

PE Overviews by Year Group

By the end of each key stage children are expected to:

EYFS	KS1	KS2	
<p>Early Learning Goals: Personal, Social and Emotional Development ELG:</p> <ul style="list-style-type: none"> -Show an understanding of their own feelings and those of others, and begin to regulate their behaviour accordingly -Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. -Be confident to try new activities and show independence, resilience and perseverance in the face of challenge -Explain the reasons for rules, know right from wrong and try to behave accordingly -Work and play co-operatively and take turns with others -Show sensitivity to their own and to others' needs <p>Physical Development ELG:</p> <ul style="list-style-type: none"> - Negotiate space and obstacles safely, with consideration for themselves and others <ul style="list-style-type: none"> -Demonstrate strength, balance and coordination when playing -Move energetically, such as running, jumping, dancing, hopping, skipping and climbing 	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> -master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities -participate in team games, developing simple tactics for attacking and defending -perform dances using simple movement patterns 	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> -use running, jumping, throwing and catching in isolation and in combination <ul style="list-style-type: none"> -play competitive games, modified where appropriate[for example, badminton, basketball, cricket, football, hockey, netball, rounder's and tennis], and apply basic principles suitable for attacking and defending -develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] -perform dances using a range of movement patterns <ul style="list-style-type: none"> -take part in outdoor and adventurous activity challenges both individually and within a team -compare their performances with previous ones and demonstrate improvement to achieve their personal best 	
EYFS	Overview		Key Skills
	In this unit, children will be introduced to Physical Education and structured movement. They will spend		Physical Moving safely, running, jumping, throwing, catching, following a path

Introduction to PE Unit 1 Nursery/Reception	time learning basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment and working individually, with a partner and group. They will take part in activities, which will develop fundamental movement skills such as running, jumping, skipping.	Social	Sharing, leadership
		Emotional	Perseverance, confidence
		Thinking	Decision making, selecting and applying actions
Introduction to PE Unit 2 Nursery/Reception	In this unit, children will be introduced to Physical Education and structured movement. They will spend time learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules.	Physical	Moving safely, running, jumping, throwing, catching, rolling
		Social	Sharing and taking turns, encouraging and supporting others. responsibility
		Emotional	Honesty and fair play, confidence, perseverance
		Thinking	Decision making, understanding and using rules
Dance Unit 1 Nursery/Reception	In this unit, children will develop their expressive movement. Children explore space and how to use space safely. They explore travelling movements, shapes and balances. Children choose their own actions in response to a stimulus. They are given the opportunity to copy, repeat and remember actions. They are introduced to counting to help them keep in time with the music. They perform to others and begin to provide simple feedback.	Physical	Travelling, copying and performing actions, co-ordination
		Social	Respect, co-operating with others
		Emotional	Working independently, determination
		Thinking	Counting, observing and providing feedback, selecting and applying actions
Dance Unit 2 Nursery/Reception	In this unit, children will develop their expressive movement. Children explore space and how to use space safely. They explore traveling actions, shapes and balances. Children choose their own actions in response to a stimulus. They also are given the opportunity to copy, repeat and remember actions. They continue to use counting to help them keep in time with the music. They explore dance through the world around them. They perform to others and begin to provide simple feedback.	Physical	Travelling, copying and performing actions, co-ordination,
		Social	Respect, co-operating with others
		Emotional	Working independently, confidence
		Thinking	Counting, observing and providing feedback, selecting and applying actions
	In this unit children will develop their fundamental movement skills. Fundamental skills will include	Physical	Balancing, running, jumping. changing direction, hopping, travelling

Fundamentals Unit 1 Nursery/Reception	balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities. They will learn how to stay safe using space, working independently and with a partner.	Social	Working safely, responsibility, helping others
		Emotional	Honesty, challenging myself, determination
		Thinking	Decision making, selecting and applying actions, using tactics
Fundamentals Unit 2 Nursery/Reception	In this unit children will develop their fundamental movement skills. Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space. They work independently and with a partner to complete tasks.	Physical	Hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running
		Social	Working safely, responsibility, working with others
		Emotional	Managing emotions, challenging myself
Gymnastics Unit 1 Nursery/Reception	In this unit, children will develop their basic gymnastic skills. Children explore basic movements, creating shapes, balances, and jumps and begin to develop rocking and rolling. They show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when traveling and balancing.	Thinking	Selecting and applying actions
		Physical	Shapes, balances, jumps, rocking, rolling, travelling
		Social	Taking turns, co-operation, communication
Gymnastics Unit 2 Nursery/Reception	In this unit, children will develop their basic gymnastic skills. Children explore basic movements, creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when travelling and balancing.	Emotional	Confidence, determination
		Physical	Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll
		Social	Leadership, taking turns, helping others
Ball Skills Unit 1 Nursery/Reception	In this unit children will develop their ball skills. Children will develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Children will be able to develop their fine and gross	Emotional	Determination
		Physical	Rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball
		Social	Co-operation, supporting others, sharing and taking turns

