u>	Invasion Games 2	Autumn 2 Week 1	To throw overarm for my partner and consistently catch after one bounce	How far to throw a ball in relation to where I am standing To stand in a position of readiness to receive a ball	I can throw overarm for my partner to catch after one bounce Catch a ball consistently after one bounce
	Invasion Games 2	Autumn 2 Week 2	To throw underarm tactfully to move my opponent around the court	Why throwing is not always for your partner to catch To track the flight of the ball To stay light on my feet To be prepared to move quickly	Throw underarm Catch a ball consistently on the full Move my opponent around the court when playing against them Move my hands so the ball lands in my hands
	Invasion Games 2	Autumn 2 Week 3	To use defence tactics of tracking and intercepting	Know what tracking is Know what intercepting is Know why they are used in defending The role of attack and defence	Track an opponent Intercept a pass Turn my body so that I can see my opponent and the ball

	Invasion Games 2	Autumn 2 Week 4	To use attacking tactics of dodging and closing space	The role of attack and defence To close the space down quickly when defending To attack at speed Know the reasons for attacking in games	Dodge to beat an opponent Close the space down that attackers have to work in
	Invasion Games 2	Autumn 2 Week 5	To apply basic rules and tactics to retain possession	What possession means and why it is important To keep my body between the ball and my opponent How to deceive defenders by using dummy passes or 'giving the eyes'	Pass the ball consistently and with control Retain possession of the ball Shield the ball by using my body
	Invasion Games 2	Autumn 2 Week 6	To compete in team games	To recall attack and defence Think ahead Know my effort levels impact the team's performance	Compete with some spatial awareness in team games Pass and move decisively To work hard in attack and defence for the good of the team
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 1/2</u>	Gymnastics - Stretching and Curling	Autumn 2 Week 1	To travel and support my own body weight in curled positions	What a curled shape looks like That I can magpie ideas from others	Travel in curled positions Support my own body weight in curled positions
	Gymnastics -	Autumn 2 Week 2	To create a sequence using arching and stretching	What points are (small body parts) How to form arches with my body	Stretch whilst in balance Create a sequence which flows involving arching and stretching

	Stretching and Curling				
	Gymnastics - Stretching and Curling	Autumn 2 Week 3	To create a sequence with seamless transitions	The importance of working at different levels and dynamics How to give good feedback To tense key muscles to hold positions	Create a sequence with seamless transitions Use stretching and curling To arch my back To hold my position to maintain control
	Gymnastics - Stretching and Curling	Autumn 2 Week 4	To use apparatus to perform stretching and curling	The difference between stretching and curling How to perform with good starting and finishing positions What inversion is How to counterbalance using apparatus	Stretch and curl whilst performing a variety of movements Show inversion and counterbalance using apparatus To hold my positions
	Gymnastics - Stretching and Curling	Autumn 2 Week 5	To perform front and back supports, travelling in and out	How to share the apparatus Know a range of jumps, which are stretched and which are curled	Form front to back supports Demonstrate a variety of ways of travelling into and out of supports Maintain posture and control
	Gymnastics - Stretching and Curling	Autumn 2 Week 6	To perform a controlled sequence with curling, stretching and arching	That timing is important to a routine To perform with changes in direction, level and speed That posture and control makes a performance successful	Perform a sequence with clear starting and finishing positions Demonstrate curling, stretching and arching in my work
			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills

Year 1/2	Target Games 3	Spring Week 1	To throw at a target with some accuracy	What position I need to get my body into to throw well How to encourage others to do my best School Games Values of determination and respect	Throw a ball underarm with either hand Throw with some accuracy at a target Take part in challenges Take turns
	Target Games 3	Spring Week 2	To kick a ball at a target with some accuracy	That I need to get my standing foot next to the ball That it is more challenging to hit moving targets	Kick a ball with some accuracy with both feet Strike at targets that move
	Target Games 3	Spring Week 3	To roll with either hand with some accuracy	To change my stance depending on which hand I am rolling with That when playing games I need to share equipment	Roll with good technique with either hand Roll with some accuracy with either hand
	Target Games 3	Spring Week 4	To punt a ball with accuracy and control	That I cannot aim directly at somebody that is moving at speed	Punt a ball with accuracy Punt a ball with either foot Strike with more control over the height of my punt
	Target Games 3	Spring Week 5	To strike a ball with a racket at a target	The technique I need to use when striking a ball with a racket	Strike a ball with a racket at a target Strike with accuracy and some force
	Target Games 3	Spring Week 6	To aim a ball so it arrives on the second bounce	When I might want to throw a ball to arrive on the 'second bounce'	Aim with accuracy at a target so it hits on the second bounce Throw flatter and with more force
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills

Year 1/2	Gymnastics - Pathways	Spring Week 1	To jump and turn through 90, 180 and 270 degrees	What a 90, 180 and 270 degree turn looks like How to take off from one foot and then spring from 2 feet in a jump	Jump in a 90 degree turn Turn through 180 degrees Jump through 180 and 270 degrees
	Gymnastics - Pathways	Spring Week 2	To create a varied sequence in zig zag pathways	What a zig zag pathway is What variety means That feedback is essential to help me improve	Create a sequence in zig zag pathways Demonstrate variety in my movements Perform with clear starting and finishing positions
	Gymnastics - Pathways	Spring Week 3	To perform zig zag and straight pathways	Know ways that I can adapt work to make it better The importance of changes of level and direction	Demonstrate zig zag and straight pathways in my sequence Perform with control and adaptations Work at all 3 levels
	Gymnastics - Pathways	Spring Week 4	To perform a sequence of moves in a curved pathway, adding more movements	What a curved pathway is Different gymnastics movements that fit with my sequence Knowledge of previous gymnastics units	Perform a sequence of moves in a curved pathway Improve my work by acting upon feedback
	Gymnastics - Pathways	Spring Week 5	To demonstrate mirroring and travelling as part of a sequence	What mirroring is How to perform in synchrony with my partner	Travel backwards and sideways as part of a sequence Link my movements together Perform mirroring with my partner
	Gymnastics - Pathways	Spring Week 6	To perform a variety of pathways using controlled transitions	Know ways to transition from one move to the next How to make my performance aesthetically pleasing	Perform a variety of moves on floor and apparatus using different pathways Make my sequences flow
			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills

<u>Year</u> 1/2	Striking and Fielding 2	Summer 1 Week 1	To catch a ball after one bounce To recap the basic rules of cricket	To know basic principles of cricket To run between wickets after striking a ball into space To touch or slide my bat over the crease line	Catch a ball after one bounce Strike a ball off a tee Running technique for speed
	Striking and Fielding 2	Summer 1 Week 2	To bowl overarm To stop the ball as a wicketkeeper	To bowl from the crease line The stance to adopt when keeping wicket What a no-ball and wide are	Bowl overarm with a straight arm Stop the ball consistently as a wicketkeeper
	Striking and Fielding 2	Summer 1 Week 3	To pick up a ball one handed and return it quickly	Why it is important to be able to pick up ball up with both hands At which point from the crease I need to slide my bat	Pick up a ball one handed and return it underarm Return the ball quickly from my bootlaces
	Striking and Fielding 2	Summer 1 Week 4	To become familiar with a high back lift when playing short bowling	Know the rules of cricket The importance of a high back lift when playing short bowling How to form a long barrier The correct technique for throwing overarm	Strike a ball from a short delivery I can back my teammates up in the field Make a long barrier
	Striking and Fielding 2	Summer 1 Week 5	To chase a ball and throw it back accurately To strike a ball and chase down the pitch	Why it is important to back throws up in the field Why we might chase down the pitch as a batsman	Chase a ball and throw it back accurately Strike a ball off a tee whilst on the move
	Striking and Fielding 2	Summer 1 Week 6	To play a game applying the skills I have learned	Why outfielders walk in with the bowler whilst close fielders stand still The importance of good communication between batters and fielders	Play a game applying the skills I have learned Demonstrate the school games values

