Kentmere Academy and Nursery- Knowledge and Skills- PE

Nursery

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Nursery	**Gross Motor Skills 1** **(PE Passport - Fine Motor Skills 1 Unit)**	**Autumn 1** **Week 1**	To explore moving in a range of ways with control	I know at least one effect of activity on the body **I know how to share equipment and take turns**	I can run skilfully I can negotiate space successfully
	Gross Motor Skills 1	**Autumn 1** **Week 2**	To find space and move objects with control	**I know what a good space to stand in is** I know how to follow instructions in games	I can use strength in my hand to manipulate an object I can pick up, carry and put down with care
	Gross Motor Skills 1	**Autumn 1** **Week 3**	To play a simple tagging game with some spatial awareness	**I know at least one effect of activity on my body** I know how to play tagging games safely	**I can pick up, carry and put down with care** I can attack and defend in chasing games

	Gross Motor Skills 1	**Autumn 1** **Week 4**	To continue to explore moving in a range of ways	**I know what to do with arms** and eyes **to balance** on one leg	**I can thread with control** I can negotiate space successfully
	Gross Motor Skills 1	**Autumn 1** **Week 5**	To control objects and use pace	**I know that slowing down my pace helps control**	**I can pick up, carry and thread with control**
	Gross Motor Skills 1	**Autumn 1** **Week 6**	To run with spatial awareness, negotiating space successfully, adjusting speed or direction to avoid obstacles	**I know at least one effect of exercise on my body**	I can build carefully using small objects I can negotiate space successfully
Year Group	**Topic**	**Week**	**Learning Objective**	**Knowledge**	**Skills**
Nursery	**Fundamental Movement Skills 1** **REC UNIT**	**Autumn 2** **Week 1**	To use space with increasing control and intention	**I know what a good space to stand in is** I know how to run I know slowing down my pace helps with control	I can run skillfully I can negotiate space successfully

	Fundamental Movement Skills 1	**Autumn 2 Week 2**	To show confidence and perseverance when taking part in an activity	**I know to take time and move with care**	I can pick up, carry and put down with care **I can be confident when taking part in activities**
	Fundamental Movement Skills 1	**Autumn 2 Week 3**	To negotiate space successfully when playing games with increasing speed	I know when to adjust speed I know when to change direction to avoid obstacles **I know to run with my head up**	**I can be aware of other children** I can show increasing control over an object I can control emotions when playing games
	Fundamental Movement Skills 1	**Autumn 2 Week 4**	To show perseverance when taking part in an activity	**I know which body parts help me when balancing**	I can balance on one leg I can move through an obstacle course skillfully
	Fundamental Movement Skills 1	**Autumn 2 Week 5**	To be able to take turns with team mates	**I know how to take turns**	I can encourage my team mates whilst I wait my turn **I can show patience**
	Fundamental Movement Skills 1	**Autumn 2 Week 6**	To play games fairly with skill	I know that rushing can lead to mistakes **I know some effects exercise can have on my body**	**I can play carefully** **I can play fairly**

Nursery	**Stability 1**	**Spring 1** **Week 1**	To maintain balance and stability when walking down steps or slopes	**I know to use my arms to help me balance** I know that focusing my eyes can help with my balance	**I can balance on one leg whilst still** I can maintain balance whilst moving slowly
	Stability 1	**Spring 1** **Week 2**	To maintain balance when reaching for equipment	**I know to keep my arms out to help me balance** To focus my eyes to help me balance	I can twist, bend and reach whilst maintaining my balance **I can respond quickly to instructions**
	Stability 1	**Spring 1** **Week 3**	To move using a push and a pull motion	**I know difference between a push and a pull** I know how to travel by pulling and pushing myself across the floor	I can push down, up, forward, backwards, high I can pull down, up, forward, backwards, high
	Stability 1	**Spring 1** **Week 4**	To jump in a variety of ways	I know how to jump in different ways **I know which parts of my body are especially important to jump well**	I can jump in a variety of ways
	Stability 1	**Spring 1** **Week 5**	To maintain balance when retrieving equipment	**I know to keep my arms out to help me balance** I know how important it is to focus with my eyes to help me balance	I can maintain my balance whilst lifting and carrying **I can pick something up whilst balanced on one leg**

	Stability 1	**Spring 1** **Week 6**	To begin to dodge	**I know to shift my weight quickly from one foot to the other to dodge well** I know to try and dodge whilst on the move	I can dodge **I can use space safely**
Nursery	**Locomotion 1**	**Spring 2** **Week 1**	To travel backwards safely	I know how to travel backwards safely	I can find a space **I can walk forwards and backwards, stopping when instructed** I can negotiate space successfully
	Locomotion 1	**Spring 2** **Week 2**	To run skilfully and negotiate space	**I know how to share equipment and take turns**	**I can run skilfully and negotiate space** I can work as part of a team
	Locomotion 1	**Spring 2** **Week 3**	To hop on either leg using space	I know how to play by the rules of a game	**I can hop on either leg** **I can negotiate space successfully**
	Locomotion 1	**Spring 2** **Week 4**	To jump in different ways	**I know what a successful jump looks like**	**I can jump in different ways** I can move freely and with confidence in a range of ways

	Locomotion 1	**Spring 2** **Week 5**	To use dodging when moving around the space	**I know my right and left** **I know how to dodge** I know what sliding is	**I can use dodging when moving** I can slide to my left and right
	Locomotion 1	**Spring 2** **Week 6**	To gallop confidently with either leg as a lead leg	**I know how to gallop** I know how to play fairly and accept decisions in a game	**I can use galloping to travel** I can manipulate objects whilst galloping I can gallop confidently with either leg as the lead leg
Nursery	**Gymnastics - travelling**	**Summer 1** **Week 1**	Maintains balance using hands and body to stabilise	**I know how to mirror** I know how to share apparatus I know how to work safely	I can mirror a friend's movements I can make up a short sequence I can use apparatus safely
	Gymnastics - travelling	**Summer 1** **Week 2**	Practices skills of assertion, negotiation and compromise and looks to a supportive adult for help in resolving conflict with peers	**I know how to travel by pushing and pulling myself** I know how to share apparatus	**I can travel in different ways along the floor** I can balance on different body parts I can make up a short sequence I can use apparatus
	Gymnastics - travelling	**Summer 1** **Week 3**	Enjoys playing alone, alongside and with others, inviting others to play and	**I know how to jump and land safely** I know how to share apparatus **I know how to work safely.**	**I can jump in different ways** **I can make up a short sequence**

			attempting to join others' play.		I can use apparatus imaginatively
	Gymnastics - travelling	**Summer 1** **Week 4**	Maintains balance using hands and body to stabilise	**I know how to jump and land safely** I know how to share apparatus	**I can travel with confidence & skill around, under, over & through.** I can travel, stop & balance with control in curled or stretched shapes. I can link two movements together
	Gymnastics - travelling	**Summer 1** **Week 5**	Practices skills of assertion, negotiation and compromise and looks to a supportive adult for help in resolving conflict with peers	I know what pathways are **I know what stepping is** I know how to help put apparatus out and away.	I can travel high and low in different pathways and link two movements together.
	Gymnastics - travelling	**Summer 1** **Week 6**	Enjoy playing alone, alongside and with others, inviting others to play and attempting to join in others' play.	**I know to keep my head up when travelling with weight on my hands** I know how to help put apparatus out and away	**I can travel in different ways with my weight on my hands.** I can start & finish my movement in interesting ways I can link movements together.

Nursery	**Dance- Nursery Rhymes**	**Summer 2 Week 1**	To experiment with different ways of moving	I know how to contribute key words **I know how to turn our ideas into shapes, movements, and actions**	I can use my body and create simply theme related shapes, movement, and actions
	Dance- Nursery Rhymes	**Summer 2 Week 2**	To use movement to express feelings	**I know how to** use the words in a poem to **create shape, movements, or feelings**	I can 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	**I know the need to look forwards to safely move around in a space** I know the need to control speed to ensure safety	**I can travel safely and creatively in a space** I can 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	**I know how to turn what I see into ways of moving** I know how to listen to other people's ideas and vocalise my own thoughts	I can communicate effectively with a partner I can 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	**I know 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	I know how to be aware of people's feelings when giving and receiving simple feedback	**I can remember and perform a basic sequence of movement when led by a teacher** I can identify what a good one looks like **I can use control when performing**

Reception

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Reception	**Locomotion 2**	**Autumn 1** **Week 1**	To jump in variety of ways PE Passport (W1 & W4)	**I know how to land safely using the bend of legs** **I know at least 2 jumps** **I know which foot feels better to jump from** I know what a scissor kick is	**I can jump in a variety of ways** **I can bend legs when landing** I can jump with a scissor kick I can jump with a small run I can maintain control
	Locomotion 2	**Autumn 1** **Week 2**	To jump for distance & height PE Passport (W3 & W4)	I know what the standing position is **I know to bend legs and drive my arms upwards** **I know a wider variety of jumps**	**I can jump for distance** I can jump from a standing position **I can jump for height** I can jump with a run up
	Locomotion 2	**Autumn 1** **Week 3**	To skip with a rope and with more consistency PE Passport (W5 & W6)	**I know that I have to jump when I bring the rope forward and in front of me** I know that there are a variety of skipping techniques	**I can skip with a rope** I can jump with a small run I can skip with more consistency with a rope I can jump in a variety of ways