	motor skills through a range of game play using a variety of equipment. Children will be given opportunities to work independently and with a partner.	Emotional	Honesty, perseverance
		Thinking	Using tactics, decision making
Ball Skills Unit 2 Nursery/Reception	In this unit children will develop their ball skills. Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children will be able to develop their fine and gross motor skills through a range of game play with balls. Children will work independently and with a partner and will develop decision making and using simple tactics.	Physical	Rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball
		Social	Co-operation, sharing and taking turns
		Emotional	Determination
		Thinking	Using tactics, decision making

YEAR 1	Overview	Key Skills	
Fundamentals Year 1	Pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in isolation as well as in combination. Pupils will be given opportunities to identify areas of strength and areas for improvement. Pupils will work collaboratively with others, taking turns and sharing ideas.	Physical	Balancing, sprinting, jogging, dodging, jumping, hopping, skipping
		Social	Taking turns, supporting and encouraging others, working safely, communication
		Emotional	Challenging myself, perseverance, honesty
		Thinking	Identifying strengths, listening and following instructions
Yoga Year 1	Pupils learn about mindfulness and awareness. They begin to learn poses and techniques that will help	Physical	Breathing, relaxation, balance, flexibility, strength

	them connect their mind and body. The unit looks to improve wellbeing by building strength, flexibility and balance. The learning includes postures, breathing and meditation taught in through fun and engaging activities.	Social	Working safely, sharing ideas, leadership
		Emotional	Calmness, patience, understanding, independence
		Thinking	Selecting actions, comprehension, focus, providing feedback
Dance Year 1	Pupils will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases. Pupils will work individually and with a partner to create ideas in relation to the theme. Pupils will be given the opportunity to perform and also to provide feedback, beginning to use dance terminology to do so.	Physical	Travel, copying and performing actions, using shape, balance, coordination
		Social	Co-operation, communication, coming to decisions with a partner, respect
		Emotional	Confidence, acceptance
		Thinking	Counting, observing and providing feedback, selecting and applying actions
Team Building Year 1	In this unit pupils develop their communication and problem solving skills. They work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other. They are given the opportunity to discuss and plan their ideas to get the most successful outcome.	Physical	Balancing, travelling actions,
		Social	Communication, sharing ideas, inclusion, encouraging and supporting others
		Emotional	Confidence, trust, honesty
		Thinking	Decision making, using tactics, providing instructions, planning, problem solving
Gymnastics Year 1	In this unit pupils learn to use space safely and effectively. They explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement phrases. Pupils are given opportunities to select their own actions to build short sequences and develop their confidence in performing. Pupils begin to understand the use of levels, directions and shapes when travelling and balancing.	Physical	Travelling actions, shapes, balances, jumps, barrel roll, straight roll, forward roll progressions
		Social	Sharing, working safely
		Emotional	Confidence
		Thinking	Observing and providing feedback, selecting and applying actions
Ball Skills Year 1	In this unit, pupils will explore their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. Pupils will have the opportunity to work independently, in pairs and small groups. Pupils will be able to explore their own ideas in response to tasks.	Physical	Rolling, kicking, throwing, catching, bouncing, dribbling, tracking
		Social	Co-operation, communication, leadership, supporting others
		Emotional	Honesty, perseverance, challenging myself
		Thinking	Using tactics, exploring actions, comprehension