			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 1/2	Net/Wall Games 2	Summer 1 Week 1	To send and receive a ball with some degree of accuracy	What a position of readiness looks like To track the flight of the ball with my eyes	Send and receive a ball with some degree of accuracy Move quickly into good positions to catch
	Net/Wall Games 2	Summer 1 Week 2	To strike a ball with some degree of accuracy	Know the best technique to return a ball	Strike a ball with some degree of accuracy Volley a ball by getting underneath it
	Net/Wall Games 2	Summer 1 Week 3	To keep a rally going with a partner using hand strikes	That I have to get under the ball to strike it upwards and over a net Know the sideways stance and T position for throwing	Send a ball with increasing accuracy Keep a rally going with a partner
	Net/Wall Games 2	Summer 1 Week 4	To develop grip and control on a tennis racket	What good grip is - v grip on racket How to form a ready position What a T shape is for throwing	Develop a good grip and stance Begin to strike with more consistency and accuracy on the forehand
	Net/Wall Games 2	Summer 1 Week 5	To rally shots using a tennis racket with more success	That the ball has to go over the net The ball has to land in the court on the other side That I need to move quickly to get into good positions to return the ball	Return a ball after one bounce that has been thrown to me Begin to rally a few shots with more success
	Net/Wall Games 2	Summer 1 Week 6	To play a game of short tennis against an opponent	How to play a game of short tennis against an opponent Why we need to try and get to the centre of the court after each shot	Strike a backhand from my own feed Play a game against an opponent using a variety of shots Move fluently around the court

			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 1/2</u>	Athletics	Summer 2 Week 1	To run with technique for fast pace	To retain my focus The importance of a good start To travel with soft knees and quiet landings To keep my head still when running To use my arms to drive up my body in L shapes	Show a sense of anticipation to begin work React quickly Demonstrate agility, balance and control To show running technique
	Athletics	Summer 2 Week 2	To jump with technique in a variety of ways	To cushion my knees when landing The technique for different types of jumps	Jump in a variety of ways Coordinate a run with a jump Comment on others using technical language
	Athletics	Summer 2 Week 3	To develop a hop, leap and jump for a triple jump	How to improve my technique to increase the height and distance of my jumps The difference between a leap and a jump What a triple jump looks like	Discover and develop different styles of jumping Demonstrate a hop, leap and jump
	Athletics	Summer 2 Week 4	To perform a standing and running jump	How to increase distance of my jumps What a standing jump looks like What a running jump looks like Why it is important to warm up	Jump in a variety of ways competently Add a short run up to my jump
	Athletics	Summer 2 Week 5	To throw with increasing technique and accuracy	What a good overarm throw looks like How to increase distance of my throws How to keep others safe when I am throwing	To use an overarm throw To show a sideways position Throw with good technique Throw with a run up

	Athletics	Summer 2 Week 6	To demonstrate a variety of athletic techniques on an obstacle course	WAGOLL for jumping, throwing and running Know the school games values How to share equipment and take turns	Help a peer improve their performance with feedback Demonstrate a variety of athletic techniques competently Complete an obstacle course
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 1/2</u>	Dance-Under the Sea	Summer 2 Week 1	To use my body to create 'under the sea' related shapes, movement and actions	How to contribute key words to a theme related mind map How to translate words/ ideas into theme related shapes, movement and actions	Use my body to create theme related shapes, movement and actions Develop the first 16 counts of a mini beast motif Follow whole group choreography
	Dance-Under the Sea	Summer 2 Week 2	To develop my movement, shapes and actions based on our class mind map	How to contribute key words to an 'under the sea' related mind map How to translate my ideas into movement and actions I know what a good performance looks like - timing, levels and dynamics	Use my body to express simple theme related shapes, movement and feelings Show good listening skills Make links between my work in PE and other subjects Give constructive feedback To develop the second 16 counts of an 'under the sea' motif
	Dance-Under the Sea	Summer 2 Week 3	To use 1-2 actions to create a short travelling section for our motif	To look forwards when travelling To control my speed for safety	Travel safely and creatively in space Show different levels when I travel Show different pathways when I travel

Dance- Under the Sea	Summer 2 Week 4	To use a poem to create an 8-16 count phrase in partners	How to turn what I see into ways of moving How to listen to other people's ideas and vocalise my own thoughts	Communicate effectively with my partner Use pictures to create shapes, movement and actions
Dance- Under the Sea	Summer 2 Week 5	To use a picture to create the next 8-16 count phrase in partners	Know what unison means and looks like How to turn what I can see into ways of moving	Communicate effectively with my partner Use pictures to create shapes, movement and actions Show level, direction and unison Join movement together so that they start to flow
Dance- Under the Sea	Summer 2 Week 6	To remember, improve and perform a simple sequence To peer assess performance	How to use simple technical language to give feedback Travelling Unison Direction Control Timing	Remember and perform a simple sequence of movement Identify WAGOLL and give feedback to help my partner improve

Cycle A- Year 3/4

			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 3/4</u>	Handball	Autumn 1	To send using a javelin style accurately	To signal with my hands when I want to receive a pass Know what a ready position is	Send using a javelin style pass accurately Catch a handball on the run

		Week 1		To move into space after passing	Read position Hands in a 'w' shape Weight on the balls of my feet
	Handball	Autumn 1 Week 2	To pass and receive the ball on the move	If a player holds possession, they can dribble or take three steps for 3 seconds	Pass and receive a ball on the move Pass quickly under pressure
	Handball	Autumn 1 Week 3	To use overarm technique when throwing	How to backup teammates when throws are misplaced That I need to be light on my feet to move quickly	Throw and shoot accurately using overarm technique Demonstrate agility
	Handball	Autumn 1 Week 4	To work alongside and against each other when attacking and defending	The rules of handball Attack and defence principles from Y1/2 How to make the most of having an extra player	Intercept passes Block a shot
	Handball	Autumn 1 Week 5	To participate in a small sided game of handball	That a plan is important if the team goes down to having one fewer player	Participate in small sided games Play the rules of the game Use attack and defence
	Handball	Autumn 1 Week 6	To play in a variety of positions with increasing confidence	The rules of handball The roles of different positions on the pitch The importance of teamwork and sportsmanship	Demonstrate a wide range of skills Play in a variety of positions Keep control of my emotions when playing
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills

Year 3/4	Gymnastics - Symmetry	Autumn 1 Week 1	To create a sequence using different spins on patches	That patches are larger body parts Smooth transitions are controlled movements that join shapes together How to use feedback to improve my performance	Create a sequence using different spins on patches Perform with smooth transitions
	Gymnastics - Symmetry	Autumn 1 Week 2	To create a sequence of spins on points at different levels	The importance of working with control That points are smaller body parts Smooth transitions are controlled movements that join shapes together	Create a sequence of spins on points at different levels Perform with smooth transitions Walk like a 'giraffe'
	Gymnastics - Symmetry	Autumn 1 Week 3	To spin symmetrically and asymmetrically on points and patches	What symmetrical and asymmetrical shapes look like The importance of a clear starting and finishing position	Spin symmetrically and asymmetrically on points and patches Work at different levels
	Gymnastics - Symmetry	Autumn 1 Week 4	To perform a forward roll	How to work constructively with a partner What a forward roll looks like How to perform a forward roll	Perform a forward roll Perform a series of symmetrical and asymmetrical rolls Work in partners
	Gymnastics - Symmetry	Autumn 1 Week 5	To work in different formations with a partner	How to work in time with a partner Safety when working with apparatus	Work in different formations Perform balances in unison Use a range of balances, spins and jumps
	Gymnastics - Symmetry	Autumn 1 Week 6	To create a controlled sequence using a range of symmetrical and asymmetrical moves	What symmetrical and asymmetrical shapes look like The importance of a clear starting and finishing position How to listen to peer assessment and improve my work	Create a sequence using a range of symmetrical and asymmetrical gymnastics moves Alternate between symmetry and asymmetry

			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 3/4	OAA	Autumn 2 Week 1	To work as part of team to match ordnance survey symbols	Know some ordnance survey symbols from Geography How to use the process of elimination to work out symbols I don't know	Work as part of a team Show enthusiasm, determination and resilience
	OAA	Autumn 2 Week 2	To work together to solve problems	To communicate well and negotiate to solve problems To show grit and perseverance to try again when things don't go to plan	Work together in a small group to solve problems Compete under pressure Control my emotions Listen carefully to instructions
	OAA	Autumn 2 Week 3	To plan a route map	Know the compass points (linked to Geography lesson 1 Autumn 2) How to navigate around an area How to follow directions	Negotiate with my group Plan a route map
	OAA	Autumn 2 Week 4	To demonstrate agility, balance, coordination and precision when working in a group	The importance of listening to others and communicating well	Work with others to solve a problem Follow the rules of an activity Show agility, balance and coordination
	OAA	Autumn 2 Week 5	To identify areas of the school ground using map skills	How to read a map How to find clues Know the compass points	Identify areas of the school grounds Use a map confidently Run and think simultaneously Compete against each other
	OAA	Autumn 2	To use photographic clues to locate areas of the school	How to take photos on an ipad How to take turns and use equipment safely	Identify where a number of controls are located Use photographic clues