				I know that skipping is lots of small jumps together, not big jumps for distance or height	
Reception	**Object Manipulation 1**	**Autumn 2** **Week 1**	To push an object around using parts of my body with increasing control PE Passport (W1 & W2)	**I know how to find a space** **I know how to travel around safely** I know the need to concentrate to work well with a partner I know how to keep play going by responding to other people	I can find a good space I can show increasing control over an object **I can push an object around using parts of my body** **I can play games and take turns** I can twist and turn I can reach and bend
	Object Manipulation 1	**Autumn 2** **Week 2**	To move a ball with control and in different directions PE Passport (W3 & W4)	I know how to mirror a partner I know how to follow **I know what good positions are for rolling a ball and stopping a ball** **I know which hand is my dominant hand**	**I can move a ball with control and in different directions** I can apply the right amount of force to a ball **I can roll a ball** **I can use my dominant hand and opposite leg** **I can swing arm back and drive forwards** I can keep an eye on the target

					I can stop a ball when it is rolled to me
	Object Manipulation 1	**Autumn 2** **Week 3**	To throw, catch and bounce an object with control PE Passport (W5 & W6)	**I know how to make a target with my hands for my friend to throw** I know how to stand when throwing underarm I know the need to keep my head up when bouncing the ball I know how much force needed to bounce and catch it on my own	**I can catch an object** I can throw underarm accurately for my friend to catch I can use my dominant hand and opposite leg **I can swing arm back and drive forwards** **I can keep an eye on the target** I can bounce and catch a ball I can travel around bouncing safely
Year Group	**Topic**	**Week**	**Learning Objective**	**Knowledge**	**Skills**
<u>Reception</u>	**Target Games 1**	**Spring 1** **Week 1**	To throw a ball underarm with some accuracy with either hand PE Passport (W1)	**I know to stand with one leg forward, the opposite leg to the hand I am throwing from** **I know which hand is dominant** I know how to stand when throwing accurately	**I can throw a ball under arm with some accuracy at a target** I can throw underarm accurately with either hand I can work with others and take turns

					I can throw from the hand that is not dominant
	Target Games 1	**Spring 1 Week 2**	To strike a ball with my foot and with accuracy PE Passport (W2)	**I know which part of my foot to use when striking for power** I know how to lean back if I want my strike to go higher **I know my dominant foot** I know why it is important to kick with both feet	I can strike a ball with my foot for power I can work at all 3 levels I can kick a ball with some accuracy with both feet
	Target Games 1	**Spring 1 Week 3**	To roll a ball with some accuracy with both hands PE Passport (W3)	**I know how to strike a ball with my foot for power**	**I can lean back if I want my strike to go higher**
Year Group	**Topic**	**Week**	**Learning Objective**	**Knowledge**	**Skills**
<u>Reception</u>	**Dance - Seasons**	**Spring 2 Week 1**	To move safely in space taking care of ourselves and others. To use a mind map to help us move like different seasons that we know.	I know how to contribute simple key words to an age appropriate theme related mind map. **I know how to translate ideas into theme related shapes, movements and actions**	**I can use my body and create simple theme related shapes, movements and actions.**

Reception	**Dance - Seasons**	**Spring 2 Week 2**	To listen carefully to the poem and be creative with our movements. To move safely in space taking care of ourselves and others.	**I know how to use the words in a poem to create shapes, movements and feelings.**	**I can use my body to express simple theme related shapes, movements and feelings.** I can show good listening skills.
Reception	**Dance - Seasons**	**Spring 2 Week 3**	To be creative in our use of travelling movements. To show use of different levels in our travelling movements. To move safely in space taking care of ourselves and others.	**I know that we need to look forward to safely move around space.** I know that we need to control our speed to ensure safety.	**I can travel safely and creatively in space.** I can show different levels when I travel.
Year Group	**Topic**	**Week**	**Learning Objective**	**Knowledge**	**Skills**
Reception	**Gymnastics- Flight**	**Summer 1 Week 1**	To be able to jump off an object and land safely PE Passport (W1 & W4)	**I know the importance of bending my legs to cushion impact** **I know that my arms must swing forwards to drive the jump**	**I can jump in a variety of ways** **I can construct a simple jumping sequence with a partner** **I can bend my legs when landing to cushion impact**

				I know and can name different jumping shapes I know how to jump onto and off apparatus safely	I can jump and show a tucked body shape in the air I can jump as part of a sequence of other movements
	Gymnastics- Flight	**Summer 1** **Week 2**	To perform a variety of jumps with control using the floor and apparatus PE Passport (W2 & W3)	I know that a good sequence involves using the floor imaginatively as well as the apparatus **I know how to share space and take turns** **I know how to jump through turns with control** I know how to jump as part of a sequence of other movements	I can jump showing good technique throughout take off and landing **I can control a star jump and pencil jump** **I can jump through turns with control** I can jump as part of a sequence of other movements
	Gymnastics- Flight	**Summer 1** **Week 3**	To perform a leap and evaluate others peoples performances PE Passport (W5 & W6)	**I know the difference between a jump and a leap** I know how to gain extra elevation using dominant leg I know to start with work with an interesting shape and finish it with style I know what style is I know how to carry equipment safely I know what a good one looks like	I can change leg positions whilst I am in the air I can jump as part of a sequence of other movements I can execute a variety of jumps and leaps with control **I can include jumps and leaps in sequence work on the floor and apparatus**

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Reception	**Athletics 1**	**Summer 2** **Week 1**	To show a position of readiness before running whilst staying in a lane PE Passport (W1 & W4)	I know what a good position of readiness looks like **I know that I need to focus and avoid distractions** I know how to stay focused on my own performance when running in a lane I know why it is important to dip at the finish	**I can share a space and run with my head up** I can react quickly **I can run efficiently and within a lane** I can sustain form during a race I can dip for finish
	Athletics 1	**Summer 2** **Week 2**	To throw a variety of equipment overarm with accuracy PE Passport (W3 & W6)	**I know how to stand to throw overarm** I know the teaching points for throwing overarm I know the importance of my non-throwing arm I know the teaching points for throwing from side-on	I can throw accurately **I can throw using dominant hand** I can step forward with opposite leg I can throw a variety of pieces of equipment well **I can throw for distance** I can throw with good technique

					I can draw my body back by lifting my front leg to generate more power I can release the ball towards the target I can work cooperatively with a part and within a group
	Athletics 1	**Summer 2** **Week 3**	To run and jump to clear an obstacle PE Passport (W2 & W5)	**I know to land with soft knees** **I know to use my arms to help power me forward** **I know which parts of the body are important for jumping high** I know how to coordinate a scissor kick **I know some effects of activity on my body**	**I can jump 1 foot to 2 feet and 2 feet to 2 feet** **I can coordinate a run with a jump** I can jump for height I can time my take-off to clear an obstacle

Cycle A – Year 1/2

Year Group	Topic	Week	Learning Objective	Knowledge	Skills

Year 1/2	Fundamental Movement Skills 2	**Autumn 1** **Week 1**	To hop carefully retaining balance	**I know that focusing my eyes and using my arms helps me to balance better** I know to use my arms to help me hop	**I can hop with control** I can move carefully retaining balance
	Fundamental Movement Skills 2	**Autumn 1** **Week 2**	To travel backwards safely	I know what the dangers are if I am not sensible **I know to glance over both shoulders when travelling backwards**	**I can travel backwards safely** I can share space considerately
	Fundamental Movement Skills 2	**Autumn 1** **Week 3**	To jump in different ways	**I know which my preferred take off foot is (dominant foot)**	**I can jump in a variety of ways** **I can land safely in different jumps** I can combine a run and a jump
	Fundamental Movement Skills 2	**Autumn 1** **Week 4**	To travel around and dodge safely	**I know that keeping my head up will keep me and others safe** **I know how to travel safely.**	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	**I know what attack and defend mean** **I know what evade means** To always be focused and aware of what is going on	**I can evade others (dodge)** **I can attack and defend in a game situation.**
	Fundamental Movement Skills 2	**Autumn 1 Week 6**	To punt a ball accurately and with power	**I know that a punt is a kick from my hands** I know that when kicking from the ground, I need to get my standing foot adjacent to the ball	**I can punt a ball** **I can strike a ball accurately and with power with my laces**
Year Group	**Topic**	**Week**	**Learning Objective**	**Knowledge**	**Skills**
Year 1/2	Dance- animals	**Autumn 2 Week 1**	To develop the first 16 counts of our motif.	**I know that a motif is a short repeated sequence** I know how to contribute key words to a theme related to shape, movement and actions	**I can 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	I know how to contribute key words to a theme related mind map	**I can use my body to express simple theme related shapes, movements and feelings**