YEAR 2	Overview	Key Skills	
Fundamentals Year 2	Pupils will develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Pupils will be given opportunities to work with a range of different equipment. Pupils will be asked to observe and recognise improvements for their own and others' skills and identify areas of strength. Pupils will be given the opportunity to work collaboratively with others, taking turns and sharing ideas.	Physical	Balancing, sprinting, jogging, dodging, jumping, hopping, skipping
		Social	Taking turns, supporting and encouraging others, respect, communication
		Emotional	Challenging myself, perseverance, honesty
		Thinking	Selecting and applying, identifying strengths
Athletics Year 2	In this unit, pupils will develop skills required in athletic activities such as running at different speeds, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. They	Physical	Running at different speeds, jumping for distance, throwing for distance
		Social	Working safely, collaborating with others
		Emotional	Working independently, determination
		Thinking	Observing and providing feedback, exploring ideas

	learn how to improve by identifying areas of strength as well as areas to develop.		
Fitness Year 2	Pupils will take part in a range of fitness activities to develop components of fitness. Pupils will begin to explore and develop agility, balance, co-ordination, speed and stamina. Pupils will be given the opportunity to work independently and with others. Pupils will develop perseverance and show determination to work for longer periods of time.	Physical	Agility, balance, co-ordination, speed, stamina, skipping
		Social	Taking turns, encouraging and supporting others
		Emotional	Determination, perseverance, challenging myself
		Thinking	Identifying strengths and areas for improvement, observing and providing feedback
Dance Year 2	Pupils will explore space and how their body can move to express and idea, mood, character or feeling. They will expand their knowledge of travelling actions and use them in relation to a stimulus. They will build on their understanding of dynamics and expression. They will use counts of 8 consistently to keep in time with the music and a partner. Pupils will also explore pathways, levels, shapes, directions, speeds and timing. They will be given the opportunity to work independently and with others to perform and provide feedback beginning to use key terminology	Physical	Travel, copying and performing actions, using dynamics, pathway, expression and speed, balance, coordination
		Social	Respect, consideration, sharing ideas, decision making with others
		Emotional	Acceptance, confidence
		Thinking	Selecting and applying actions, counting, observing and providing feedback, creating
Team Building Year 2	Pupils develop their communication and problem-solving skills. They work individually, in pairs and in small groups. Throughout, there is an emphasis on teamwork. They learn to discuss, plan and reflect on ideas and strategies. They lead a partner whilst considering safety. Pupils have the opportunity to show honesty and fair play.	Physical	Travelling actions, jumping, balancing
		Social	Communication, leading, inclusion
		Emotional	Trust, honesty and fair play, acceptance
		Thinking	Planning, decision making, problem solving
Striking & Fielding Year 2	In this unit, pupils develop their understanding of the principles of striking and fielding games. They develop the skills of throwing and catching, tracking and retrieving a ball and striking a ball. They begin to self-manage small sided games. Pupils learn how to score points and play to the rules. Pupils will begin to think about how to use skills, strategies and tactics to outwit the opposition appropriate to the situation.	Physical	Throwing and catching, tracking a ball, bowling, batting
		Social	Communication, collaboration
		Emotional	Honesty, acceptance, controlling emotions
		Thinking	Select and apply, using tactics, decision making

Gymnastics Year 2	<p>In this unit pupils learn to explore and develop basic gymnastic actions on the floor and using apparatus. They develop gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases. Pupils develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions. They learn to work safely with and around others and whilst using apparatus. Pupils are given opportunities to provide feedback to others and recognise elements of high quality performance.</p>	Physical	Shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll
		Social	Sharing, working safely
		Emotional	Confidence, independence
		Thinking	Observing and providing feedback, selecting and applying actions
Ball Skills Year 2	<p>In this unit, pupils will develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. Pupils will have the opportunity to work independently, in pairs and small groups.</p>	Physical	Rolling, kicking, throwing, catching, bouncing, dribbling
		Social	Co-operation, communication, leadership, supporting others
		Emotional	Honesty, perseverance, challenging myself
		Thinking	Using tactics, exploring actions