		Week 6				Take photographs of interesting places around the school site
		Outdoor				
Year Group	Topic	Week	Learning Objective	Knowledge	Skills	
<u>Year 3/4</u>	Tag Rugby	Autumn 2 Week 1	To become familiar with a rugby ball and how to tag an opponent	How to hold a rugby ball- W shape How to score a try How to tag safely	Scoop a ball up from the floor Dodge to avoid being tagged by an opponent Tag safely	
	Tag Rugby	Autumn 2 Week 2	To communicate with others when sending and receiving a ball	Know how to tag an opponent How to restart a game after a try has been scored	Pocket pass with accuracy from right and left Make a target to receive a ball Send and receive a ball under pressure Shout 'tagged' for good communication	
	Tag Rugby	Autumn 2 Week 3	To pass a rugby ball backwards accurately and dummy a pass	Know to run at pace Know to commit a defender when attacking How to close space when defending (linked to Y1/2)	Pass a rugby ball backwards accurately Dummy a pass Brace myself to grab a tag	
	Tag Rugby	Autumn 2 Week 4	To pass backwards consistently	Know how to attack and defend Know to support the ball carrier by staying just behind them What a knock on and forward pass are	Pass backwards consistently Create an overlap	
	Tag Rugby	Autumn 2	To develop attack and defence tactics	To stagger an attacking line Know to defend across the width of the pitch	Pass and miss out players in the line Set up defensively opposite an opponent	

		Week 5			
	Tag Rugby	Autumn 2 Week 6	To apply a range of skills effectively in a game of tag rugby	The offside rule in rugby How to restart the game after a try	Apply a range of skills effectively in a game of rugby Play to the rules
			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 3/4	Tennis	Spring Week 1	To play a game of hand tennis, applying basic rules of tennis	What a ready position is Know to get to the centre of the court after playing each shot	Take up a ready position Move into good positions to strike a ball Play a game of hand tennis Move my opponent around the court
	Tennis	Spring Week 2	To hit consistent forearm returns	What a backswing is What a return is What forearm returns are Know to keep my head still How to aim using parts of the racket	Hit consistent forearm returns Get into consistently good positions to hit the ball after one bounce To hit with a bull backswing
	Tennis	Spring Week 3	To perform a backhand shot using the correct body positioning	What a backhand shot looks like To use one or two hands to maintain control	Perform backhand shots Get into a good position to play backhand shots Strike the ball on the backhand with consistency
	Tennis	Spring Week 4	To perform a volley forehand and backhand	What a volley is That the ball should be deflected downwards to create a bounce over the net	Volley a ball forehand and backhand Strike the ball downwards

	Tennis	Spring Week 5	To move into the correct position when playing a variety of shots	The rules of tennis How to score in tennis	Serve from a baseline into my opponent's side of the court Move into the correct position to play a variety of shots
	Tennis	Spring Week 6	To apply tactics against an opponent in a game	Know my own and opponent's strengths and weaknesses How to score The rules of tennis	Use tactics against an opponent Demonstrate tactics to score points
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 3/4</u>	Gymnastics - Receiving Body Weight	Spring Week 1	To take weight on patches to make clear shapes	The difference between symmetrical and asymmetrical work How to make shapes clear	Take weight on patches Create symmetrical and asymmetrical shapes in balances Use patches to form balances
	Gymnastics - Receiving Body Weight	Spring Week 2	To take body weight on my back and shoulders	What inversion is How to feedback constructively to a partner	Take body weight on my back and shoulders Use balance and motion Perform in front of my peers with physical confidence
	Gymnastics - Receiving Body Weight	Spring Week 3	To know and perform a variety of movements where I take my weight on my hands	How to perform a cartwheel Know a variety of movements where I can take my weight on my hands: bunny jumps crab cartwheels handstands	Take weight on my hands as part of a sequence of moves Transition into inversion

Gymnastics - Receiving Body Weight	Spring Week 4	To take my body weight on my back, shoulder and bottom on apparatus	The importance of good timing How to control my movement How to make shapes clear	I can take my weight on my back, bottom and shoulders Use balance and motion Walk like a 'giraffe'- tall and straight legs Show rolls, balances and spins
Gymnastics - Receiving Body Weight	Spring Week 5	To perform and improve shoulder and teddy bear rolls	How to perform each roll How to roll safely How to travel like a spider	Perform shoulder and teddy bear rolls Use balance and motion Peer assess using the correct technical language
Gymnastics - Receiving Body Weight	Spring Week 6	To create a controlled sequence using balance and motion	What points and patches are How to share apparatus safely	Perform with control and a range of dynamics Receive and hold my body weight Use a variety of points and patches Use balance and motion

Outdoor

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 3/4</u>	Rounders	Summer 1 Week 1	To send and receive a ball using correct technique	That correct grip on a ball supports the accuracy and success of the shot To watch the ball right into soft hands when receiving	Send using underarm throwing technique Send using correct grip on tennis ball Receive using catching technique of soft hands
	Rounders	Summer 1 Week 2	To develop basic bowling and batting skills	Know to use a sideways position to increase success How to grip a ball so it comes out of hand smoothly	Develop basic bowling and batting skills To use batting skills from Y1/2 to support my progress

					Show a sideways position for both striking and bowling
	Rounders	Summer 1 Week 3	To show an understanding of rounders rules	What a no ball is Why fielders might start off a base and then move after a strike	Develop overarm technique Make decisions about when to run as a batter Communicate with other players for the good of the team
	Rounders	Summer 1 Week 4	To develop fielding skills and understanding of the rules	To know some rules of rounders Which ground fielding techniques to use How to get into overarm position to return to the bowler quickly When happens when I miss a rounders ball or hit behind me	Field the ball off the ground use a variety of techniques Step forwards using non throwing foot for accuracy in underarm throws
	Rounders	Summer 1 Week 5	To call for and catch a high ball comfortably	How to keep score To call my name if going for a high catch	Catch high balls comfortably Backpedal to catch balls over me
	Rounders	Summer 1 Week 6	To perform confidently in a range of positions in a competitive game	The rules of batting and fielding in rounders How to back up other fielders	Perform well in a range of positions in a competitive game Demonstrate an understanding of the rules Accept decisions made
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 3/4</u>	Swimming	See separate Swimming week by week			

			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 3/4</u>	Athletics	Summer 2 Week 1	To use correct technique to start a sprint race	How to start a sprint race To thrust from the back foot To look 5m down the track The importance of keeping the first few metres low of powerful	Use correct technique to start a sprint race Develop my coordination to improve speed
	Athletics	Summer 2 Week 2	To combine sprints with hurdling	Which foot to take off from That hurdling needs a lead leg and a trail leg	Hurdle efficiently and consistently Sprint between hurdles To clear the hurdles as quickly as possible
	Athletics	Summer 2 Week 3	To use correct technique in long and triple jumps	That the triple jump can be remembered as 'same, different, both' That a run up is 3-4 steps	Develop technique and consistency of jumps Jump consistently off the same foot Scissor kick in long and triple jumps
	Athletics	Summer 2 Week 4	To throw overarm with power for distance	That my body should be sideways when throwing The pull technique in throwing That overarm is used for javelin events	Throw overarm accurately Throw overarm with power for distance
	Athletics	Summer 2	To run a relay efficiently with safe baton exchange	How to receive a baton safely	Accurately show correct technique for running, jumping and throwing events

		Week 5		Track your partner at arms length in baton exchanges Recall technique for triple jump	Run a relay efficiently as part of a team
	Athletics	Summer 2 Week 6	To challenge myself for personal best	What personal best is How to improve for personal best How to measure my own and other's performance	Accurately show correct technique for running, jumping and throwing events Challenge myself to beat previous performance
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 3/4</u>			Swimming - See separate week by week		

Cycle B- Year 3/4

			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 3/4</u>	Basketball	Autumn 1 Week 1	To control a basketball using both hands	Know how to vary movement Know how to control the ball when moving	I can control a basketball using both hands To perform a variety of skills:

				Know what the triple threat position is	<ul style="list-style-type: none"> dribbling bouncing the ball from different hands triple threat position
Basketball	Autumn 1 Week 2	To control the ball on the move		Know rules and key vocabulary: <ul style="list-style-type: none"> Double dribble Travelling Triple threat Pivoting 	Control the ball on the move Keep my head up when dribbling the ball To pivot when changing direction
Basketball	Autumn 1 Week 3	To pass and receive the ball with correct technique		Know to step into the direction of the pass Know to have a target before throwing Recall key points for chest and bounce pass	Pass the ball using techniques of targeting To receive a pass by stepping in the direction Perform chest and bounce passes
Basketball	Autumn 1 Week 4	To pass on the move to maintain possession		Know how to maintain possession of the ball Know to use quick passes, movement and communication	Pass the ball on the move Communicate with others Apply the rules of basketball in small games
Basketball	Autumn 1 Week 5	To use the correct technique of BEEF to shoot a basketball		Know what BEEF is and what it is used for in basketball Know how to work as a team to find space	Use correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball
Basketball	Autumn 1 Week 6	To apply the correct technique and rules of a simple basketball game		Know how to communicate with team mates Know the principles of attacking and defending	Dribble, pass and shoot a basketball Use correct technique and rules of the game

Indoor

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 3/4	Health Related Fitness	Autumn 1 Week 1	To know how to sustain my performance over periods of time	What stamina is How to sustain physical activity over periods of time How to adapt exercises to make them easier or harder That warm ups and cool downs help to reduce risk of injury	Warm up and cool down after exercise Sustain my performance even when tiring
	Health Related Fitness	Autumn 1 Week 2	To understand what flexibility is and reflect on effects of relaxation	What flexibility is Why flexibility is important to the body Why relaxation is important to life	Perform a variety of yoga poses Retain focus and concentrate on quality of my own work
	Health Related Fitness	Autumn 1 Week 3	To develop and explain the importance of good core strength	Why core strength and flexibility are important in almost every sport Why they are important for reducing injury That a range of exercises done consistently can help develop my fitness	Demonstrate good core strength Keep going even when my muscles are fatiguing Explain how I can develop my fitness
	Health Related Fitness	Autumn 1 Week 4	To develop plyometrics and an understanding of its benefits on fitness	What plyometrics are How plyometrics can benefit me in PE What are of fitness plyometrics is developing	Jump dynamically Land safely Explain the benefits of plyometrics on fitness
	Health Related Fitness	Autumn 1 Week 5	To improve running technique and understanding of its benefits	What different parts of my body should be doing when I am sprinting How to start and finish a sprint race	Improve running technique Demonstrate correct sprinting technique Explain how sprinting can affect fitness

	Health Related Fitness	Autumn 1 Week 6	To improve on previous personal bests	Know the effects of exercise on the body Why it is important to cool down and stretch after vigorous exercise	Refine my techniques Improve on previous personal bests
			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year</u> <u>3/4</u>	Football	Autumn 2 Week 1	To send and receive a football using the inside of my foot	Know some rules of football Know to be on the balls of my feet when waiting to receive a pass Know how to find space after passing	Trap a ball and cushion it when receiving Pass the ball accurately Move into a space after passing Use the inside of my foot when passing over short distances
	Football	Autumn 2 Week 2	To dribble using both feet and different parts of the foot	How to position my body in relation to the ball How to shield the ball Why it is important to take touches with different parts of the foot when dribbling	Dribble a ball using both feet Manipulate the ball using different parts of the foot Shield a ball from an opponent
	Football	Autumn 2 Week 3	To turn confidently with the ball	How to get the ball out wide To use the full width of the pitch Know what a drag turn and N turn look like Know which type of turn to use	Turn confidently with a ball Play a small game to demonstrate my turns: Drag turn N turn
	Football	Autumn 2 Week 4	To begin to use overlapping and underlapping when in a 1v1 and 2v1 situation	How to defend against an opponent when in a 1v1 situations When to overlap and underlap	Make good decisions when in possession Use overloading, overlapping and underlapping when my team has more players

				Know that when at a disadvantage, good organisation in the team is important	
	Football	Autumn 2 Week 5	To use space effectively when defending	Know the rules of football That the team needs to be balanced That chasing the ball will not result in possession To pass and move into space Know to get behind the ball and close the space	Defend well by watching the ball and waiting Show decisiveness Maintain concentration when the ball isn't in my area of the pitch
	Football	Autumn 2 Week 6	To demonstrate a range of attack and defence skills in a competitive game	Know the rules of football Know to always plan ahead when out of possession Know to keep the ball in sight	Demonstrate a range of attack and defence skills in a competition Get into sideways position when receiving the ball
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 3/4</u>	Dance-Romans	Autumn 2 Week 1	To use words to move creatively in different ways	How to contribute key words to a theme related mind map Use my knowledge from History to help me How to translate words and ideas into actions	Share what we know about the theme Demonstrate good timing, posture and extension Combine actions together
	Dance-Romans	Autumn 2 Week 2	To use 2-3 actions to develop a travelling sequence at different levels	How to translate theme related actions into travelling movements Know that good timing and control are important for overall performance	Develop a 32 count travelling section Use 2-3 actions Creatively change static actions into travelling movements Show different levels and pathways when I travel

Dance-Romans	Autumn 2 Week 3	To develop a 16 count pairs sequence	How to translate images into actions What mirroring is Know that good communication is important to overall performance	Develop a 16 count pairs sequence Communicate effectively with a partner Use pictures creatively How mirroring and changes in levels
Dance-Romans	Autumn 2 Week 4	To develop a 16-32 count group sequence using canon	Know how to listen and share ideas How to translate words from a poem into movement Know what canon formation is	Communicate effectively within a group Demonstrate canon formation Demonstrate good timing and control
Dance-Romans	Autumn 2 Week 5	To finalise a 16-32 count group sequence using canon	Know that a good performance has clear shapes, good timing, posture and extension How to listen to other people's ideas How to vocalise my own thoughts	Improve our ideas through constructive feedback Communicate with group effectively Show use of canon and changes in formation
Dance-Romans	Autumn 2 Week 6	To perform, review and improve our finished performance piece	How to recognise good timing, execution and performance skills How to give useful feedback to a partner	Evaluate the work of others using accurate technical language

Outdoor

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 3/4</u>	Dodgeball	Spring Week 1	To throw overarm powerfully and accurately	To aim low and throw down to make it harder for the other team Throw in a straight line rather than a dome When to attack and when to defend	Throw overarm powerfully and accurately Keep an eye on the opposition at all times
	Dodgeball	Spring	To develop dodging techniques to make me more difficult to hit	Know the basic rules of dodgeball	Keep my eye on the opposition at all times

		Week 2		Know to keep moving to make myself more difficult to hit Know what successful dodging looks like	Time when to move to the net to throw To keep on the move to make myself more difficult to hit
	Dodgeball	Spring Week 3	To judge effectively which balls to catch and which to dodge	Know the consequence of dropping an attempted catch	Catch effectively to bring teammates back into the game Judge which balls to catch and which to dodge
	Dodgeball	Spring Week 4	To develop peripheral awareness	Know that peripheral awareness is seeing actions that are not directly in your line of vision How to evaluate and improve performance of my team	Show good peripheral awareness Adapt to different rules quickly
	Dodgeball	Spring Week 5	To apply dodgeball skills to a competitive game	The rules and versions of dodgeball	Attack decisively Defend skilfully Work alongside others to agree tactics
	Dodgeball	Spring Week 6	To play strategically to the rules of RSGP dodgeball formats	The rules of RSGP competition dodgeball Know that tactics must be decided as a team to be successful	Make good decisions at crucial times of games Compete with school values
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 3/4	Yoga	Spring Week 1	To demonstrate a range of yoga poses whilst breathing	How to prepare my body by breathing and stretching Know what yoga is Know what the benefits of yoga are	Perform a variety of poses Retain my focus

