Holy Cross Curriculum Progression
PE

EYFS foundations: Early Learning Goals and links to PE

Area of learning / ELG	EYFS connection	Link to PE progression
Physical Development – Gross Motor Skills	Move safely around obstacles and other people; show balance, strength and coordination; use energetic movements including running, jumping, dancing, hopping, skipping and climbing.	Develops core movement patterns, spatial awareness, control, agility and readiness for games, dance and gymnastics.
Personal, Social and Emotional Development – Managing Self	Show confidence when attempting unfamiliar activities, persist when tasks are difficult and understand why rules are important.	Supports resilience, safe participation, fair play and the confidence to practise new physical skills.
Personal, Social and Emotional Development – Self-Regulation	Listen and respond to instructions, manage feelings and adapt behaviour to the situation.	Prepares children to follow PE instructions, respond to signals and manage emotions in competitive activities.

Personal, Social and Emotional Development – Building Relationships	Cooperate in play, take turns and consider other people's needs.	Builds teamwork, collaboration, encouragement and respectful participation.
Expressive Arts and Design – Being Imaginative and Expressive	Perform songs and rhymes with others, including moving in time with music where appropriate.	Supports rhythm, expressive movement and early dance performance.

EYFS

Unit	Learning overview	Skill area	Key skills
Ball Skills 1	During this unit, children will develop their ball skills through the topic of 'minibeasts'. 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 can develop their fine and gross motor skills through a range of game play using a variety of equipment. Children have opportunities to work independently and with a partner.	Physical	Roll, stop a rolling ball, throw, bounce, catch, dribble with feet, kick
		Social	Work safely, collaboration, co-operation, support others
		Emotional	Perseverance, independence, honesty
		Thinking	Use tactics, comprehension
Ball Skills 2	During this unit, children will develop their ball skills through the topic of 'weather'. Children will develop fundamental ball skills such as throwing and catching, rolling a	Physical	Roll, track, throw, dribble with hands, dribble with feet, kick, catch

	ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children can develop their fine and gross motor skills though a range of game play with balls. Children will work independently and with a partner and will develop decision making and using simple tactics.	Social	Co-operation, take turns, work safely, communication
		Emotional	Perseverance, independence, determination, honesty
		Thinking	Comprehension, use tactics
Dance 1	During this unit, children will develop their expressive movement through the topic of 'everyday life'. 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	Actions, dynamics, space
		Social	Work safely, respect, collaboration
		Emotional	Independence, confidence
		Thinking	Select and apply actions, creativity, exploration, recall, provide feedback
Dance 2	During this unit, children will develop their expressive movement through the topic of 'places'. Children explore space and how to use space safely. They explore traveling actions, shapes and balances.	Physical	Actions, dynamics, space
		Social	Work safely, respect, collaboration

	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.	Emotional	Confidence, independence
		Thinking	Comprehension, provide feedback, select and apply actions, creativity
Fundamentals 1	During this unit, children will develop their fundamental movement skills through the topic of 'all about me'. Fundamental skills will include balancing, running, changing direction, jumping, hopping and travelling. Children will develop gross motor skills through a range of activities. They learn how to stay safe using space, follow rules and instructions and work independently and with a partner.	Physical	Balance, run, jump, hop, change direction
		Social	Support others, work safely, take turns
		Emotional	Honesty, determination
		Thinking	Decision making, comprehension, select and apply
Fundamentals 2	During this unit, children will develop their fundamental movement skills through the topic of 'places and spaces'. Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling	Physical	Run, jump, hop, balance, change direction, travel
		Social	Work safely, support others, share and take turns, co-operation

	equipment. They learn how to stay safe using space and understand and follow rules and instructions. They work independently and with a partner to complete tasks.	Emotional	Perseverance, honesty, determination, confidence, acceptance
		Thinking	Comprehension, creativity, select and apply, exploration