YEAR 3	Overview	Key Skills	
Football Year 3	Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They learn to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will be given opportunities to select and apply tactics to outwit the opposition	Physical	Dribbling, passing, ball control, tracking/jockeying, turning, receiving
		Social	Communication, collaboration, cooperation
		Emotional	Honesty, perseverance
		Thinking	Selecting and applying tactics, decision making
Hockey Year 3	Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They will begin to think about defending and winning the ball. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. Pupils will understand the importance of playing fairly and keeping to the rules. They will be encouraged to be a supportive teammate and identify why this behaviour is important.	Physical	Passing, dribbling, receiving, intercepting, tackling
		Social	Communication, collaboration, inclusive
		Emotional	Honesty and fair play, empathy
		Thinking	Planning strategies and using tactics, observing and providing feedback, decision making
Swimming Developers	This unit is aimed at developing swimmers. In this unit, pupils will be introduced to specific swimming strokes on their front and on their back. They will learn how to travel, float and submerge with increasing	Physical	Submersion, floating, gliding, front crawl, backstroke, breaststroke, rotation, sculling, treading water, handstands, surface dives, H.E.L.P and huddle position

	confidence. They will learn and use different kicking and arm actions. Pupils will be given opportunities to observe others and provide feedback. They will also be introduced to some personal survival skills and how to stay safe around water.	Social	Communication, supporting and encouraging others, keeping myself and others safe
		Emotional	Confidence
		Thinking	Comprehension, planning tactics
		Physical	Balance, running
OAA Year 3	Pupils develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies. They learn to be inclusive of others and work collaboratively to overcome challenges. Pupils learn to orientate a map, identify key symbols and follow routes.	Social	Communication, teamwork, trust, inclusion, listening
		Emotional	Confidence
		Thinking	Planning, map reading, decision making, problem solving
		Physical	Throwing, catching, dodging, blocking
Dodgeball Year 3	Pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to apply simple tactics to the game to outwit their opponent. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Pupils are given opportunities to evaluate and improve on their own and others performances.	Social	Communication, collaboration, respect
		Emotional	Honesty, perseverance
		Thinking	Decision making, selecting and applying skills
		Physical	Throwing and catching, dribbling, intercepting, shooting
Basketball Year 3	Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling. Pupils will learn to use attacking skills to maintain possession of the ball. They will start by playing uneven and then move onto even sided games. Pupils will understand the importance of playing fairly and to the rules. They will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition as well as learn how to evaluate their own and others' performances.	Social	Working safely, communication, collaboration
		Emotional	Honesty and fair play, perseverance
		Thinking	Planning strategies and using tactics, observing and providing feedback
		Physical	Underarm and overarm throwing, catching, over and underarm bowling, batting
Cricket Year 3	Pupils learn how to strike the ball into space so that they can score runs. When fielding, they learn how to keep the batters' scores low. In all games activities, pupils have to think about how they use skills,	Social	Collaboration and communication, respect

	strategies and tactics to outwit the opposition. In cricket, pupils achieve this by striking a ball trying avoid fielders, so that they can run between wickets to score runs. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.	Emotional	Perseverance, honesty
		Thinking	Observing and providing feedback, applying strategies
Dance Year 3	Pupils create dances in relation to an idea including historical and scientific stimuli. Pupils work individually, with a partner and in small groups, sharing their ideas. Pupils develop their use of counting and rhythm. Pupils learn to use canon, unison, formation and levels in their dances. They will be given the opportunity to perform to others and provide feedback using key terminology.	Physical	Using canon, unison, formation, dynamics, pathways, direction, copying and performing actions, control, balance
		Social	Sharing ideas, respect, inclusion of others, leadership, working safely
		Emotional	Confidence, acceptance
		Thinking	Selecting and applying actions, creating, observing and providing feedback
Gymnastics Year 3	In this unit pupils focus on improving the quality of their gymnastic movements. They are introduced to the terms 'extension' and 'body tension.' They develop the basic skills of rolling, jumping and balancing and use them individually and in combination. Pupils develop their sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. Pupils develop their confidence to perform, considering the quality and control of their actions.	Physical	Individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics
		Social	Collaboration, communication, respect
		Emotional	Confidence
		Thinking	Observing and providing feedback, selecting and applying actions, evaluating and improving
Tennis Year 3	In this unit pupils develop the key skills required for tennis such as the ready position, racket control and hitting a ball. They learn how to score points and how to use skills, simple strategies and tactics to outwit the opposition. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.	Physical	Forehand, backhand, throwing, catching, ready position
		Social	Respect, collaboration, supporting others
		Emotional	Honesty, perseverance
		Thinking	Decision making, using tactics, understanding rules
Rounders Year 3	Pupils learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding	Physical	Underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting

	<p>roles. They focus on developing their throwing, catching and batting skills. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.</p>	Social	Collaboration and communication, respect, supporting and encouraging others
		Emotional	Honesty and fair play, confident to take risks, managing emotions
		Thinking	Observing and providing feedback, using tactics, decision making

YEAR 4	Overview	Key Skills	
Hockey Year 4	Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They will begin to think about defending and winning the ball. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. Pupils will understand the importance of playing fairly and keeping to the rules. They will be encouraged to be a supportive teammate and identify why this behaviour is important.	Physical	Passing, dribbling, receiving, intercepting, tackling
		Social	Communication, collaboration, inclusive
		Emotional	Honesty and fair play, empathy
		Thinking	Planning strategies and using tactics, observing and providing feedback, decision making
Football Year 4	Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They learn to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will be given opportunities to select and apply tactics to outwit the opposition.	Physical	Dribbling, passing, ball control, tracking/jockeying, turning, receiving
		Social	Communication, collaboration, cooperation
		Emotional	Honesty, perseverance
		Thinking	Selecting and applying tactics, decision making
Swimming Developers	This unit is aimed at developing swimmers. In this unit, pupils will be introduced to specific swimming strokes on their front and on their back. They will learn how to travel, float and submerge with increasing confidence. They will learn and use different kicking and arm actions. Pupils will be given opportunities to observe others and provide feedback. They will also be introduced to some personal survival skills and how to stay safe around water.	Physical	Submersion, floating, gliding, front crawl, backstroke, breaststroke, rotation, sculling, treading water, handstands, surface dives, H.E.L.P and huddle position
		Social	Communication, supporting and encouraging others, keeping myself and others safe
		Emotional	Confidence
		Thinking	Comprehension, planning tactics
OAA Year 4	Pupils develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies. They learn to be inclusive of others and work	Physical	Balance, running
		Social	Communication, teamwork, trust, inclusion, listening
		Emotional	Confidence

	collaboratively to overcome challenges. Pupils learn to orientate a map, identify key symbols and follow routes.	Thinking	Planning, map reading, decision making, problem solving
Fitness Year 4	Pupils will take part in a range of fitness challenges testing and record their scores. They will learn about different components of fitness; speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control.	Physical	Strength, speed, power, agility, coordination, balance, stamina
		Social	Supporting others, working safely
		Emotional	Perseverance, determination
		Thinking	Identifying areas of strength and areas for development
Dodgeball Year 4	Pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to apply simple tactics to the game to outwit their opponent. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Pupils are given opportunities to evaluate and improve on their own and others performances.	Physical	Throwing, catching, dodging, blocking
		Social	Communication, collaboration, respect
		Emotional	Honesty, perseverance,
		Thinking	Decision making, Selecting and applying skills
Netball Year 4	Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and shooting. They will learn to use a range of different passes in different situations to keep possession and attack towards goal. Pupils will learn about defending and attacking play as they begin to play even-sided versions of 5-a-side Netball. They will learn key rules of the game such as footwork, held ball, contact and obstruction.	Physical	Passing, catching, footwork, intercepting, shooting
		Social	Working safely, communication, collaboration
		Emotional	Honesty and fair play, perseverance
		Thinking	Planning strategies and using tactics, observing and providing feedback
Athletics Year 4	In this unit, pupils will develop basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles	Physical	Pacing, sprinting technique, jumping for distance , throwing for distance
		Social	Working collaboratively, working safely

	and combinations of running, jumping and throwing. As in all athletic activities, pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.	Emotional	Perseverance, determination
		Thinking	Observing and providing feedback, exploring ideas
Cricket Year 4	Pupils learn how to strike the ball into space so that they can score runs. When fielding, they learn how to keep the batters' scores low. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In cricket, pupils achieve this by striking a ball trying avoid fielders, so that they can run between wickets to score runs. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.	Physical	Underarm and overarm throwing, catching, over and underarm bowling, batting
		Social	Collaboration and communication, respect
		Emotional	Perseverance, honesty
		Thinking	Performing a variety of dance actions
Dance Year 4	Pupils focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of stimuli, working individually, in pairs and small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Pupils will develop confidence in performing and will be given the opportunity to provide feedback and utilise feedback to improve their own work.	Physical	Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, balance, control, technique,
		Social	Collaboration, consideration, inclusion, respect
		Emotional	Empathy, confidence
		Thinking	Observing and providing feedback, selecting and applying actions
Gymnastics Year 4	Pupils create more complex sequences. They learn a wider range of travelling actions and include the use of pathways. They develop more advanced actions such as inverted movements and explore ways to include apparatus. They will demonstrate control in their behaviour to create a safe environment for themselves and others to work in. They work independently and in collaboration with a partner to create and develop sequences. Pupils are given opportunities to receive and provide feedback in order to make improvements on their performances.	Physical	Individual and partner balances, jumps using rotation, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand
		Social	Collaboration, communication, respect, responsibility
		Emotional	Confidence
		Thinking	Observing and providing feedback, selecting and applying skills, evaluating and improving