	Yoga	Spring Week 2	To hold positions with good alignment and shape	How to breathe properly How to use breath to maintain shape Know and recall yoga poses	Hold positions with good alignment and shape Recall and demonstrate a variety of poses Explain the effects of relaxation on the body and mind
	Yoga	Spring Week 3	To work with control and isolating body parts	How to maintain concentration How to manage distractions Know the importance of core work in yoga	Work with control and isolating body parts Show self motivation
	Yoga	Spring Week 4	To control my breathing when exercising and meditating	Know the importance of relation How to meditate What meditation is used for	Control my breathing as I am exercising Retain focus while meditating To explain the links between yoga and mood
	Yoga	Spring Week 5	To work in a group to create a yoga flow	Know how to relax Know that a good yoga flow has poses that fit seamlessly together	Work in a group to perform different poses Devise my own meditation and visualization
	Yoga	Spring Week 6	To understand and explain the benefits of learning yoga poses	Know the benefits of learning yoga Know how to continue with yoga out of school Know how to use breath work in the classroom for relaxation	Explain what the benefits of yoga are Explain the importance of breathing
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year</u> <u>3/4</u>	Swimming - See separate week by week				

			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 3/4	Gymnastic s- Pushing and Pulling	Summer 1 Week 1	To balance on different points and patches with a partner	What a point of contact is That synchrony means together and in time How to use apparatus safely	Balance on different points and patches Match a partner's moves in synchrony Perform both on the floor and on apparatus
	Gymnastic s- Pushing and Pulling	Summer 1 Week 2	To compose a partner sequence using contrast	That contrast means to be strikingly different Know how to contrast by using levels, directions, pathways and speeds	Compose a sequence with a partner Perform elements of my sequence in contrast to a partner Show contrast through changes in levels, directions, pathways and speed
	Gymnastic s- Pushing and Pulling	Summer 1 Week 3	To match and contrast balances with a partner	How to work with a partner to perform in unison What unison means How to act upon feedback	Match my partner's asymmetrical balances Work with contrasting dynamics to my partner Improve my performance
	Gymnastic s- Pushing and Pulling	Summer 1 Week 4	To create a sequence involving matching and contrasting	How to move from matching to contrasting That practise helps performances become successful	Work alongside a partner to produce our best work Create a sequence involving matching and contrasting Perform with control and poise
	Gymnastic s- Pushing and Pulling	Summer 1 Week 5	To compose a group sequence	Know that communication and negotiation are important when composing That practise helps performances become successful	Compose and then practise a sequence Show poise in contrasting and matching shapes Use technical language to describe movement

	Gymnastic s- Pushing and Pulling	Summer 1 Week 6	To perform our final group's performance	Know the school games values Know the importance of applying them Know what success looks like	Work at contrasting levels Perform in unison and canon Give and receive feedback
			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 3/4</u>	Cricket	Summer 2 Week 1	To perform a high back lift for a short ball	What a high back lift looks like Why and when we might use a back lift That a short ball means short of a good length so it bounces far in front of the batsman/woman What the crease is for	Stand sideways on with a high back lift Step back and across to pull a short ball
	Cricket	Summer 2 Week 2	To bowl and wicket keep with greater understanding	How to grip a ball when bowling The process of bowling from the coil to real the ball How to position myself when wicketkeeping What the wickets are for	Bowl a ball overarm with a straight arm Take up a wicket keeping stance Take balls bowled on both sides of the wicket
	Cricket	Summer 2 Week 3	To how greater understanding of batting and running between wickets	When to slide my bat to make my ground when running between wickets What 'backing up' means in fielding	Throw accurately and powerfully Hit the ball by driving and then run between a set of wickets Slide my bat if necessary
	Cricket	Summer 2 Week 4	To bat and bowl successfully with a partner	The different calls I make as a batsman: YES, NO or WAIT Which batsman/woman calls and when to call	Hold my bat correctly Communicate effectively using calls Bowl with increasing accuracy

	Cricket	Summer 2 Week 5	To develop fielding techniques when a ball is struck	How to form a long barrier To form a long barrier when fielding a hard shot	Bowl with a run up Stop hard balls struck by me by forming a long barrier Communicate effectively with a partner when batting
	Cricket	Summer 2 Week 6	To play different roles in a competitive game	Know the different roles and rules When to stand still and when to walk in as the bowler runs Why I need to call my name when going for a high catch	Back up fielders in the field Play purposefully Take on different roles in the game
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 3/4</u>	Swimming - See separate week by week				

Cycle A - Year 5/6

			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 5/6</u>	Tag Rugby	Autumn 1 Week 1	To pop pass and pocket pass	Some basic principles of rugby What is a try and what isn't How to grip the ball	Pop pass and pocket pass Tag someone safely Carry the ball in two hands upwards in a 'w' shape

				When to pop pass and when to pocket pass	
Tag Rugby	Autumn 1 Week 2	To send and receive the ball under pressure		What position I need to get into to pass left or right To roll my hands when changing positions and making catches	Send and receive the ball on the run and under pressure Pass well to my left and right
Tag Rugby	Autumn 1 Week 3	To pass a rugby ball backwards consistently		Know rules of tag rugby To close the space when defending Know what a knock on and forward pass are	Pass a rugby ball backwards Pass accurately Dummy a pass To look out for dummy pass when defending
Tag Rugby	Autumn 1 Week 4	To pass and miss out players in a line		How to play the ball by putting it down and rolling it behind me Why players need to be in a line That offside is when players have run past their team's side of the ball	Pass and miss out players in a line Take a tap penalty with a dummy half To run on the ball at pace Remain onside by keeping to my team's side of the ball
Tag Rugby	Autumn 1 Week 5	To attack in a staggered line		Know to organise attacking lines on either side of the ball Know to attack in staggered formation and why Know that each team has a limited number of tackles before possession changes to the other team	Attack in staggered line Organise my position so that I receive passes on the run Remain in the line
Tag Rugby	Autumn 1 Week 6	To show game understanding and apply skills to a game		When the referee might play advantages and when they won't How to play a game of tag rugby Know when we get the ball in the centre of the pitch near the	Apply skills effectively to a game Develop game understanding Compete in a game of tag rugby Use some tactics when in play

				opponent's line, we stretch their defence	
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 5/6</u>	Team Building and Problem Solving	Autumn 1 Week 1	To communicate effectively and listen to others	Know the difference between verbal and non-verbal communication I know to be clear in my verbal communication Know what effective communication is	Communicate verbally Use non-verbal communication effectively Make a plan as a team
	Team Building and Problem Solving	Autumn 1 Week 2	To work effectively with others	Know that teamwork leads to success What respect looks like in both verbal and non verbal communication Know the school games values	Work effectively with others Respect the opinions of my teammates Work with different people with the same success
	Team Building and Problem Solving	Autumn 1 Week 3	To perform calmly under pressure	Know what success looks like Know how to communicate to make a plan Know that other people have ideas equal to value to my own	Perform calmly under pressure Make a plan Evaluate as a team for improvement Try out new strategies
	Team Building and Problem Solving	Autumn 1 Week 4	To put my trust in others	The importance of clear instructions What trust means Why trust is important to team situations	Put my trust in others Listen carefully to instructions Give clear instructions

	Team Building and Problem Solving	Autumn 1 Week 5	To work with others to apply a plan	Know what makes a good team Know that in a team people play different roles That the team needs a plan before the activity begins	Work with others to apply a plan To carry out the plan as a team To carry out my role within the team
	Team Building and Problem Solving	Autumn 1 Week 6	To apply team building skills and persevere in times of challenge	How to speak encouragingly to teammates Know the school games values	Persevere when things go wrong Show the school games values in my work Use a range of skills from the unit and apply

Kentmere Academy **Outdoor** Kentmere Academy

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 5/6</u>	Dodgeball	Autumn 2 Week 1	To develop effective throwing technique for dodgeball	Know the rules of dodgeball To aim low to get an opponent out Not to turn my back on the other team	Throw hard and low at my opponents Dodge to evade the ball Catch balls to get teammates back in the game
	Dodgeball	Autumn 2 Week 2	To develop effective dodging skills	That by moving around I make myself more difficult to hit How to get an opponent out Know to stay light on my feet	Dodge balls that are thrown at me using change in direction, quick movements and keeping an eye on the ball Throw with increasing power Throw with a low and straight trajectory
	Dodgeball	Autumn 2	To catch balls low down that are thrown at pace	Know that if I drop an attempted catch I am out	Catch balls low down and thrown at pace at me Keep an eye on the ball