				I know how to translate key words to a theme related to shape, movement and actions **Know what timing and unison are**	I can demonstrate timing and unison I can develop my performance within a whole class choreography.
	Dance- animals	**Autumn 2** **Week 3**	To create a short travelling motif showing use of different levels and pathways	**I know how to travel safely.** I know that I need to control our speed to be safe. **I know how to translate key words to a theme related to shape, movement and actions**	**I can show different levels when I travel** **I can 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	**I know how to turn what I see into ways of moving** I know how to listen to other people's ideas and vocalise my own thoughts	**I can show level, direction and unison in my performance.** I can communicate effectively with a partner **I can 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	**I know how to turn what I see/ hear into ways of moving**	**I can communicate effectively with a partner**

				I know how to link ideas and movements together so that they flow	**I can use pictures to create shapes, movements and actions** **I can use pictures to create shapes, movements and actions**
	Dance- animals	**Autumn 2** **Week 6**	To perform, review and improve our finished performance piece	**I understand what makes a good performance** I know to use simple technical language to give useful feedback	**I can remember and perform a simple sequence of movement** **I can identify what good performance looks like** I can give feedback to help my partner improve **I can improve my own performance based on feedback**
Year 1/2	Invasion Games 2	**Spring 1** **Week 1**	To throw overarm for my partner and consistently catch after one bounce	**I know how to perform an overarm throw** I know how far to throw a ball in relation to where I am standing **I know how to make a W shape with my hands to receive the ball.**	**I can throw overarm for my partner to catch after one bounce** **I can catch a ball after one bounce**

				I know to stand in a position of readiness to receive a ball	
	Invasion Games 2	**Spring 1** **Week 2**	To throw underarm tactfully to move my opponent around the court	I know why throwing is not always for your partner to catch **I know how to track the flight of the ball** **I know how to stay light on my feet**	**I can throw underarm** **I can catch a ball** **I can move my hands so the ball lands in my hands** I can move my opponent around the court when playing against them
	Invasion Games 2	**Spring 1** **Week 3**	To use defence tactics of tracking and intercepting	**I know how to track the flight of the ball** **I know what intercepting is** I know why they are used in defending **I know the role of attack and defence**	**I can track an opponent** **I can intercept a pass** I can turn my body so that I can see my opponent and the ball
	Invasion Games 2	**Spring 1** **Week 4**	To use attacking tactics of dodging and closing space	**I know the role of attack and defence** **I know to close the space down quickly when defending** To attack at speed Know the reasons for attacking in games	**I can dodge to beat an opponent** **I can close the space down that attackers have to work in**

	Invasion Games 2	**Spring 1** **Week 5**	To apply basic rules and tactics to retain possession	**I know what possession means and why it is important** I know to keep my body between the ball and my opponent I know how to deceive defenders by using dummy passes	**I can pass the ball consistently and with control** **I can retain possession of the ball** I can shield the ball by using my body
	Invasion Games 2	**Spring 1** **Week 6**	To compete in team games	**To recall attack and defence roles** **I know to keep my body between the ball and my opponent** **I know how to deceive defenders by using dummy passes**	I can compete with some spatial awareness in team games **I can pass and move decisively** **I can shield the ball by using my body**
	Gymnastics - balancing and spinning	**Spring 2** **Week 1**	To perform controlled spins and symmetrical balances	**I know what symmetrical shapes are** I know how to start and finish a sequence **I know that my movement must be controlled.**	**I can perform controlled spins** **I can support my body weight in symmetrical balances**

	Gymnastics - balancing and spinning	**Spring 2** **Week 2**	To perform asymmetrical spins and balances	**I know what asymmetrical work looks like** I know what a good starting and finishing position is	**I can perform asymmetrical spins on side, front, back and bottom** I can demonstrate quality work on the floor and apparatus **I can balance asymmetrically** I can demonstrate good starting and finishing positions
	Gymnastics - balancing and spinning	**Spring 2** **Week 3**	To work with a partner to perform a combination of symmetrical and asymmetrical spins on patches	**I know the difference between symmetrical and asymmetrical shapes** **I know what patches are (larger body parts)** I know how to work with a partner in different formations	I can work with a partner to perform routines in different formations **I can perform a combination of symmetrical and asymmetrical spins on patches**
	Gymnastics - balancing and spinning	**Spring 2** **Week 4**	To perform a sequence of spins on points, with a mixture of symmetrical, asymmetrical shapes.	**I know that points are smaller body parts** I know how to link movements with control	**I can spin at different levels on points** **I can perform a sequence of spins on points, with a mixture of symmetrical, asymmetrical shapes.**

					I can hold balances on points of the body
	Gymnastics - balancing and spinning	**Spring 2** **Week 5**	To hold balances at different levels and spin out of balances to form a sequence	**I know what good gymnastics work looks like** **I know what a good starting and finishing position is** I know how to comment positively on my partner's work	**I can hold balances at different levels with control** **I can spin out of balances to form a sequence** I can show understanding of what success looks like **I can demonstrate good starting and finishing positions**
	Gymnastics - balancing and spinning	**Spring 2** **Week 6**	To perform spins and balances in different formations as part of a routine.	**I know that my work should involve changes of level and direction.** **I know that my movement must be controlled.**	**I can perform spins and balances in different formations as part of a wider routine** **I can perform in different levels and direction**
Year 1/2	Striking and Fielding 1	**Summer 1** **Week 1**	To begin fielding skills.	**I know that I need to run, after striking a ball, to accumulate runs** I know to touch my bat over the crease line and slide it on my final run	I can use both hands whilst fielding **I can get into line with the ball and field it**

	Striking and Fielding 1	**Summer 1 Week 2**	To stop a rolling ball using a long barrier	I know when to run and when not to **I know how to form a long barrier to stop the ball**	**I can stop a ball with 2 hands to create a barrier** I can hit a ball to the leg side
	Striking and Fielding 1	**Summer 1 Week 3**	To bowl a ball overarm at a target	I know that I have to bowl from on or behind the crease line **I know that my arms should be straight when bowling**	**I can bowl a ball overarm at a target** I can strike a ball off a tee through the off side I can keep my arms straight when bowling
	Striking and Fielding 1	**Summer 1 Week 4**	To call for runs when batting	I know that I need to communicate with my partner to accumulate runs **I know the different calls used by batsmen/ women when they want to run**	I can pick up a ball with one hands and throw it underarm **I can call for runs sensibly and decisively when batting**
	Striking and Fielding 1	**Summer 1 Week 5**	To make good decisions when batting about when to run and when not to	I know that a batsman/woman should always call after each ball **I know that as a batter I don't always have to run**	I can chase and retrieve a ball **I can make good decisions when batting about when to run and when not to**
	Striking and Fielding 1	**Summer 1 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	I can bowl either under or overarm with some accuracy I can wicket keep effectively

				I know the importance of staying in my crease I know how to adopt a wicket keeping stance	**I can apply a range of skills from the unit**
Year 1/2	Net and Wall 2	**Summer 2 Week 1**	To send and receive a ball with some degree of accuracy	**I know what a position of readiness looks like I know to track the flight of the ball with my eyes**	**I can send and receive a ball with some degree of accuracy I can move quickly into good positions to catch**
	Net and Wall 2	**Summer 2 Week 2**	To strike a ball with some degree of accuracy	**I know to strike the ball using an underarm upward motion** I know the best technique to return a ball	**I can strike a ball with some degree of accuracy** I can volley a ball by getting underneath it
	Net and Wall 2	**Summer 2 Week 3**	To keep a rally going with a partner using hand strikes	**I know that I have to get under the ball to strike it upwards and over a net** I know the sideways stance and T position for throwing	**I can send a ball with increasing accuracy I can keep a rally going with a partner**
	Net and Wall 2	**Summer 2 Week 4**	To develop grip and control on a tennis racket	**I know what good grip is – v grip on racket I know how to form a ready position I know what a T shape is for throwing**	**I can develop a good grip and stance** I can begin to strike with more consistency and accuracy on the forehand

	Net and Wall 2	**Summer 2** **Week 5**	To rally shots using a tennis racket with more success	**I know that the ball has to go over the net** **I know that the ball has to land in the court on the other side** **I know that I need to move quickly to get into good positions to return the ball**	I can return a ball after one bounce that has been thrown to me I can begin to rally a few shots with more success
	Net and Wall 2	**Summer 2** **Week 6**	To play a game of short tennis against an opponent	**I know that the ball has to go over the net** **I know that the ball has to land in the court on the other side** I know how to play a game of short tennis against an opponent I know why we need to try and get to the centre of the court after each shot	I can strike a backhand from my own feed **I can play a game against an opponent using a variety of shots** I can move fluently around the court