	In gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions		
Tennis Year 4	In this unit pupils develop the key skills required for tennis such as the ready position, racket control and forehand and backhand ground strokes. Pupils learn how to score points and how to use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.	Physical	Underarm throwing, catching, forehand, backhand, ready position
		Social	Collaboration, respect, supporting others
		Emotional	Honesty, perseverance
		Thinking	Decision making, understanding rules, selecting and applying skills and tactics
Rounders Year 4	Pupils learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding roles. They focus on developing their throwing, catching and batting skills. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.	Physical	Underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting
		Social	Collaboration and communication, respect, supporting and encouraging others
		Emotional	Honesty and fair play, confident to take risks, managing emotions
		Thinking	Observing and providing feedback, using tactics, decision making

YEAR 5	Overview	Key Skills	
Dance Year 5	Pupils learn different styles of dance, working individually, as a pair and in small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances. Pupils will be provided with	Physical	Performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions
		Social	Collaboration, consideration and awareness of others, inclusion, respect, leadership,
		Emotional	Empathy, confidence

	the opportunity to create and perform their work. They will be asked to provide feedback using the correct dance terminology and will be able to use this feedback to improve their work. Pupils will work safely with each other and show respect towards others.	Thinking	Creating, observing and providing feedback, using feedback to improve, selecting and applying skills
Basketball Year 5	In this unit pupils will develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting. Pupils will learn to use attacking skills to maintain possession as well as defending skills to gain possession. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their own and others' performances.	Physical	Throwing and catching, dribbling, intercepting, shooting
		Social	Communication, collaboration
		Emotional	Perseverance, honesty and fair play
		Thinking	Planning strategies and using tactics, observing and providing feedback
Dodgeball Year 5	Pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They also learn how to select and apply tactics to the game to outwit their opponent. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Pupils learn officiating skills when refereeing games and are given opportunities to evaluate and suggest improvements to their own and others' performances.	Physical	Throwing, catching, dodging, blocking
		Social	Collaboration, respect, leadership
		Emotional	Honesty, determination, confidence
		Thinking	Decision making, selecting and applying tactics
Swimming Intermediate	This unit is aimed at intermediate swimmers. Pupils focus on swimming more fluently and with increased confidence and control. Pupils work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water. Pupils have to keep afloat and propel themselves through the water. Pupils are given the opportunity to be creative, designing their own personal survival course and creating a synchronised swimming sequence. Pupils take part in team games, collaborating and communicating with others.	Physical	Rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, H.E.L.P and huddle positions
		Social	Communication, supporting and encouraging others
		Emotional	Determination
		Thinking	Creating, decision making, using tactics

Hockey Year 5	In this unit pupils will improve their defending and attacking skills playing even-sided games. They will start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Pupils will be encouraged to think about how to use tactics and collaborate with others to outwit their opposition. Pupils will comment on their own and other's performances and suggest ways to improve. They will also recognise the importance of fair play and honesty while self-managing games	Physical	Dribbling, passing, receiving, tracking, creating and using space, shooting
		Social	Communication, collaboration
		Emotional	Perseverance, honesty and fair play
		Thinking	Planning strategies and using tactics, observing and providing feedback, selecting and applying skills
Tag Rugby Year 5	In this unit pupils will develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier using width and drawing defence. When defending, pupils learn how to tag, how to track and slow down an opponent, working as a defensive unit. They will play collaboratively in both uneven and then even sided games. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their own and others' performances.	Physical	Throwing, catching, running, dodging, scoring
		Social	Communication, collaboration
		Emotional	Perseverance, confidence, honesty and fair play
		Thinking	Planning strategies and using tactics, observing and providing feedback, decision making
Cricket Year 5	Pupils develop the range and quality of striking and fielding skills and their understanding of cricket. They learn how to play the different roles of bowler, wicket keeper, fielder and batter. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In cricket, pupils achieve this by striking a ball and trying to avoid fielders, so that they can run between wickets to score runs. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.	Physical	Underarm and overarm throwing, catching, over and underarm bowling, long and short barrier, batting
		Social	Collaboration and communication, respect
		Emotional	Honesty
		Thinking	Observing and providing feedback, selecting and applying strategies