Unit	Learning overview	Skill area	Key skills
Games 1	During this unit, children will develop their understanding of playing games through the topic of 'transport'. Children will practise and further develop fundamental movement skills through games. They also learn how to score and play by the rules, how to work with a partner and begin to understand what a team is, as well as learning how to behave when winning and losing.	Physical	Run, balance, change direction, throw, catch
		Social	Work safely, communication, co-operation, support and encourage others
		Emotional	Confidence, honesty, determination, manage emotions
		Thinking	Comprehension, decision making
Games 2	During this unit, children will practise and further develop their fundamental movement skills through the topic of 'around the world'. Children will learn and develop these skills by playing a variety of games. They also learn how to work as a	Physical	Run, change direction, throw, catch, strike
		Social	Communication, help others, respect, take turns, co-operation

	team, take turns, keep the score, play against an opponent and play by the rules.	Emotional	Perseverance, honesty, determination, manage emotions
		Thinking	Comprehension, decision making, select and apply, reflection
Gymnastics 1	During this unit, children will develop their basic gymnastic skills through the topic of 'animals and their habitats'. Children explore 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.	Physical	Shapes, balances, jumps, rocking, rolling, travel
		Social	Work safely, collaboration, share and take turns
		Emotional	Determination, confidence
		Thinking	Comprehension, creativity, select and apply
Gymnastics 2	During this unit, children will develop basic gymnastic skills through the topic of 'traditional tales', to include 'Jack and the Beanstalk' and 'Goldilocks and the Three Bears'. Children explore creating shapes and balances, jumps and rolls. They begin to develop an awareness of space	Physical	Shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling

	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.	Social	Work safely, collaboration, share and take turns, support others
		Emotional	Determination, confidence
		Thinking	Comprehension, creativity, select and apply
Introduction to PE 1	During this unit, children will be introduced to Physical Education and structured movement through the topic of 'fantasy and adventure'. They spend 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 take part in activities which will develop fundamental movement skills such as running, jumping, skipping.	Physical	Run, jump, hop, skip, balance, crawl
		Social	Share, communication, work safely, co-operation, leadership
		Emotional	Independence, perseverance, confidence
		Thinking	Select and apply actions, comprehension, reflection, make decisions
Fundamentals 2	During this unit, children will be introduced to Physical Education and structured movement through the topic of 'everyday life'. They spend time learning basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually,	Physical	Run, jump, throw, catch, roll, skip
		Social	Work safely, co-operation, support others, communication

	with a partner and group. They 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.	Emotional	Honesty, confidence, perseverance, determination
		Thinking	Comprehension, make decisions, creativity

Year 1

Unit	Learning overview	Skill area	Key skills
Athletics	During this unit, Children strengthen skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, Children 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.	Physical	Run, balance, agility, co-ordination, hop, jump, leap, throw
		Social	Work safely, collaboration
		Emotional	Perseverance, independence, honesty, determination
		Thinking	Reflection, comprehension, select and apply skills
Ball Skills	During this unit, Children will explore and develop their fundamental ball skills such as throwing and catching, rolling and dribbling with both hands and feet. They look to perform these skills with increasing control and accuracy using co-ordination and balance. Children will have the	Physical	Dribble with hands, roll, throw, catch, dribble with feet, track
		Social	Communication, support others, co-operation

	opportunity to work independently, and collaboratively in pairs and small groups. Children can explore their own ideas in response to tasks.	Emotional	Perseverance, honesty, determination
		Thinking	Exploration, make decisions, comprehension, use tactics
Dance	Children will explore travelling actions, movement skills and balancing. They understand why it is important to count to music and use this in their dances. Children will copy and repeat actions linking them together to make short dance phrases. Children will work individually and with a partner to create ideas in relation to the theme. Children will be given the opportunity to perform and also to provide feedback, beginning to use dance terminology to do so.	Physical	Actions, dynamics, space, relationships
		Social	Respect, work safely, collaboration, communication
		Emotional	Empathy, confidence, acceptance, determination, kindness
		Thinking	Creativity, select and apply actions, copy and repeat actions, provide feedback, recall
Fitness	During this unit, Children develop their understanding of the benefits of exercise and a healthy lifestyle on their physical body, their mood and their overall health. They work independently, in pairs and small groups to complete challenges in which They sometimes need to persevere to achieve their personal best.	Physical	Run, jump, co-ordination, stamina, strength, agility, balance
		Social	Communication, co-operation, support, work safely, kindness