		Week 3		When it is wise to try and catch the ball and when to dodge	
	Dodgeball	Autumn 2 Week 4	To play adapted games with special rules	Know that I need to work as part of a team What to do when my team are down a couple of players	Use a ball to block incoming fire Play adapted games with special rules Evaluate our team's performance
	Dodgeball	Autumn 2 Week 5	To play by a set of agreed rules	Know the agreed rules of the game Know that dodgeball can have different rules	Play by the rules Work as a group to come with up tactics Officiate when asked
	Dodgeball	Autumn 2 Week 6	To use tactics within my team based on the strengths of the opposition	Know my strengths and where I can improve To target the strongest players on the opposite team	Choose the right moment to attack and defend Compete against others effectively Use tactics within my team based on the strengths of the opposition
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 5/6</u>	Gymnastics - Partner work	Autumn 2 Week 1	To perform a range of rolls with control	That I need momentum to get back on my feet The importance of a starting and finishing position What a successful roll looks like	Perform a variety of rolls Perform a forward roll Roll over my partner
	Gymnastics - Partner work	Autumn 2 Week 2	To form strong arches and bridges	What an arch look like What a bridge looks like That I need to use my muscles to hold positions	Form strong arches and bridges Support my weight on front and back Create sequences with a partner

	Gymnastics - Partner work	Autumn 2 Week 3	To leapfrog under and over	What leapfrogging looks like How to leapfrog safely	Leapfrog others safely Create opportunities for others to travel under and over me
	Gymnastics - Partner work	Autumn 2 Week 4	To travel under and over in a controlled sequence	How to vary the speed of my movements How to show contrast That I need to use my muscles to control my sequence	Work with a partner to travel over and under Use both floor and benches Travel in different ways Create a fluent and controlled sequence
	Gymnastics - Partner work	Autumn 2 Week 5	To travel over my partner	How to refine sequences to ensure quality Know different ways to travel over my partner: <ul style="list-style-type: none"> • Cat springs • Cartwheels • Bunny jumps 	Take weight on my hands Spin from front to back to support my partner Show different ways to travel Show different spins Show different rolls
	Gymnastics - Partner work	Autumn 2 Week 6	To perform a sequence using travelling under and over	How to perform to an audience What control and poise look like That transitions should be just as controlled as the spins and rolls	Use the floor and apparatus Show control and poise Show seamless transitions Have a clear starting and finishing position
			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 5/6</u>	Football	Spring Week 1	To demonstrate skill and control	Know to keep the ball close Know which part of the foot to use Know to move into space after passing	Dribble the ball with control Pass the pass with the inside of my foot Pass the ball and move into space

				To anticipate that the ball might come to me	
Football	Spring Week 2	To keep possession of the ball		Know what possession means How to get free from a defender Know to keep my head up	Dribble with the ball close to me Dribble at different speeds To tap the ball using different parts of my foot
Football	Spring Week 3	To demonstrate shooting technique		Know what makes a good goalscorer How to make it harder for the attacker by closing space and intercepting	Demonstrate shooting technique Touch the ball out of feet and strike then strike ball towards the goal Keep the ball moving when running at an opponent To close space and tackle as a defender
Football	Spring Week 4	To defend effectively		Know defence tactics How to make it harder for the attacker by closing space and intercepting	Communicate well with teammates Defend thoughtfully Slow attackers down
Football	Spring Week 5	To combine skills to create goal scoring opportunity		What an overload, underlap and overlap are in attacking That goal opportunities come from teamwork	Create goal scoring opportunity: <ul style="list-style-type: none"> • decisive runs into space • good dribbling • close control • passes Make the most of having extra players Develop overloading, underlap and overlap tactics when attacking
Football	Spring Week 6	To play a competitive game of football		The rules of the game Know school games values Attack and defence tactics	Officiate games showing understanding of rules Play competitive games Control my emotions Accept referee decisions

			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 5/6	Dance-WW2	Spring Week 1	To create imaginative actions based on a mind map of WW2	Know what unison is What a motif is Facts about WW2	Develop actions based on a themed mind map Show understanding of timing Perform in unison
	Dance-WW2	Spring Week 2	To develop a 32 count individual travelling section	How to change static action into travelling movement How to keep time	Turn 3-4 actions into a travelling sequence Think creatively to find solutions Use level changes, pathways and different directions
	Dance-WW2	Spring Week 3	To develop a 16-32 count pairs section	Recall choreography from previous week How to translate images into actions How actions can communicate meaning	Communicate effectively with a partner Use a poem as a stimulus Include mirror image Use level changes, pathways and different directions
	Dance-WW2	Spring Week 4	To develop a 32 count group section using chance choreography	Know that chance choreography is when movements are added to the overall choreography by chance, such as tossing a coin	Show use of canon, unison and mirror image Show cooperation and equal contribution Communicate with my group
	Dance-WW2	Spring Week 5	To finalise a 32 count group section	Recall choreography from previous week Know what chance choreography is Know that an effective performance has clear actions and good timing	Provide useful peer feedback Use chance choreography Show use of canon and changes in formation

	Dance- WW2	Spring Week 6	To peer assess performance and improve work based on feedback	How to recognise good timing, execution and performance skills Know the school games values	Evaluate the work of others using technique language To improve own performance based on feedback
			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 5/6</u>	Rounders	Summer 1 Week 1	To further develop throwing and catching techniques	Know to catch the ball in line with my nose How to grip the ball Know what peripheral vision is Know the school games values	Catch with soft hands Throw accurately into space Use my peripheral vision when running
	Rounders	Summer 1 Week 2	To further develop bowling and ground fielding	Bowl with a straight arm Know that bowling should be at a consistent height Know techniques of ground fielding	Bowl accurately Bowl at a consistent height Ground field consistently Use a high backlift when batting
	Rounders	Summer 1 Week 3	To further develop tactical awareness in a small game	Know the role of a back stop Know why a strike is important for success	Catch and throw quickly from back stop Strike with some accuracy into a given area
	Rounders	Summer 1 Week 4	To communicate effectively with teammates when running between bases	Rules when batting and running between bases Know to think ahead and speak to my teammates	Back up fielders in the outfield Communicate with my teammates when I'm running between bases Play for the good of the team
	Rounders	Summer 1 Week 5	To play a full game showing understanding of rules and tactics	That fielders on the 2nd, 3rd and 4th base can start deep and come onto their bases as necessary	Throw with accuracy under pressure Play a full game in small groups Play different roles within the team

				The importance of great communication when playing rounders	
	Rounders	Summer 1 Week 6	To field tactically based on the batsman/ batswoman	Know that I should adjust my position based on the opponent Know the school games values	Adapt my game according to direct opponent Show an understanding of rules Accept decisions made
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 5/6</u>	Yoga	Summer 1 Week 1	To adopt a rest position and relaxation pose	The relaxation pose What the rest position is The importance of breath work Know that I should stop and rest if it feels uncomfortable	Adopt a rest position and relaxation pose Hold my poses for 3 slow breaths Listen to my body for areas of tightness and discomfort
	Yoga	Summer 1 Week 2	To develop my concentration in yoga	The wider benefits of doing regular yoga That lots of different sports can be improved through yoga practice	Prepare my body for yoga Put myself in the right state of mind Comment on how yoga makes me feel Match breath work with each yoga pose
	Yoga	Summer 1 Week 3	To recognise how yoga can help with stress relief	Know that yoga can help us slow down, forget worries and relax our minds To match the breath with each yoga pose That yoga can be used to relieve stress, such as exam preparation	To recognise how yoga can help stress relief To make links between physical and mental health To find ways to use yoga practice in everyday life
	Yoga	Summer 1 Week 4	To perform a relaxation sequence of yoga flow	What benefits there are to me physically and mentally from different poses	Perform a relaxation sequence of yoga flow with control To match with breath work for 'flow'

				That effective yoga flow links poses together that link in seamless transition Yoga poses are called asanas	
	Yoga	Summer 1 Week 5	To use positive affirmations in yoga flow	That a positive affirmation is a positive phrase or statement to challenge negative or unhelpful thoughts How to 'mirror' in yoga	Make positive affirmations To use mirroring with a partner Be reflective fo my own performance
	Yoga	Summer 1 Week 6	To know, perform and explain the benefits of a wide range of poses	Know a wide range of yoga poses Know the benefits of each pose How to make an affirmation circle	Perform a wide range of poses Articulate what I enjoy about yoga Explain how yoga can help me Explain how each pose benefits my body
Outdoor					
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 5/6</u>	Cricket	Summer 2 Week 1	To throw overarm and catch consistently well	Recap striking and fielding knowledge from Y1/2 That a crease is my area of play Know to slide my bat over the crease when running What a position of anticipation looks like when fielding	Catch consistently well under pressure Throw accurately overarm
	Cricket	Summer 2 Week 2	To strike a ball to leg side	How to grip the bat correctly What a stance looks like when batting Know that leg side is the opposite side to the hand you are batting with Know that offside is the same side as the hand you are batting	Strike the ball when batting Pull a ball from a short delivery to the leg side I can bowl with a short run up I can bowl with straight arm for accuracy