Badminton Year 5	Pupils focus on developing the skills they need to play continuous rallies in badminton. They will learn about the ready position, racket control, serving and hitting over a net and how to use these skills to make the game difficult for their opponent. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils will be given the opportunity to work collaboratively with others. They will understand the importance of abiding by rules to keep themselves & others safe. Pupils will develop character and control through engaging with coping strategies when exposed to competition and will be given the opportunity to take on the role of referee.	Physical	Ready position, grip, forehand, backhand, serve, footwork
		Social	Communication, respect, supporting and encouraging others
		Emotional	Confidence, perseverance, honesty
		Thinking	Using tactics, selecting and applying skills, identifying strengths and areas for development
Gymnastics Year 5	In this unit, pupils create longer sequences individually, with a partner and a small group. They learn a wider range of actions such as inverted movements to include cartwheels and handstands. They explore partner relationships such as canon and synchronisation and matching and mirroring. Pupils are given opportunities to receive and provide feedback in order to make improvements on their performances. In Gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.	Physical	Symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand
		Social	Responsibility, collaboration, communication, respect
		Emotional	Confidence
		Thinking	Observing and providing feedback, selecting and applying actions, evaluating and improving sequences
Tennis Year 5	In this unit pupils develop their competencies in racket skills when playing Tennis. They learn specific skills such as a forehand, backhand, volley and underarm serve. Pupils are given opportunities to work cooperatively with others and show honesty and fair play when abiding by the rules. Pupils develop their tactical awareness, learning how to outwit an opponent.	Physical	Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve
		Social	Collaboration, communication, respect
		Emotional	Honesty
		Thinking	Using tactics, Selecting and applying skills
Rounders Year 5	Pupils develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. They learn how to play the different roles of bowler, backstop, fielder and batter	Physical	Throwing & catching, bowling, tracking, fielding & retrieving a ball, batting
		Social	Organising & self-managing a game, respect, supporting & encouraging others, communicating ideas & reflecting with others

	and to apply tactics in these positions. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils work with a partner and group to organise and self-manage their own games. Pupils play with honesty and fair play when playing competitively.	Emotional	Honesty & fair play, confident to take risks, managing emotion
		Thinking	Decision making, using tactics, identifying how to improve, selecting skills

YEAR 6	Overview	Key Skills	
Dance Year 6	Pupils will focus on developing an idea or theme into dance choreography. They will work in pairs and groups using different choreographing tools to create dances e.g. formations, timing, and dynamics. Pupils will have opportunities to choreograph, perform and provide feedback on dance. Pupils think about how to use movement to convey ideas, emotions, feelings and characters. Pupils will show an awareness of keeping others safe and will have the opportunity to lead others through short warm ups.	Physical	Performing a variety of dance actions, using canon, unison, formation, dynamics, character, emotion, transitions, matching & mirroring
		Social	Sharing ideas, consideration of others, inclusion, respect, leadership, supporting others
		Emotional	Empathy, confidence
		Thinking	Observing & providing feedback, using feedback to improve, selecting & applying skills
Netball Year 6	In this unit pupils will develop defending and attacking play during even-sided 5-a-side netball. Pupils will learn to use a range of different passes to keep possession and attack towards a goal. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They will start to show control and fluency	Physical	Passing, catching, footwork, intercepting, shooting, dodging
		Social	Communication, collaboration
		Emotional	Perseverance, honesty and fair play, selecting and applying skills, decision making
		Thinking	Planning strategies and using tactics, selecting and applying skills, decision making