		Emotional	Kindness, perseverance, honesty, independence, determination
		Thinking	Comprehension, creativity, problem solving, reflection, feedback
Fundamentals	During this unit, Children will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They explore these skills in isolation as well as in combination. Children have opportunities to identify areas of strength and areas for improvement. Children will work collaboratively with others, taking turns and sharing ideas.	Physical	Balance, jump, hop, run, speed, agility, dodge, skip, co-ordination
		Social	Collaboration, work safely, support others
		Emotional	Determination, self regulation, honesty, perseverance
		Thinking	Comprehension, select and apply skills

Unit	Learning overview	Skill area	Key skills
Gymnastics	During this unit, Children investigate 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	Physical	Travelling actions, shapes, balances, shape jumps, barrel roll, straight roll, forward roll

	create movement sequences. Children have opportunities to select their own actions to build short sequences and develop their confidence in performing. Children begin to understand the use of levels, directions and shapes when travelling and balancing.	Social	Respect, collaboration, sharing, work safely
		Emotional	Confidence, self regulation, perseverance
		Thinking	Comprehension, select and apply action, creativity
Invasion Games		Physical	Dribble, throw, catch, kick, receive, run, jump, change direction, change speed
		Social	Supporting others, communication, co-operation, kindness
		Emotional	Perseverance, confidence, honesty
		Thinking	Comprehension, identifying strengths and areas for development, select and apply
Net and Wall		Physical	Throw, catch, hit a ball, track a ball
		Social	Support others, work safely, communication, co-operation

		Emotional	Perseverance, independence, determination
		Thinking	Comprehension, select and apply, reflection, identify areas of strength and areas for development, decision making
Sending and Receiving	During this unit, Children develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. Children have opportunities to work with a range of different sized balls. They apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They understand the importance of abiding by the rules to keep themselves and others safe.	Physical	Roll, throw, catch, track, kick, receive with feet, send with racket
		Social	Support others, communication
		Emotional	Determination, honesty, independence
		Thinking	Comprehension, select and apply skills

Unit	Learning overview	Skill area	Key skills
Striking and Fielding	Striking and fielding games are games where there are two teams, one, the batting team, try to score points and the	Physical	Travelling actions, shapes, balances, shape jumps, barrel

	other, the fielding team, try to stop the batting team from scoring. Examples of striking and fielding games include cricket and rounders. During this unit, Children develop their understanding of the principles of defending (fielding) and attacking (batting) for striking and fielding games. They use and develop skills such as throwing and catching, tracking a ball and striking a ball. They learn how to score points in these types of games, how to play to the rules and use simple tactics. They show respect towards others when playing comp		roll, straight roll, forward roll
		Social	Respect, collaboration, sharing, work safely
		Emotional	Confidence, self regulation, perseverance
		Thinking	Comprehension, select and apply action, creativity
Swimming Beginners	This unit is aimed at beginner swimmers. During this unit, Children will learn about water safety and enjoyment of being in the water. They learn how to travel, float and submerge with increasing confidence. Children will begin to learn to use legs and arms to propel them through the water. Children will be given the opportunity to work independently and with others. They develop confidence to persevere with new and challenging situations.	Physical	Dribble, throw, catch, kick, receive, run, jump, change direction, change speed
		Social	Supporting others, communication, co-operation, kindness
		Emotional	Perseverance, confidence, honesty