Cycle B

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 1/2	Fundamental Movement Skills 3	**Autumn 1 Week 1**	To skip using a rope	I know to watch the hands to know when to jump I know that there are different ways to jump a rope	I can skip using a rope I can jump in a variety of ways
	Fundamental Movement Skills 3	**Autumn 1 Week 2**	To dribble a ball with either hand while travelling	**I know to push down on the ball using my fingers** I know to relax whilst dribbling and not be too tense	**I can dribble a ball with one hand** I can dribble a ball with either hand **I can travel with my ball with my head up and with the ball under control**
	Fundamental Movement Skills 3	**Autumn 1 Week 3**	To send and receive a ball using the inside of my foot	**I know how to turn my foot to cushion a pass**	**I can receive a ball and trap it** **I can cushion a pass sent to me** **I can send a ball over a short distance using the inside of my foot**
	Fundamental	**Autumn 1 Week 4**	To demonstrate a range of passes (shoulder, chest and bounce)	**I know what a shoulder pass and chest pass look like** I know how far to bounce a pass	**I can pass in different ways** I can pass accurately I can use markers on the playground to aim bounces

	Movement Skills 3			I know that good bounce passes are easier to receive	I can apply different passes to games
	Fundamental Movement Skills 3	**Autumn 1 Week 5**	To perform a range of jumps for height and length	**I know the difference between a vertical jump, broad jump an scissor kick jump** I know how to measure a success of jumps **I know the importance of arms for increasing length and height**	**I can perform a vertical jump for height** **I can perform a broad jump for distance** I can perform a scissor kick over obstacles **Throw arms back and drive forwards or upwards when jumping**
	Fundamental 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**	**I can catch consistently well** I can signal that I want the ball **I can make a target for my partner** **I can cushion the impact when catching**
Year Group	**Topic**	**Week**	**Learning Objective**	**Knowledge**	**Skills**
Year 1/2	Object Manipulation 2	**Autumn 2 Week 1**	To dribble and travel with a football.	**I know how to stop a ball with my foot.** I know what 'big toe, little toe' dribbling is.	**I can dribble a football** **I can trap a ball with my foot** I can turn with a ball

Unit is currently in Y1 Autumn 2 on PE Passport				**I know that I need control of the ball.**	
	Object Manipulation 2	**Autumn 2 Week 2**	To show increasing control over an object when kicking.	**I know my dominant foot** **I know which part of the foot to kick for power with.** I know how in goal I should brace myself to save the ball	**I can trap a ball and shoot at a target with my instep.** I can brace myself to save a ball with my hands
	Object Manipulation 2	**Autumn 2 Week 3**	To take turns and share resources.	**I know which part of my foot to punt with.** **I know how to punt a ball higher or lower**	**I can punt a ball with either foot** **I can punt high and low**
	Object Manipulation 2	**Autumn 2 Week 4**	To show increasing control over an object when throwing.	**I know that I need the leg opposite to my throwing arm to be forward.** **I know when to throw an overarm and when to throw an underarm.**	**I can throw from a sideways position.** **I can throw with more accuracy**
	Object Manipulation 2	**Autumn 2 Week 5**	To throw underarm and overarm with increasing accuracy	**I know to throw upwards to a partner over a short distance.** **I know to make a target (W shape) with my hands when receiving a throw**	**I can throw underarm and overarm** I can negotiate space successfully
	Object Manipulation 2	**Autumn 2 Week 6**	To show increasing control over an object in dribbling it	I know to use my fingers to push the ball when dribbling I know to allow the ball to rise to waist height before pushing it	I can dribble a ball with one hand. I can dribble and move around without losing control

				back down.	
Year Group	**Topic**	**Week**	**Learning Objective**	**Knowledge**	**Skills**
Year 1/2	Gymnastics - Pathways	**Spring 1 Week 1**	To jump and turn through 90, 180 and 270 degrees	**I know what a 90, 180 and 270 degree turn looks like** **I know how to take off from one foot and then spring from 2 feet in a jump**	**I can jump in a 90 degree turn** **I can turn through 180 degrees** I can jump through 180 and 270 degrees
	Gymnastics - Pathways	**Spring 1 Week 2**	To create a varied sequence in zig zag pathways	**I know what a zig zag pathway is** **I know what variety means** I know that feedback is essential to help me improve	**I can create a sequence in zig zag pathways** I can demonstrate variety in my movements **I can perform with clear starting and finishing positions**
	Gymnastics - Pathways	**Spring 1 Week 3**	To perform zig zag and straight pathways	**I know ways that I can adapt work to make it better** I know the importance of changes of level and direction	**I can demonstrate zig zag and straight pathways in my sequence** **I can perform with control and adaptations** **I can work at all 3 levels (high, medium and low)**
	Gymnastics - Pathways	**Spring 1 Week 4**	To perform a sequence of moves in a curved pathway, adding more movements	**I know what a curved pathway is** **I know a range of different gymnastics movements that fit with my sequence**	**I can perform a sequence of moves in a curved pathway** **I can improve my work by acting upon feedback**

	Gymnastics - Pathways	**Spring 1 Week 5**	To demonstrate mirroring and travelling as part of a sequence	**I know what mirroring is** **I know how to perform in sync with my partner**	I can travel backwards and sideways as part of a sequence I can link my movements together **I can perform mirroring with my partner**
	Gymnastics - Pathways	**Spring 1 Week 6**	To perform a variety of pathways using controlled transitions	**I know ways to transition from one move to the next** I know how to make my performance aesthetically pleasing	**I can perform a variety of moves on floor and apparatus using different pathways** **I can make my sequences flow**
Year 1/2 *Unit is currently in Y1 Spring 2 on PE Passport*	**Target Games 2**	**Spring 2 Week 1**	To recap punting a ball and improve performance	**I know which part of my foot to strike with** **I know which foot to strike with (my dominant foot)** I know how to punt high	**I can coordinate the skill of punting a ball consistently** **I can work with a partner to improve punting**
	Target Games 2	**Spring 2 Week 2**	To punt a ball with increasing accuracy using both feet	**I know to hold the ball over to the side I want to strike from** I know that I need to be in a ready position to catch my partner's punts	**I can coordinate the action of punting with either foot** **I can use both feet**
	Target Games 2	**Spring 2 Week 3**	To strike a ball at a target using equipment	**I know to get into a sideways position when striking** **I know to keep my head still when striking**	**I can strike a ball at a target using equipment** **I can strike a ball with increasing accuracy**
	Target Games 2	**Spring 2**	To strike a ball at a target with some force	I know what game situations striking with force might be needed	**I can strike a ball at a target with some force and accuracy** **I can strike into spaces**

		Week 4		I know that a tee is used to hold a ball in place.	
	Target Games 2	**Spring 2 Week 5**	To throw a ball overarm with some accuracy at a target	**I know how to stand when throwing overarm** I know that practise increases accuracy **I know game situations where overarm throws are needed**	**I can throw a ball overarm with some accuracy at a target** **I can choose correctly when it is best to throw underarm and overarm**
	Target Games 2	**Spring 2 Week 6**	To send and receive a ball consistently well on 'one bounce'	**I know how to receive a ball after one bounce** **I know why a bounce before receiving the ball is sometimes used**	**I can throw overarm on 'one bounce'** **I can receive a ball consistently well after one bounce**
Year 1/2	Athletics 2	**Summer 1 Week 1**	To run with technique for fast pace	**I know the importance of a good start** I know to travel with soft knees and quiet landings I know to keep my head still when running **I know use my arms to drive up my body in L shapes**	I can react quickly **I can demonstrate agility, balance and control** **I can show accurate running technique**
	Athletics 2	**Summer 1 Week 2**	To jump with technique in a variety of ways	**I know the technique for different types of jumps** **I know how to cushion my knees when landing**	**I can jump in a variety of ways** **I can coordinate a run with a jump** I can comment on others using technical language

	Athletics 2	**Summer 1 Week 3**	To develop a hop, leap and jump for a triple jump	**I know what a triple jump looks like** **I know the difference between a leap and a jump** I know how to improve my technique to increase the height and distance of my jumps	**I can demonstrate a hop, leap and jump** I can discover and develop different styles of jumping
	Athletics 2	**Summer 1 Week 4**	To perform a standing and running jump	**I know what a standing jump looks like** **I know what a running jump looks like** **I know how to increase distance of my jumps** I know why it is important to warm up	**I can jump in a variety of ways** I can add a short run up to my jump
	Athletics 2	**Summer 1 Week 5**	To throw with increasing technique and accuracy	**I know what a good overarm throw looks like** **I know how to increase distance of my throws** I know how to keep others safe when I am throwing	**I can use an overarm throw** **I can show a sideways position** **I can throw with good technique** I can throw with a run up
	Athletics 2	**Summer 1 Week 6**	To demonstrate a variety of athletic techniques on an obstacle course	**I know WAGOLL for jumping, throwing and running**	**I can demonstrate a variety of athletic techniques confidently** **I can help a peer improve their performance with feedback** I can complete an obstacle course