	Cricket	Summer 2 Week 3	To perform a range of fielding techniques	Which ground fielding techniques to use and why: <ul style="list-style-type: none"> • Long barrier • Catch • Bowl with a run up • Overarm throw 	Perform a range of fielding techniques Bowl with a run up Use calls when batting Perform a long barrier to stop the ball
	Cricket	Summer 2 Week 4	To pick up and return a ball with one hand quickly To perform a straight drive when batting	That I can leave my crease to hit balls Why I might leave my crease When I might use a one handed pick up	Bowl with consistency accuracy and length Pick up and return a ball with one hand quickly Use my feet to get to the pitch of the ball when batting Perform a straight drive when batting
	Cricket	Summer 2 Week 5	To bowl leg spin and square cut shot when batting and bowling	What a square cut shot is How to bowl leg spin What overthrows are Why it is important for outfielders to walk in with the bowler	Show tactical awareness as a fielder Bowl out of the back of my hand Play a square cut shot when batting
	Cricket	Summer 2 Week 6	To link my skills and perform in a competitive game	Know to have back up for possible overthrows The importance of communication when batting	Link my skills and perform in a competitive game Bowl by running in close to the wickets To work as a team
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills

Year 5/6	Athletics	Summer 2 Week 1	To change pace and run at different tempos	How to control running over middle distances How running a bend differs from running straight - hug the line, lean into the bend	Warm up effectively to reduce injury Change pace based on the race Sustain my pace over longer distances
	Athletics	Summer 2 Week 2	To throw with accuracy and power	Position myself sideways when throwing How to throw safely When stepping forward my feet don't cross the line	Use the pull technique Throw after a run up Use my non-throwing arm to help me
	Athletics	Summer 2 Week 3	To throw with greater force and over longer distances	How to throw a shot using 'clean pal, dirty neck' technique How to generate power from the thighs	Aim my shot Throw from my shoulder Control my body for accuracy
	Athletics	Summer 2 Week 4	To perform the correct technique for triple, high and standing long jump	Recall triple and standing long jump technique from Y3/4 What a high jump looks like How to approach the bar from an arced run up	Measure accurately Use 'same, different, both' for triple jump To lift my hips as high as possible when high jumping
	Athletics	Summer 2 Week 5	To combine sprinting with hurdling	How to take off foot and lead leg That hurdling requires a lead leg and trail leg That I need to pace my sprint for my lead leg to be in front for hurdling	Use correct technique for sprinting Use lead and trail legs when hurdling
	Athletics	Summer 2 Week 6	To transfer a relay baton efficiently	Position myself in a start position Arm parallel to the ground Palm facing up towards the sky I know to keep looking backwards	Work in a team Begin running before my teammate gets to me Use the opposite hand to foot when receiving the baton Communicate with my teammate

Cycle B - Year 5/6

			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 5/6</u>	Basketball	Autumn 1 Week 1	To control the basketball with both hands	Basic principles of basketball Recall basketball from Y3/4 What the 'triple threat' position is How to use my body to protect the ball	Protect the ball under pressure Show agility and precision in bounces Use the 'triple threat' position Demonstrate pivots for changing direction
	Basketball	Autumn 1 Week 2	To pass the ball	Know to have a target, receive a pass, step in the direction of the pass How to create space to receive a pass	Find space to receive a pass Step in the direction of the pass Use a chest pass or bounce pass
	Basketball	Autumn 1 Week 3	To use different skills to get past defenders	How to defend against an attacking player What a pivot looks like What crossover dribbling looks like	Vary my speed and direction Use correct footwork when catching the ball Use pivots to protect the basketball Create passing angles
	Basketball	Autumn 1 Week 4	To mark a player in an area	Know the difference between 1v1 defence and zone defence	Limit the opportunity for opposition Explain both styles of defence
	Basketball	Autumn 1 Week 5	To use the BEEF technique to shoot basketball	BEEF: <ul style="list-style-type: none"> • Balance • Elbow • Eycline 	Demonstrate the BEEF technique consistently when shooting Work as a team to create shooting opportunities

				<ul style="list-style-type: none"> Follow through 	
	Basketball	Autumn 1 Week 6	To dribble, pass and shoot basketball	Know the techniques for dribbling, passing and shooting Know the school games values The rules of basketball What success looks like	To link actions together in a game Communicate with teammates
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 5/6	Gymnastics - Counter Balancing	Autumn 1 Week 1	To hold controlled balances	How to link skill sto perform actions and sequences Technical language for gymnastics: A counter balance is a weight countered by another weight How to perform in unison	Use points and patches Use a given number of body parts Create a sequence in unison
	Gymnastics - Counter Balancing	Autumn 1 Week 2	To hold a range ofs symmetrical and asymmetrical counter balances	How to link skill sto perform actions and sequences Technical language for gymnastics: A counter balance is a weight countered by another weight What push and pull forces are	Evaluate the work of others Hold a range of symmetrical and asymmetrical counter balances Work at different levels Hold weight on different points and patches
	Gymnastics - Counter Balancing	Autumn 1 Week 3	To roll as part of a balancing and rolling sequence	How to use a range of dynamics How to peer assess constructively A range of pathways Know a range of balances	Hold a range of symmetrical and asymmetrical counter balances Roll as part of balancing and rolling sequence Challenge myself to improve Control my movements

	Gymnastics - Counter Balancing	Autumn 1 Week 4	To add counter tension to our sequence	That counter tension is a balance where 2 or more people pull away from each other	Use my own body weight in opposition to apparatus Link skills to perform sequences Work at different levels
	Gymnastics - Counter Balancing	Autumn 1 Week 5	To link a counter tension with a counter balance	What the difference between counter tension and counter balance is	Work at different levels Link asymmetrical counter tension balances with counter balances Use transitional movements
	Gymnastics - Counter Balancing	Autumn 1 Week 6	To perform asymmetrical counter balances in a sequence using canon or unison	Know what canon and unison are What the difference between counter tension and counter balance is That a good gymnastic performance is 'aesthetically pleasing' or 'beautiful' to watch	Work in a group Use the apparatus or partners when balancing Challenge myself to improve
			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 5/6	Netball	Autumn 2 Week 1	To send a netball in a variety of ways	Know the technique for each pass; <ul style="list-style-type: none"> • Chest pass • Bounce pass • Shoulder pass How to signal for a pass That I need to move into new space after passing	Chest pass, bounce pass and shoulder pass Receive a ball and know what I want to do with it
	Netball	Autumn 2	To develop passing for accuracy	How to disguise which pass I will use I know when to use each pass	Aim my passes for accuracy Anticipate the play

		Week 2		That when I get sideways on to receive a ball it opens up the court	Release the ball quickly
	Netball	Autumn 2 Week 3	To shoot a netball with accuracy	Know what the terms landing foot, pivot and stepping mean The rules around shooting	Land and pivot pass the ball Shoot with good starting technique of balancing the ball and bending knees
	Netball	Autumn 2 Week 4	To further develop an accurate shoulder pass	Know some attacking principles Know to communicate non verbally on court	Shoulder pass accurately Pass with force Create space for myself
	Netball	Autumn 2 Week 5	To develop understanding of netball game rules	What the different roles are in netball Where I am allowed on court	Position myself to take rebounds from missed shots Participate purposefully in a netball match Show understanding of different positions
	Netball	Autumn 2 Week 6	To apply attack and defence skills to a game	Know the school games values Know that infringements can lead to penalties	Apply some tactics we have decided s a team Play by the rules Accept decisions made
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 5/6</u>	Leadership	Autumn 2 Week 1	To become familiar with basic leadership skills	Know that leaders are creative and enthusiastic That activities can be changed if they are not working	Notice when there is a lack of challenge Recognise when teams are unfair