		Thinking	Comprehension, identifying strengths and areas for development, select and apply
Target Games	Target games are games where players send an object towards a target. During this unit, Children develop their understanding of the principles of defending and attacking for target games. Children use both underarm and overarm actions and are given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They understand the importance of abiding by rules to keep themselves and others safe, learn how to score points and use simple tactics. They show respect towar	Physical	Throw, catch, hit a ball, track a ball
		Social	Support others, work safely, communication, co-operation
		Emotional	Perseverance, independence, determination
		Thinking	Comprehension, select and apply, reflection, identify areas of strength and areas for development, decision making
Team Building	During this unit, Children develop their teamwork skills. They work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other. They develop key skills of communication and problem solving, They	Physical	Roll, throw, catch, track, kick, receive with feet, send with racket
		Social	Support others, communication

	are given the opportunity to discuss and plan their ideas and reflect on their success.	Emotional	Determination, honesty, independence
		Thinking	Comprehension, select and apply skills
Yoga	Children learn about mindfulness and body awareness. They begin to learn poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility, co-ordination and balance. The learning includes breathing and meditation through fun and engaging activities. Children work independently, with a partner and small group.	Physical	Balance, strength, flexibility, co-ordination
		Social	Move safely, listen to others, collaborate
		Emotional	Concentration, focus, identify feelings
		Thinking	Observation, copy and repeat, recognise, create, select and apply

Year 2

Unit	Learning overview	Skill area	Key skills
Athletics	During this unit, Children strengthen skills required in athletic activities such as running at different speeds, jumping and throwing. In all athletic based activities, Children will engage in performing skills and measuring performance, competing to improve on their own score and against	Physical	Run, jump for distance, jump for height, throw for distance, throw for accuracy
		Social	Communication, work safely, support others
		Emotional	Determination, independence

	others. They are given opportunities to work collaboratively as well as independently. They learn how to improve by identifying areas of strength as well as areas to develop.	Thinking	Comprehension, observe and provide feedback, explore ideas, select and apply skills
Ball Skills	During this unit, Children strengthen their fundamental ball skills such as throwing, catching, rolling, hitting a target, dribbling with both hands and feet and kicking. They look to perform these skills with increasing control and accuracy using co-ordination and balance. Children will have the opportunity to work independently, in pairs and small groups.	Physical	Roll, track, dribble with feet, kick, throw, catch, dribble with hands
		Social	Inclusion, communication, collaboration, leadership
		Emotional	Independence, honesty, perseverance, determination
		Thinking	Comprehension, select and apply skills, use tactics
Dance	Children investigate space and how their body can move to express and idea, mood, character or feeling. They expand their knowledge of travelling actions and use them in relation to a stimulus. They build on their understanding of dynamics and expression. They use counts of 8 consistently to keep in time with the music and a partner. Children will also explore pathways, levels, shapes, directions,	Physical	Actions, dynamics, space, relationships
		Social	Respect, collaboration, work safely, communication
		Emotional	Independence, confidence, perseverance, determination

	speeds and timing. They be given the opportunity to work independently and with others to perform and provide feedback beginning to use key terminology.	Thinking	Provide feedback, comprehension, reflection, observation, creativity
Fitness	During this unit, Children will take part in a range of activities to develop components of fitness. Children will begin to explore and develop agility, balance, co-ordination, speed and stamina. Children will be given the opportunity to work independently and with others. Children strengthen perseverance and show determination to work for longer periods of time.	Physical	Run, stamina, skip, co-ordination, agility, strength, balance
		Social	Encourage others, communication
		Emotional	Determination, perseverance
		Thinking	Comprehension, identify strengths and areas for improvement
Fundamentals	During this unit, Children strengthen the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Children have opportunities to work with a range of different equipment. Children will be asked to observe and recognise improvements for their own and others' skills and identify areas of strength. Children will be given the opportunity to work collaboratively with others, taking turns and sharing ideas.	Physical	Run, speed, agility, dodge, balance, jump, hop, skip
		Social	Collaboration, respect, take turns, communication, encourage others
		Emotional	Determination, honesty, perseverance