Year 1/2	Dance - under the sea	**Summer 2 Week 1**	To use my body to create 'under the sea' related shapes, movement and actions	I know how to contribute key words to a theme related mind map I know how to translate words/ ideas into theme related shapes, movement and actions	**I can use my body to create theme related shapes, movement and actions** **I can develop the first 16 counts of a motif** I can 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	**I know how to translate my ideas into movement and actions** **I know what a good performance looks like – timing, levels and dynamics**	**I can use my body to express simple theme related shapes, movement and feelings** I can give constructive feedback **I can follow whole group choreography**
	Dance - under the sea	**Summer 2 Week 3**	To use 1-2 actions to create a short travelling section for our motif	**I know different ways to travel** I know to look forwards when travelling I know to control my speed for safety	**I can travel safely and creatively in space** **I can show different levels when I travel** **I can 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	**I know how to turn what I see into ways of moving** **I know how to listen to other people's ideas and vocalise my own thoughts**	**I can communicate effectively with my partner** **I can 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	**I know what unison means and looks like** **I know how to turn what I can see into ways of moving**	I can use pictures to create shapes, movement and actions **I can show level, direction and unison** **I can join movement together so that they start to flow** I can communicate effectively with my partner
	Dance - under the sea	**Summer 2** **Week 6**	To remember, improve and perform a simple sequence To peer assess performance	**I know how to use simple technical language to give feedback** **Travelling** **Unison** **Direction** **Control** **Timing**	**I can remember and perform a simple sequence of movement** **I can identify WAGOLL and give feedback to help my partner improve**

Cycle A- Year 3/4

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 3/4	**Swimming**	**Autumn 1**	**See Swimphony Swimming App** **To be able to:** **swim competently, confidently and proficiently over a distance of at least 25 metres** • **use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]**		

			• **perform safe self-rescue in different water-based situations**		
Year 3/4	**Swimming**	**Autumn 2**	**See Swimphony Swimming App** **To be able to:** **swim competently, confidently and proficiently over a distance of at least 25 metres** • **use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]** • **perform safe self-rescue in different water-based situations**		
Year 3/4	**Swimming**	**Spring 1**	**See Swimphony Swimming App** **To be able to:** **swim competently, confidently and proficiently over a distance of at least 25 metres** • **use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]** • **perform safe self-rescue in different water-based situations**		
Year 3/4	**Gymnastics** **Symmetry**	**Spring** **Week 1**	To create a sequence using different spins on patches	**To know that patches are larger body parts: bottom, front and back** To know that smooth transitions are controlled movements that join shapes together To know how to use feedback to improve my performance	**I can create a sequence using different spins on patches** I can perform with smooth transitions I can create interesting starting and finishing positions that can be held for 3 seconds
	Gymnastics **Symmetry**	**Spring** **Week 2**	To create a sequence of spins on points at different levels	To know the importance of working with control **To know that points are smaller body parts: one hand, two hands in crab, bridge, spin on knees**	**I can create a sequence of spins on points at different levels** I can perform with smooth transitions I can walk like a 'giraffe'

				To know smooth transitions are controlled movements that join shapes together **To know the different levels they can put into their sequence**	I can create interesting starting and finishing positions that can be held for 3 seconds
	Gymnastics **Symmetry**	**Spring** **Week 3**	To spin symmetrically and asymmetrically on points and patches	**To know what symmetrical and asymmetrical shapes look like** To know the importance of a clear starting and finishing position	**I can spin symmetrically and asymmetrically on points and patches** I can work at different levels I can show fluency and control within their movements I can show aesthetically pleasing transitions
	Gymnastics **Symmetry**	**Spring** **Week 4**	To perform a forward roll	To know how to work constructively with a partner To know what a forward roll looks like **To know how to perform a forward roll: squat with weight on the balls of their feet, to put hands underneath their shoulders, shoulder - width apart putting their chin on their chest then raise their hips and look to roll onto the back of their shoulders.**	**I can perform a forward roll** I can perform a series of symmetrical and asymmetrical rolls I can work in partners

		Spring **Week 5**	To work in different formations with a partner	**To know how to work in time with a partner (synchrony)** To know how to mirror their partner To know the safety expectations when working with apparatus	**I can work in different formations with a partner** I can perform balances in unison I can use a range of balances, spins and jumps
	Gymnastics **Symmetry**	**Spring** **Week 6**	To create a controlled sequence using a range of symmetrical and asymmetrical moves	I know what symmetrical and asymmetrical shapes look like I know the importance of a clear starting and finishing position I know how to listen to peer assessment and improve my work	**I can create a sequence using a range of symmetrical and asymmetrical gymnastics moves** I can alternate between symmetry and asymmetry, different directions, speeds and levels
Year 3/4	Tennis *(Net and Wall)*	**Summer 1** **Week 1**	To play a game of hand tennis, applying basic rules of tennis	**To know what a ready position is: feet shoulder width apart with weight on the balls of the feet, hands together in front of the body** To know to get to the centre of the court after playing each shot	I can take up a ready position I can move into good positions to strike a ball **I can play a game of hand tennis** I can move my opponent around the court
	Tennis	**Summer 1** **Week 2**	To hit consistent forearm returns	To know what a backswing is To know what a return is **To know what forearm returns are** To know to keep my head still To know how to aim using parts of the racket	I can hit consistent forearm returns I can get into consistently good positions to hit the ball after one bounce **I can get into a sideways position, have a full backswing, track the ball**

					as it bounces with my eyes and strike the ball as it is at hip height
	Tennis	**Summer 1 Week 3**	To perform a backhand shot using the correct body positioning	**To know what a backhand shot looks like** To know to use one or two hands to maintain control	I can perform backhand shots I can get into a good position to play backhand shots **I can strike the ball on the backhand**
	Tennis	**Summer 1 Week 4**	To perform a volley forehand and backhand	**To know what a volley is** To know that the ball should be deflected downwards to create a bounce over the net	**I can volley a ball forehand and backhand** I can strike the ball downwards
	Tennis	**Summer 1 Week 5**	To move into the correct position when playing a variety of shots	To know the rules of tennis To know how to score in tennis To know a variety of tennis shots	**I can serve from a baseline into my opponent's side of the court** **I can move into the correct position to play a variety of shots**
	Tennis	**Summer 1 Week 6**	To apply tactics against an opponent in a game	**To know my own and opponent's strengths and weaknesses** To know how to score To know the rules of tennis	**I can use tactics against an opponent** I can demonstrate tactics to score points
Year Group	**Topic**	**Week**	**Learning Objective**	**Knowledge**	**Skills**
Year 3/4	Rounders	**Summer 2 Week 1**	To send and receive a ball using correct technique	To know that correct grip on a ball supports the accuracy and success of the shot	**I can send using underarm throwing technique** I can send using correct grip on tennis ball

	(Striking and Fielding)			To know watch the ball right into soft hands when receiving	**I can receive using catching technique of soft hands**
	Rounders	**Summer 2** **Week 2**	To develop basic bowling and batting skills	**To know to use a sideways position to increase success** To know how to grip a ball so it comes out of hand smoothly To know what a no ball is	I can develop basic bowling and batting skills I can use batting skills from Y1/2 to support my progress **I can show a sideways position for both striking and bowling**
	Rounders	**Summer 2** **Week 3**	To develop throwing skills	To know why fielders might start off a base and then move after a strike To know when to use an overarm or underarm throw	**I can develop overarm technique** I can communicate with other players for the good of the team
	Rounders	**Summer 2** **Week 4**	To develop fielding skills and understanding of the rules	**To know some rules of rounders** To know which ground fielding techniques to use To know how to get into overarm position to return to the bowler quickly To know when happens when I miss a rounders ball or hit behind me	**I can field the ball off the ground use a variety of techniques** I can step forwards using non throwing foot for accuracy in underarm throws
	Rounders	**Summer 2**	To call for and catch a high ball comfortably	To know how to keep score To call my name if going for a high catch	**I can catch high balls comfortably** I can backpedal to catch balls over me

		Week 5			
	Rounders	**Summer 2** **Week 6**	To perform confidently in a range of positions in a competitive game	**To know the rules of batting and fielding in rounders** To know how to back up other fielders	**I can perform well in a range of positions in a competitive game** I can demonstrate an understanding of the rules I can accept decisions made

Cycle B- Year 3/4

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 3/4	Swimming	Autumn 1	See Swimphony Swimming App To be able to: swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations		
Year 3/4	Swimming	Autumn 2	See Swimphony Swimming App To be able to: swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations		

Year 3/4	Swimming	Spring 1	See Swimphony Swimming App To be able to: swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations		
Year 3/4	Football *(Invasion)*	**Spring Week 1**	To send and receive a football using the inside of my foot	To know some rules of football To know to be on the balls of my feet when waiting to receive a pass To know how to find space after passing	**I can trap a ball and cushion it when receiving** I can pass the ball accurately I can move into a space after passing **I can use the inside of my foot when passing over short distances**
	Football	**Spring Week 2**	To dribble using both feet and different parts of the foot	To know how to position my body in relation to the ball To know how to shield the ball To know why it is important to take touches with different parts of the foot when dribbling	**I can dribble a ball using both feet** **I can manipulate the ball using different parts of the foot** I can shield a ball from an opponent
	Football	**Spring Week 3**	To turn confidently with the ball	To know how to get the ball out wide To know how to use the full width of the pitch **To know what a drag turn and N turn look like** To know which type of turn to use	**I can turn confidently with a ball** I can play a small game to demonstrate my turns: Drag turn, N turn