	Leadership	Autumn 2 Week 2	To explore different ways to sort teams	Know a variety of ways of picking teams The pros and cons of each method	Sort teams quickly and effectively Arrange tasks for maximum involvement
	Leadership	Autumn 2 Week 3	To develop leadership skills when officiating	What inappropriate behaviour looks like How to deal with behaviour for maximum involvement	To officiate activities Suggest ways to manage inappropriate behaviour To remain positive and fair
	Leadership	Autumn 2 Week 4	To lead a group activity and suggest ways to improve	The importance of clear instructions Know to have a plan Know that careful planning leads to success	Lead a warm up effectively Prepare equipment Consider ways to keep the activity safe Evaluate the success of my leadership and how I might improve
	Leadership	Autumn 2 Week 5	To work in a team to create a plan	Know that careful planning leads to success	Be considerate of others ideas Carry out the plan as planned Contribute my own ideas
	Leadership	Autumn 2 Week 6	To persevere through challenges	How to remain positive How to motivate my team That careful planning leads to success	Speak encouragingly to teammates Control my emotions Challenge myself to improve Apply leadership skills from previous lessons
			Outdoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 5/6	OAA	Spring Week 1	To use non-verbal communication to solve problems	Know the importance of making a plan That non-verbal communication can be just as effective as verbal	Work as part of a team Pay attention to others Make a plan before starting Evaluate the success of the strategy

					Adapt if necessary
OAA	Spring Week 2	To navigate successfully across and through obstacles	Know to keep my partner safe Know where I need to position myself		Give clear instructions Listen carefully whilst blindfolded Look out for obstruction
OAA	Spring Week 3	To think creatively to find solutions	Know that I need to contribute the plan Know that a good plan can still need adapting		Use my reasoning skills Work together in a group Make a plan Evaluate the success of the strategy Adapt if necessary
OAA	Spring Week 4	To navigate using a map	Know the compass points How to use a simple map		Demonstrate teamwork Show good communication Create our own course using map skills
OAA	Spring Week 5	To work quickly and effectively against the clock	That a control is a checkpoint What ordnance survey symbols mean		Remain calm under pressure Find a number of controls using a map Think creatively to find solutions
OAA	Spring Week 6	To identify locations of controls	Know what a control is Know how to motivate the team by being positive Know how to use a map		To match controls with letters of the alphabet Communicate positively with my team

Indoor

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 5/6	Dance-Victorians	Spring Week 1	To create imaginative actions based on a mind map of The Victorians	Know what unison is What a motif is Facts about The Victorians	Develop actions based on a themed mind map Show understanding of timing Perform in unison

Dance-Victorians	Spring Week 2	To develop a 32 count individual travelling section	How to change static action into travelling movement How to keep time	Turn 3-4 actions into a travelling sequence Think creatively to find solutions Use level changes, pathways and different directions
Dance-Victorians	Spring Week 3	To develop a 16-32 count pairs section	Recall choreography from previous week How to translate images into actions How actions can communicate meaning	Communicate effectively with a partner Use a poem as a stimulus Include mirror image Use level changes, pathways and different directions
Dance-Victorians	Spring Week 4	To develop a 32 count group section using chance choreography	Know that chance choreography is when movements are added to the overall choreography by chance, such as tossing a coin	Show use of canon, unison and mirror image Show cooperation and equal contribution Communicate with my group
Dance-Victorians	Spring Week 5	To finalise a 32 count group section	Recall choreography from previous week Know what chance choreography is Know that an effective performance has clear actions and good timing	Provide useful peer feedback Use chance choreography Show use of canon and changes in formation
Dance-Victorians	Spring Week 6	To peer assess performance and improve work based on feedback	How to recognise good timing, execution and performance skills Know the school games values	Evaluate the work of others using technique language To improve own performance based on feedback

Outdoor

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
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Year 5/6	Tennis	Summer 1 Week 1	To demonstrate the ready position at the start of play	Know what the baseline is Know the ready position: <ul style="list-style-type: none"> • Racket in both hands • On balls of feet • Knees bent • Looking at your opponent 	Get into a ready position Grip the racket Get into a sideways position to strike Return to the middle of the court after playing a shot
	Tennis	Summer 1 Week 2	To hit a forehand shot consistently	To strike the ball away from my opponent To have a big backswing to generate power	Grip the racket Control where I hit the ball Get into a sideways position to strike Return to the middle of the court after playing a shot
	Tennis	Summer 1 Week 3	To play backhand shots consistently	That a deft shot is a light shot that barely goes over the net A deft shot lands close to the net To change my grip when hitting backhand shots	Get into position Play a deft shot near the net Hold my racket lightly when playing deft shots
	Tennis	Summer 1 Week 4	To volley accurately on my forehand and backhand	The difference in forehand and backhand shots That a volley is when the ball is struck before it hits the ground Know some tennis rules	Deflect the ball when volleying Anticipate play and think quickly Hit the ball away from my opponent Get into a sideways position to strike Return to the middle of the court after playing a shot
	Tennis	Summer 1 Week 5	To smash, lob and serve with increasing accuracy	Serve is a shot to start the game aimed diagonally across the court Smash is a shot hit above the hitter's head in a serve-like motion Lob is a shot aimed high and deep into the opposition's side of the court, when they are close to the net	How to link shots Decide when to use each shot Get into a sideways position Explore different shots

	Tennis	Summer 1 Week 6	To play a competitive game using a range of ground stroke	The rules of tennis How to score The different shots	Use some tactics against an opponent Use a range of shots Change grip on the racket Strike the ball away from opponent
			Indoor		
Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 5/6	Gymnastics - Flight	Summer 1 Week 1	To explore a variety of jumps and take offs	How to land safely- soft knees Know a variety of shapes to make in the air- tuck, pencil, star, half turn Know what makes a good jump	Take off from one foot and two feet Gain elevation from a powerful run Use 'same, different, both' when using a run
	Gymnastics - Flight	Summer 1 Week 2	To create clear shapes whilst in flight	How to use apparatus as part of my jumping That clear shapes and control make jumps aesthetically pleasing	Have a clear start and finishing position Retain control over my body Create clear shapes whilst in flight Keep myself safe on apparatus
	Gymnastics - Flight	Summer 1 Week 3	To mount and dismount apparatus safely	Know to take off from one foot then spring from two into flight That a mount is getting on the apparatus and dismount is getting off the apparatus	Land with soft needs Land in a strong symmetrical position Safely mount and dismount apparatus
	Gymnastics - Flight	Summer 1 Week 4	To mount and dismount apparatus in imaginative ways	That a mount is getting on the apparatus and dismount is getting off the apparatus How to leapfrog safely	Use leapfrog Control my body so movements are clear
	Gymnastics - Flight	Summer 1	To perform jumps gracefully within a sequence	Know different ways to link movements and jumps	Demonstrate cat springs Shoe a range of interesting jumps

		Week 5		That using pathways add interest to my performance	Transition between jumps with control and poise Walk like a 'giraffe'
	Gymnastics - Flight	Summer 1 Week 6	To work collaboratively to create a sequence	What canon and unison are The importance of timing when performing in a group	Explore different levels Use flight and travelling close to the ground Listen to other's ideas and contribute my own Use peer assessment to improve our performance

Outdoor

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
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Year 5/6 Swimming - See separate week by week

Indoor

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
<u>Year 5/6</u>	Health Related Fitness	Summer 2 Week 1	To explain the physical and mental effects of exercise on my body	Know the physical and mental effects of regular exercise Why flexibility is important	Sustain my pace when running Motivate myself to do my best Demonstrate a range of exercises
	Health Related Fitness	Summer 2 Week 2	To run for a period of time maintaining good pace	Know that it is normal to be out of breath when exercising That regular exercise improves breathlessness	Show determination and perseverance To pace myself Explain why core strength is important in most sports

				That stamina is the ability to keep going and can be increased with exercise	To challenge myself to improve
Health Related Fitness	Summer 2 Week 3	To perform a variety of exercises for all round strength		Know which muscles each exercise develops	Perform with good technique Slow down actions to correct technique before speeding up
Health Related Fitness	Summer 2 Week 4	To perform exercises with control and correct form		Know the importance of warming up That drinking water can rehydrate the body	Challenge myself to improve Practise isolated movement to build form Slow down actions to correct technique before speeding up
Health Related Fitness	Summer 2 Week 5	To improve on previous performances		How to measure elements of fitness That good form can protect us from injury	Prepare properly for exercise Warm up effectively Explain what factors have contributed to my improvement
Health Related Fitness	Summer 2 Week 6	To create a circuit of exercises		Know a range of exercises that work different parts of the body Know which exercises develop core strength How to set up a circuit	Choose a range of exercises to develop whole body fitness Work as a group to set up a circuit Use leadership skills

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