		Thinking	Comprehension, make decisions, creativity, use tactics, recall

Unit	Learning overview	Skill area	Key skills
Gymnastics	During this unit, Children learn 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. Children 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. Children have opportunities to provide feedback to others and recognise elements of high quality performance.	Physical	Shapes, balances, travelling actions, shape jumps, barrel roll, straight roll, forward roll
		Social	Leadership, work safely, respect
		Emotional	Confidence, independence
		Thinking	Select and apply actions, creativity
Invasion	Invasion games are games where there are two teams and two goals. Teams try to score in the opposition's goal. Examples include football, handball, rugby, netball, basketball, hockey. During this unit,	Physical	Dribble, throw, catch, kick, receive, run, jump, change direction, change speed

	Children develop their understanding of the principles of defending and attacking for invasion games. They use and develop skills such as sending and receiving with both feet and hands, as well as dribbling with both feet and hands. They have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and learn to play to the rules.	Social	Communication, kindness, support others, co-operation, respect, collaborate
		Emotional	Empathy, perseverance, honesty, integrity, independence
		Thinking	Creativity, select and apply, comprehension, problem solving, provide feedback
Net and Wall		Physical	Throw, catch, hit, track
		Social	Co-operation, respect, support others
		Emotional	Perseverance, honesty
		Thinking	Select and apply, reflection, decision making, comprehension
Sending and Receiving	During this unit, Children develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They also use equipment to send and receive a ball. Children have opportunities to work with a range of different sized balls. They apply	Physical	Roll, track, catch, receive with feet, kick, send and receive with a racket
		Social	Communication, collaboration, leadership

	their skills individually, in pairs and in small groups and begin to organise and self- manage their own activities. They build on their knowledge of sending and receiving by applying their skills in different situations.	Emotional	Honesty, determination
		Thinking	Identifying how to improve, comprehension

Unit	Learning overview	Skill area	Key skills
Striking and Fielding		Physical	Underarm throw, overarm throw, catch, track, bowl, bat
		Social	Communication, encourage others, collaboration
		Emotional	Honesty, perseverance, determination, acceptance
		Thinking	Use tactics, comprehension, select and apply, decision making
Swimming Beginners	This unit is aimed at beginner swimmers. During this unit, Children will learn about water safety and enjoyment of being in the water. They learn how to travel, float and submerge with increasing confidence.	Physical	Float, travel, submerge, kick, pull, glide

	Children will begin to learn to use legs and arms to propel them through the water. Children will be given the opportunity to work independently and with others. They develop confidence to persevere with new and challenging situations.	Social	Working safely, co-operation, collaboration, support and encourage others, respect
		Emotional	Confidence, determination, perseverance
		Thinking	Create, comprehension, exploration, select and apply, planning, decision making, provide feedback
Target Games		Physical	Roll, overarm throw, underarm throw, strike, dodge, jump
		Social	Congratulate, support others, co-operation, kindness
		Emotional	Manage emotions, honesty
		Thinking	Identify areas of strength and areas for development, select and apply, comprehension, decision making
Team Building	During this unit, Children develop their teamwork skills. They develop key skills of communication and problem solving. They	Physical	Balance, jump, run, co-ordination

	learn to discuss, plan and reflect on ideas and strategies. They lead a partner whilst considering safety. Children have the opportunity to show honesty and fair play. They also begin to use basic map skills.	Social	Support and encourage others, communication, inclusion, trust, kindness
		Emotional	Perseverance, confidence, determination, accepting
		Thinking	Comprehension, identify strengths and areas for development, problem solving
Yoga	Children learn about mindfulness and body awareness. They begin to learn poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility, co-ordination and balance. The learning includes breathing and meditation through fun and engaging activities. Children work independently, with a partner and small group.	Physical	Balance, flexibility, strength, co-ordination
		Social	Respect, leadership, work safely, collaboration
		Emotional	Confidence, perseverance, honesty, focus, identify feelings
		Thinking	Create, select and apply, comprehension, decision making, reflection