	Football	**Spring** **Week 4**	To begin to use overlapping and underlapping when in a 1v1 and 2v1 situation	To know how to defend against an opponent when in a 1v1 situations **To know when to overlap and underlap** To know that when at a disadvantage, good organisation in the team is important	**I can make good decisions when in possession** I can use overloading, overlapping and underlapping when my team has more players
	Football	**Spring** **Week 5**	To use space effectively when defending	I know the rules of football I know that the team needs to be balanced I know that chasing the ball will not result in possession **I know to pass and move into space** I know to get behind the ball and close the space	**I can defend well by watching the ball and waiting** I can show decisiveness I can maintain concentration when the ball isn't in my area of the pitch
	Football	**Spring** **Week 6**	To demonstrate a range of attack and defence skills in a competitive game	I know the rules of football I know to always plan ahead when out of possession I know to keep the ball in sight	**I can demonstrate a range of attack and defence skills in a competition** I can get into sideways position when receiving the ball
Y3/4	Cricket *(Striking and Fielding)*	**Summer 1** **Week 1**	To perform a high back lift for a short ball	**To know what a high back lift looks like** To know why and when we might use a back lift	I can stand sideways on with a high back lift I can step back and across to pull a short ball

				To know that a short ball means short of a good length so it bounces far in front of the batsman/woman To know what the crease is for	
	Cricket	**Summer 1** **Week 2**	To bowl and wicket keep with greater understanding	To know how to grip a ball when bowling To know the process of bowling from the coil to real the ball **To know how to position myself when wicket keeping** To know what the wickets are for	**I can bowl a ball overarm with a straight arm** I can take up a wicket keeping stance I can take balls bowled on both sides of the wicket
	Cricket	**Summer 1** **Week 3**	To how greater understanding of batting and running between wickets	**To know when to slide my bat to make my ground when running between wickets** To know what 'backing up' means in fielding	I can throw accurately and powerfully **I can hit the ball by driving and then run between a set of wickets** I can slide my bat if necessary
	Cricket	**Summer 1** **Week 4**	To bat and bowl successfully with a partner	To know the different calls I make as a batsman: YES, NO or WAIT To know which batsman/woman calls and when to call	**I can hold my bat correctly** I can communicate effectively using calls **I can bowl with increasing accuracy**
	Cricket	**Summer 1** **Week 5**	To develop fielding techniques when a ball is struck	To know that to perform a long barrier you have to turn side-on and put one knee down next to the heel of the other foot	I can bowl with a run up I can stop hard balls struck by me by forming a long barrier I can communicate effectively with a partner when batting

				To know how to form a long barrier when fielding a hard shot	**I can choose the correct fielding technique to use**
	Cricket	**Summer 1** **Week 6**	To play different roles in a competitive game	**To know the different roles and rules** To know when to stand still and when to walk in as the bowlder runs To know why I need to call my name when going for a high catch	I can back up fielders in the field Play purposefully **I can take on different roles in the game**
Y3/4	OAA	**Summer 2** **Week 1**	To work as part of team to match ordnance survey symbols	**To know some ordnance survey symbols from Geography** How to use the process of elimination to work out symbols I don't know	**I can work as part of a team** I can show enthusiasm, determination and resilience
	OAA	**Summer 2** **Week 2**	To work together to solve problems	**To know how to communicate well and negotiate to solve problems** To know how to show grit and perseverance to try again when things don't go to plan	I can work together in a small group to solve problems I can compete under pressure I can control my emotions I can listen carefully to instructions
	OAA	**Summer 2** **Week 3**	To plan a route map	I know the compass points (linked to Geography Autumn 2 lesson 1) **I know how to navigate around an area** **I know what a route map is** I know how to follow directions	I can negotiate with my group **I can plan a route map**

	OAA	**Summer 2** **Week 4**	To demonstrate agility, balance, coordination and precision when working in a group	I know the importance of listening to others and communicating well	**I can work with others to solve a problem** I can follow the rules of an activity **I can show agility, balance and coordination**
	OAA	**Summer 2** **Week 5**	To identify areas of the school ground using map skills	**I know how to read a map** I know how to find clues I know the compass points	**I can identify areas of the school grounds** I can use a map confidently I can run and think simultaneously I can compete against each other
	OAA	**Summer 2** **Week 6**	To use photographic clues to locate areas of the school	I know how to take photos on an ipad I know how to take turns and use equipment safely	**I can identify where a number of controls are located around school** I can use photographic clues I can take photographs of interesting places around the school site

Cycle A – Year 5/6

Year Group	Topic	Week	Learning Objective	Knowledge	Skills

Year 5/6	Tennis *(Net and Wall)*	**Autumn 1** **Week 1**	To demonstrate the ready position at the start of play	To know what the baseline is **To know the ready position:** • **Racket in both hands** • **On balls of feet** • **Knees bent** • **Looking at your opponent**	I can get into a ready position I can grip the racket within a V position **I can get into a sideways position to strike** I can return to the middle of the court after playing a shot
	Tennis	**Autumn 1** **Week 2**	To hit a forehand shot consistently	To know how to strike the ball away from my opponent **To know how to have a big backswing to generate power**	I can grip the racket **I can control where I hit the ball** I can get into a sideways position to strike I can return to the middle of the court after playing a shot
	Tennis	**Autumn 1** **Week 3**	To play backhand shots consistently	To know that a deft shot is a light shot that barely goes over the netdeft shot To know a deft shot lands close to the net **To know how to change my grip when hitting backhand shots**	I can get into position I can play a deft shot near the net **I can hold my racket lightly when playing deft shots**
	Tennis	**Autumn 1** **Week 4**	To volley accurately on my forehand and backhand	The know the difference in forehand and backhand shots **To know that a volley is when the ball is struck before it hits the ground**	I can deflect the ball when volleying I can anticipate play and think quickly I can hit the ball away from my opponent

				To know one tennis rule	I can get into a sideways position to strike I can return to the middle of the court after playing a shot
	Tennis	**Autumn 1** **Week 5**	To smash, lob and serve with increasing accuracy	**To know how to serve is a shot to start the game aimed diagonally across the court** To know how to smash is a shot hit above the hitter's had in a serve- like motion To know how to lob is a shot aimed high and deep into the opposition's side of the court, when they are close to the net	I can learn how to link shots I can decide when to use each shot **I can get into a sideways position** I can explore different shots
	Tennis	**Autumn 1** **Week 6**	To play a competitive game using a range of ground stroke	**To know the rules of tennis; A ball must land within bounds for play to continue; if a player hits the ball outside of bounds, this results in the loss of the point for them.** To know how to score To know the different shots	**I can use some tactics against an opponent** I can use a range of shots I can change grip on the racket **I can strike the ball away from an opponent**
Year Group	**Topic**	**Week**	**Learning Objective**	**Knowledge**	**Skills**

Year 5/6	Tag Rugby *(Invasion)*	**Autumn 2** **Week 1**	To pop pass and pocket pass	To know some basic principles of rugby To know what is a try and what isn't **To know how to grip the ball** **To know when to pop pass and when to pocket pass with the correct technique**	I can pop pass and pocket pass I can tag someone safely **I can carry the ball in two hands upwards in a 'w' shape**
	Tag Rugby	**Autumn 2** **Week 2**	To send and receive the ball under pressure	**To know what position I need to get into to pass left or right** To roll my hands when changing positions and making catches	I can send and receive the ball on the run and under pressure **I can pass well to my left and right using the correct technique**
	Tag Rugby	**Autumn 2** **Week 3**	To pass a rugby ball backwards consistently	To know rules of tag rugby To know how to close the space when defending **To know what a knock on and forward pass are**	I can pass a rugby ball backwards **I can pass accurately** **I can dummy a pass** I can look out for dummy pass when defending
	Tag Rugby	**Autumn 2** **Week 4**	To pass and miss out players in a line	I know how to play the ball by putting it down and rolling it behind me I know why players need to be in a line **I know that offside is when players have run past their team's side of the ball**	I can pass and miss out players in a line **I can take a tap penalty with a dummy half** I can run on the ball at pace **I can remain onside by keeping to my team's side of the ball**

	Tag Rugby	**Autumn 2** **Week 5**	To attack in a staggered line	I know to organise attacking lines on either side of the ball **I know to attack in staggered formation and why** **I know that each team has a limited number of tackles before possession changes to the other team**	**I can attack in staggered line** I can organise my position so that I receive passes on the run **I can remain in the line**
	Tag Rugby	**Autumn 2** **Week 6**	To show game understanding and apply skills to a game	I know when the referee might play advantages and when they won't **I know how to play a game of tag rugby** I know when we get the ball in the centre of the pitch near the opponent's line, we stretch their defence	I can apply skills effectively to a game I can develop game understanding **I can compete in a game of tag rugby** **I can use some tactics when in play**
Year 5/6	Dance - WW2	**Spring 1** **Week 1**	To create imaginative actions based on a mind map of WW2	**To know what unison is** **To know what a motif is** To know facts about WW2	**I can develop actions based on a themed mind map** I can show understanding of timing I can perform in unison
	Dance - WW2	**Spring 1** **Week 2**	To develop a 32 count individual travelling section	**To know how to change static action into travelling movement** To know how to keep time	**I can turn 3-4 actions into a travelling sequence** I can think creatively to find solutions I can use level changes, pathways and different directions