	when passing, receiving and shooting the ball. They will learn key rules of the game such as footwork, held ball, contact and obstruction. Pupils also develop their understanding of the importance of fair play and honesty while self-managing games.		
Dodgeball Year 6	Pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They also learn how to select and apply tactics to the game to outwit their opponent. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Pupils learn officiating skills when refereeing games and are given opportunities to evaluate and suggest improvements to their own and others' performances.	Physical	Throwing, catching, dodging, blocking
		Social	Collaboration, respect, leadership
		Emotional	Honesty, determination, confidence
		Thinking	Decision making, selecting and applying tactics
Swimming Intermediate	This unit is aimed at intermediate swimmers. Pupils focus on swimming more fluently and with increased confidence and control. Pupils work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water. Pupils have to keep afloat and propel themselves through the water. Pupils are given the opportunity to be creative, designing their own personal survival course and creating a synchronised swimming sequence. Pupils take part in team games, collaborating and communicating with others.	Physical	Rotation, sculling, treading water, gliding, front crawl, backstroke, breaststroke, surface dives, floating, H.E.L.P and huddle positions
		Social	Communication, supporting and encouraging others
		Emotional	Determination
		Thinking	Creating, decision making, using tactics
Football Year 6	Pupils will improve their defending and attacking play, developing further knowledge of the principles and tactics of each. Pupils will begin to develop consistency and control in dribbling, passing and receiving a ball. They will also learn the basics of goalkeeping. Pupils will evaluate their own and other's performances, suggesting improvements. They will learn the importance of playing games fairly, abiding by the rules of the game and being respectful of their teammates, opponents and referees.	Physical	Dribbling, passing, ball control, tracking/jockeying, turning, goalkeeping, receiving
		Social	Communication, collaboration, cooperation, respect
		Emotional	Honesty, perseverance
		Thinking	Selecting and applying tactics, decision making

Hockey Year 6	In this unit pupils will improve their defending and attacking skills playing even-sided games. They will start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Pupils will be encouraged to think about how to use tactics and collaborate with others to outwit their opposition. Pupils will comment on their own and other's performances and suggest ways to improve. They will also recognise the importance of fair play and honesty while self-managing games	Physical	Dribbling, passing, receiving, tracking, creating and using space, shooting
		Social	Communication, collaboration
		Emotional	Perseverance, honesty and fair play
		Thinking	Planning strategies and using tactics, observing and providing feedback, selecting and applying skills
Cricket Year 6	Pupils develop the range and quality of striking and fielding skills and their understanding of cricket. They learn how to play the different roles of bowler, wicket keeper, fielder and batter. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In cricket, pupils achieve this by striking a ball and trying to avoid fielders, so that they can run between wickets to score runs. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.	Physical	Underarm and overarm throwing, catching, over and underarm bowling, long and short barrier, batting
		Social	Collaboration and communication, respect
		Emotional	Honesty
		Thinking	Observing and providing feedback, selecting and applying strategies
Gymnastics Year 6	In this unit, pupils use their knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences. They build trust when working collaboratively in larger groups, using formations to improve the aesthetics of their performances. Pupils are given opportunities to receive and provide feedback in order to make improvements on performances. In Gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.	Physical	Straddle roll, forward roll, backward roll, counterbalance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, vault
		Social	Responsibility, collaboration, communication, respect
		Emotional	Confidence
		Thinking	Observing and providing feedback, selecting and applying skills, evaluating and improving sequences

Tennis Year 6	<p>In this unit pupils develop their racket skills when playing tennis. They learn specific skills such as a forehand, backhand, volley and underarm serve. Pupils develop their tactical awareness including how to play with a partner and against another pair. They are encouraged to show respect for their teammates as well as their opponents when self-managing games. Pupils are also given opportunities to reflect on their own and other's performances and identify areas to improve.</p>	Physical	Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve
		Social	Collaboration, communication, respect
		Emotional	Honesty, perseverance
		Thinking	Decision making, selecting and applying tactics, evaluating and improving
Rounders Year 6	<p>Pupils develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. They learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils work with a partner and group to organise and self-manage their own games. Pupils play with honesty and fair play when playing competitively.</p>	Physical	Throwing & catching, bowling, tracking, fielding & retrieving a ball, batting
		Social	Organising & self-managing a game, respect, supporting & encouraging others, communicating ideas & reflecting with others
		Emotional	Honesty & fair play, confident to take risks, managing emotion
		Thinking	Decision making, using tactics, identifying how to improve, selecting skills