	Dance - WW2	**Spring 1 Week 3**	To develop a 16-32 count pairs section	To know how to recall choreography from previous week **To know how to translate images into actions** To know how actions can communicate meaning	I can communicate effectively with a partner **I can use a poem as a stimulus** I can include mirror image **I can use level changes, pathways and different directions**
	Dance - WW2	**Spring 1 Week 4**	To develop a 32 count group section using chance choreography	**To know that chance choreography is when movements are added to the overall choreography by chance.**	I can show use of canon, unison and mirror image **I can show cooperation and equal contribution** I can communicate with my group
	Dance - WW2	**Spring 1 Week 5**	To finalise a 32 count group section	To recall choreography from previous week To know what chance choreography is **To know that an effective performance has clear actions and good timing**	I can provide useful peer feedback I can use chance choreography **I can show use of canon and changes in formation**
	Dance - WW2	**Spring 1 Week 6**	To peer assess performance and improve work based on feedback	**To know how to recognise good timing, execution and performance skills** To know the school games values	**I can evaluate the work of others using technical language** I can improve own performance based on feedback
Year 5/6	Yoga	**Spring 2 Week 1**	To adopt a rest position and relaxation pose	To know the relaxation pose **To know what the rest position is** **To know the importance of breath work**	**I can adopt a rest position and relaxation pose** I can hold my poses for 3 slow breaths

				To know now that I should stop and rest if it feels uncomfortable	I can listen to my body for areas of tightness and discomfort
	Yoga	**Spring 2** **Week 2**	To develop my concentration in yoga	To know the wider benefits of doing regular yoga To know that lots of different sports can be improved through yoga practice **To know how to perform a mountain, tree and chair pose**	I can prepare my body for yoga **I can put myself in the right state of mind** I can comment on how yoga makes me feel **I can match breath work with each yoga pose**
	Yoga	**Spring 2** **Week 3**	To recognise how yoga can help with stress relief	To know that yoga can help us slow down, forget worries and relax our minds **To know how to match the breath with each yoga pose** To know that yoga can be used to relieve stress, such as exam preparation **To know how to perform a warrior, aeroplane and bridge pose.**	**I can recognise how yoga can help stress relief** I can make links between physical and mental health I can find ways to use yoga practice in everyday life
	Yoga	**Spring 2** **Week 4**	To perform a relaxation sequence of yoga flow	To know what benefits there are to me physically and mentally from different poses To know that effective yoga flow links poses together that link in seamless transition	**I can perform a relaxation sequence of yoga flow with control** I can match with breath work for 'flow'

				To know yoga poses are called asanas **To know how to perform a Triangle pose, cat, frog and childs pose.**	
	Yoga	**Spring 2** **Week 5**	To use positive affirmations in yoga flow	To know what a positive affirmation is a positive phrase or statement to challenge negative or unhelpful thoughts **To know how to 'mirror' in yoga** **To be able to perform a butterfly and relaxation pose.**	I can make positive affirmations **I can use mirroring with a partner** I can be reflective of my own performance
	Yoga	**Spring 2** **Week 6**	To know, perform and explain the benefits of a wide range of poses	**To know a wide range of yoga poses** To know the benefits of each pose To know how to make an affirmation circle	**I can perform a wide range of poses** I can articulate what I enjoy about yoga I can explain how yoga can help me **I can explain how each pose benefits my body**
Year 5/6	Cricket *(Striking and Fielding)*	**Summer 1** **Week 1**	To throw overarm and catch consistently well	I know how to recap striking and fielding knowledge from Y1/2 I know that a crease is my area of play I know to slide my bat over the crease when running **I know what a position of anticipation looks like when fielding**	**I can catch consistently well under pressure** I can throw accurately overarm I can transfer skills learnt into a game scenario.

	Cricket	**Summer 1** **Week 2**	To strike a ball to leg side	**I know to grip the bat correctly** I know what a stance looks like when batting **I know that leg side is the opposite side to the hand you are batting with** I know that offside is the same side as the hand you are batting	I can strike the ball when batting **I can 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 1** **Week 3**	To perform a range of fielding techniques	**I know which ground fielding techniques to use and why:** • **Long barrier** • **Catch** • **Bowl with a run up** • **Overarm throw**	**I can perform a range of fielding techniques** I can bowl with a run up I can use calls when batting I can perform a long barrier to stop the ball
	Cricket	**Summer 1** **Week 4**	To pick up and return a ball with one hand quickly To perform a straight drive when batting	I know that I can leave my crease to hit balls I know why I might leave my crease **I know when I might use a one handed pick up** **I know the correct technique when bowling overarm**	**I can bowl with consistency accuracy and length** I can use my feet to get to the pitch of the ball when batting I can perform a straight drive when batting **I can pick up and return a ball with one hand quickly**
	Cricket	**Summer 1**	To bowl leg spin and square cut shot when batting and bowling	I know what a square cut shot is	I can show tactical awareness as a fielder

		Week 5		**I know how to bowl leg spin with the correct technique** I know what overthrows are I know why it is important for outfielders to walk in with the bowler. **I know how to correctly stand when batting**	**I can bowl out of the back of my hand** **I can play a square cut shot when batting**
	Cricket	**Summer 1** **Week 6**	To link my skills and perform in a competitive game.	I know to have back up for possible overthrows **I know the importance of communication when batting.**	**I can link my skills and perform in a competitive game** I can bowl by running in close to the wickets I can work as a team.

<u>Year 5/6</u>	Athletics	**Summer 2** **Week 1**	To change pace and run at different tempos	**I know how to control running over middle distances** I know how running a bend differs from running straight - hug the line, lean into the bend	I can warm up effectively to reduce injury **I can change pace based on the race** **I can sustain my pace over longer distances**
	Athletics	**Summer 2**	To throw with accuracy and power	**I know how to position myself sideways when throwing** I know how to throw safely	**I can use the pull technique** I can throw after a run up

		Week 2		I know when stepping forward my feet don't cross the line	I can use my non-throwing arm to help me
	Athletics	**Summer 2** **Week 3**	To throw with greater force and over longer distances	**I know how to throw a shot using 'clean pal, dirty neck' technique** I know how to generate power from the thighs	I can aim my shot **I can throw from my shoulder** I can control my body for accuracy
	Athletics	**Summer 2** **Week 4**	To perform the correct technique for triple, high and standing long jump	I know how to recall triple and standing long jump technique from Y3/4 **I know what a high jump looks like** **I know how to approach the bar from an arced run up**	I can measure accurately **I can use 'same, different, both' for triple jump** I can lift my hips as high as possible when high jumping
	Athletics	**Summer 2** **Week 5**	To combine sprinting with hurdling	I know how to take off foot and lead leg I know that hurdling requires a lead leg and trail leg **I know that I need to pace my sprint for my lead leg to be in front for hurdling**	I can use correct technique for sprinting **I can use lead and trail legs when hurdling**
	Athletics	**Summer 2** **Week 6**	To transfer a relay baton efficiently	I know how to position myself in a start position **I know how to keep my arm parallel to the ground** **I know to keep my palm facing up towards the sky**	I can work in a team **I can begin running before my teammate gets to me** **I can use the opposite hand to foot when receiving the baton** I can communicate with my teammate

				I know to keep looking backwards	

Cycle B – Year 5/6

Year Group	Topic	Week	Learning Objective	Knowledge	Skills
Year 5/6	Gymnastics - counter balance	**Autumn 1** **Week 1**	To hold controlled balances	**To know how to link skills to perform actions and sequences** To know technical language for gymnastics: To know a counter balance is a weight countered by another weight To know how to perform in unison	I can use points and patches I can use a given number of body parts **I can create a sequence in unison**
	Gymnastics - counter balance	**Autumn 1** **Week 2**	To hold a range of symmetrical and asymmetrical counter balances	I know how to link skills to perform actions and sequences I know technical language for gymnastics: **I know a counter balance is a weight countered by another weight** I know what push and pull forces are	I can evaluate the work of others **I can hold a range of symmetrical and asymmetrical counter balances** I can work at different levels I can hold weight on different points and patches

	Gymnastics - counter balance	**Autumn 1 Week 3**	To roll as part of a balancing and rolling sequence	**I know how to use a range of dynamics** I know how to peer assess constructively **I know a range of pathways** I know a range of balances	**I can hold a range of symmetrical and asymmetrical counter balances** I can roll as part of balancing and rolling sequence I can challenge myself to improve I can control my movements
	Gymnastics - counter balance	**Autumn 1 Week 4**	To add counter tension to our sequence	**I know that counter tension is a balance where 2 or more people pull away from each other**	**I can use my own body weight in opposition to apparatus** I can link skills to perform sequences I can work at different levels
	Gymnastics - counter balance	**Autumn 1 Week 5**	To link a counter tension with a counter balance	**I know what the difference between counter tension and counterbalance is**	I can work at different levels **I can link asymmetrical counter tension balances with counter balances** I can use transitional movements
	Gymnastics - counter balance	**Autumn 1 Week 6**	To perform asymmetrical counter balances in a sequence using canon or unison	**I know what canon and unison are** I know what the difference between counter tension and counterbalance is **I know that a good gymnastic performance is 'aesthetically pleasing' or 'beautiful' to watch**	I can work in a group **I can use the apparatus or partners when balancing** I can challenge myself to improve

Year 5/6	Football *(Invasion)*	**Autumn 2 Week 1**	To demonstrate skill and control	I know to keep the ball close **I know which part of the foot to use** I know to move into space after passing **I know to anticipate that the ball might come to me**	I can dribble the ball with control **I can pass the pass with the inside of my foot** I can pass the ball and move into space
	Football	**Autumn 2 Week 2**	To keep possession of the ball	**I know what possession means** I know how to get free from a defender I know to keep my head up	I can dribble with the ball close to me **I can dribble at different speeds** I can tap the ball using different parts of my foot
	Football	**Autumn 2 Week 3**	To demonstrate shooting technique	I know what makes a good goalscorer **I know to make it harder for the attacker by closing space and intercepting**	I can demonstrate shooting technique **I can touch the ball out of feet and strike then strike ball towards the goal** I can keep the ball moving when running at an opponent I can close space and tackle as a defender
	Football	**Autumn 2**	To defend effectively	I know defence tactics **I know how to make it harder for the attacker by closing space and intercepting**	I can communicate well with teammates **I can defend tactically** I can slow attackers down

		Week 4			
	Football	**Autumn 2** **Week 5**	To combine skills to create goal scoring opportunity	**I know what an overload, underlap and overlap are in attacking** I know that goal opportunities come from teamwork	**I can create goal scoring opportunity:** • **decisive runs into space** • **good dribbling** • **close control** • **passes** I can make the most of having extra players I can develop overloading, underlap and overlap tactics when attacking
	Football	**Autumn 2** **Week 6**	To play a competitive game of football	**I know the rules of the game** I know school games values I know how to attack and defence tactics	I can officiate games showing understanding of rules **I can play competitive games** I can control my emotions I can accept referee decisions
Year 5/6	Dodgeball *(Invasion)*	**Spring 1** **Week 1**	To develop effective throwing technique for dodgeball	I know the rules of dodgeball **I know to aim low to get an opponent out** I know not to turn my back on the other team	**I can throw hard and low at my opponents** I can dodge to evade the ball I can catch balls to get teammates back in the game
	Dodgeball	**Spring 1**	To develop effective dodging skills	**I know that by moving around I make myself more difficult to hit**	**I can dodge balls that are thrown at me using change in direction, quick**

		Week 2		I know how to get an opponent out I know now to stay light on my feet	**movements and keeping an eye on the ball** I can throw with increasing power I can throw with a low and straight trajectory
	Dodgeball	**Spring 1** **Week 3**	To catch balls low down that are thrown at pace	I know now that if I drop an attempted catch I am out **I know when it is wise to try and catch the ball and when to dodge**	**I can catch balls low down and thrown at pace at me** I can keep an eye on the ball
	Dodgeball	**Spring 1** **Week 4**	To play adapted games with special rules	**I know that I need to work as part of a team** I know what to do when my team are down a couple of players	I can use a ball to block incoming fire **I can play adapted games with special rules** I can evaluate our team's performance
	Dodgeball	**Spring 1** **Week 5**	To play by a set of agreed rules	I know the agreed rules of the game **I know that dodgeball can have different rules**	I can play by the rules **I can work as a group to come with up tactics** I can officiate when asked
	Dodgeball	**Spring 1** **Week 6**	To use tactics within my team based on the strengths of the opposition	I know my strengths and where I can improve I know to target the strongest players on the opposite team **I know to build upon my knowledge to help me in a game scenario**	I can choose the right moment to attack and defend **I can compete against others effectively** I can use tactics within my team based on the strengths of the opposition

Year 5/6	OAA	**Spring 2 Week 1**	To use non-verbal communication to solve problems	I know the importance of making a plan **I know that non-verbal communication can be just as effective as verbal**	**I can work as part of a team** I can pay attention to others I can make a plan before starting I can evaluate the success of the strategy I can adapt if necessary
	OAA	**Spring 2 Week 2**	To navigate successfully across and through obstacles	**I know to keep my partner safe** I know where I need to position myself	I can give clear instructions **I can listen carefully whilst blindfolded** I can look out for obstruction
	OAA	**Spring 2 Week 3**	To think creatively to find solutions	I know that I need to contribute the plan **I know that a good plan can still need adapting**	I can use my reasoning skills **I can work together in a group** I can make a plan I can evaluate the success of the strategy I can adapt if necessary
	OAA	**Spring 2 Week 4**	To navigate using a map	I know the compass points **I know how to use a simple map**	I can demonstrate teamwork I can show good communication **I can create our own course using map skills**
	OAA	**Spring 2**	To work quickly and effectively against the clock	**I know that a control is a checkpoint**	I can remain calm under pressure **I can find a number of controls using a map**

		Week 5		I know what ordnance survey symbols mean	I can think creatively to find solutions
	OAA	**Spring 2** **Week 6**	To identify locations of controls	I know what a control is I know how to motivate the team by being positive **I know how to use a map**	**I can match controls with letters of the alphabet** I can communicate positively with my team

Year 5/6	*Netball* *(Invasion)*	**Summer 1** **Week 1**	To send a netball in a variety of ways	**I know the technique for each pass;** • **Chest pass** • **Bounce pass** • **Shoulder pass** I know how to signal for a pass I know that I need to move into new space after passing	I can chest pass, bounce pass and shoulder pass I can receive a ball and know what I want to do with it
	Netball	**Summer 1** **Week 2**	To develop passing for accuracy	I know to disguise which pass I will use **I know when to use each pass** I know that when I get sideways on to receive a ball it opens up the court	**I can aim my passes for accuracy** I can anticipate the play I can release the ball quickly
	Netball	**Summer 1** **Week 4**	To further develop an accurate shoulder pass	**I know attacking principles** I know how to communicate non verbally on court.	**I can shoulder pass accurately** I can pass with force I can create space for myself

	Netball	**Summer 1** **Week 3** **(Lesson 3 and 4 have been switched around)**	To shoot a netball with accuracy	I know what the terms landing foot, pivot and stepping mean **I know the rules around shooting**	I can land and pivot pass the ball **I can shoot with good starting technique of balancing the ball and bending knees**
	Netball	**Summer 1** **Week 5**	To develop understanding of netball game rules	**I know that the different roles are in netball** I know where I am allowed on court	I can position myself to take rebounds from missed shots **I can participate purposefully in a netball match** I can show understanding of different positions
	Netball	**Summer 1** **Week 6**	To apply attack and defence skills to a game	I know the school games values **I know that infringements can lead to penalties**	**I can apply some tactics we have decided as a team** **I can play by the rules** I can accept decisions made

Year Group	Topic	Week	Learning Objective	Knowledge	Skills

Year 5/6	Swimming	Summer 2	See Swimphony Swimming App To be able to: swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations		
Year Group	**Topic**	**Week**	**Learning Objective**	**Knowledge**	**Skills**
Year 5/6	Rounders *(Striking and Fielding)*	**Summer 2 Week 1**	To further develop throwing and catching techniques	**I know to catch the ball in line with my nose** **I know how to grip the ball** I know what peripheral vision is I know the school games values	I can catch with soft hands I can throw accurately into space I can use my peripheral vision when running
	Rounders	**Summer 2 Week 2**	To further develop bowling and ground fielding	**I know how to bowl with a straight arm** I know that bowling should be at a consistent height **I know techniques of ground fielding**	I can bowl accurately I can bowl at a consistent height I can ground field consistently I can use a high backlift when batting
	Rounders	**Summer 2 Week 3**	To further develop tactical awareness in a small game	I know the role of a back stop **I know why a strike is important for success**	I can catch and throw quickly from back stop I can strike with some accuracy into a given area

	Rounders	**Summer 2** **Week 4**	To communicate effectively with teammates when running between bases	**I know the rules when batting and running between bases** I know to think ahead and speak to my teammates	I can back up fielders in the outfield **I can communicate with my teammates when I'm running between bases** I can play for the good of the team
	Rounders	**Summer 2** **Week 5**	To play a full game showing understanding of rules and tactics	I know that fielders on the 2nd, 3rd and 4th base can start deep and come onto their bases as necessary **I know the importance of great communication when playing rounders**	I can throw with accuracy under pressure I can play a full game in small groups **I can play different roles within the team**
	Rounders	**Summer 2** **Week 6**	To field tactically based on the batsman/ batswoman	**I know that I should adjust my position based on the opponent** I know the school games values	I can adapt my game according to direct opponent **I can show an understanding of rules** I can accept decisions made