Year 3

Unit	Learning overview	Skill area	Key skills

Athletics	During this unit, Children strengthen basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles 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. Children are also given opportunities to measure, time and record scores.	Physical	Sprint, jump for distance, push throw, pull throw
		Social	Collaborate, work safely
		Emotional	Determination, perseverance
		Thinking	Observe and provide feedback, comprehension, explore technique
Ball Skills	During this unit, pupils have opportunities to develop a variety of ball skills. They develop tracking a ball when dribbling with hands, feet, throwing and catching and kicking. They learn to select the appropriate skill for the situation. These skills are applied to small group games.	Physical	Track, throw, catch, dribble, kick
		Social	Respect, co-operation, communication
		Emotional	Perseverance, motivation, self-regulation, concentration, independence
		Thinking	Comprehension, select and apply, feedback, make decisions
Basketball	Basketball is an invasion game. During this unit, Children develop their understanding	Physical	Run, jump, throw, catch, dribble, shoot

	of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In basketball pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Social	Working safely, collaboration, support and encourage others
		Emotional	Honesty, determination, perseverance
		Thinking	Exploration, identify areas of strength and areas for development, decision making, use tactics, reflection
Cricket	Cricket is a striking and fielding game. During this unit, Children investigate their understanding of the principles of striking and fielding. They expand on their knowledge of 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. Children have opportunities to work in collaboration with others, play fairly	Physical	Underarm and overarm throwing, overarm bowling, batting, two handed pick up, short barrier
		Social	Collaboration and communication, respect
		Emotional	Perseverance, honesty, determination
		Thinking	Observing and providing feedback, applying strategies

	demonstrating an understanding of the rules, as well as being respectful of the peo		
Dance	Children create dances in relation to an idea. Children work individually, with a partner and in small groups, sharing their ideas. Children develop their use of counting and rhythm. Children learn to use canon, unison, formation and levels in their dances. They be given the opportunity to perform to others and provide feedback using key terminology.	Physical	Actions, dynamics, space, relationships
		Social	Share ideas, respect, collaboration, inclusion, leadership, work safely
		Emotional	Confidence, acceptance, sensitivity, perseverance
		Thinking	Select and apply actions, creativity, observe and provide feedback

Unit	Learning overview	Skill area	Key skills
Dodgeball	Dodgeball is a target game. During this unit, Children will improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to apply simple tactics to outwit their opponents. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Children have	Physical	Throw, catch, dodge, jump
		Social	Respect, co-operation, communication
		Emotional	Honesty, self regulation, confidence

	opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.	Thinking	Comprehension, select and apply, tactics
Fitness	During this unit, pupils are exposed to a range of activities that explore and develop different areas of their health and fitness. Children will learn that being fit means having strong, healthy bodies and more energy for everyday life activities. They practice various activities using fundamental movement skills, such as running and jumping to improve their strength and fitness. This unit will also highlight how regular physical activity boosts their focus in school and overall happiness.	Physical	Balance, run, dodge, hop, jump, skip
		Social	Respect, communication, co-operation, safety
		Emotional	Determination, perseverance, honesty, independence
		Thinking	Comprehension, select and apply, tactics, exploration
Football	Football is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In football pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of	Physical	Dribble, pass, receive, track
		Social	Co-operation, respect, communication
		Emotional	Determination, honesty, persevere, independence
		Thinking	Decision making, comprehension, select and apply, use tactics

	fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.		
Fundamentals	During this unit, Children strengthen the fundamental skills of balancing, running, jumping, hopping and skipping. Children strengthen their ability to change direction with balance and control. They be given the opportunity to explore how the body moves at different speeds as well as how to accelerate and decelerate. Children will be asked to observe and recognise improvements for their own and others' performances and identify areas of strength and areas for development. Children will be given the opportunity to work on their own and with others, taking turns and sharing ideas.	Physical	Balance, run, dodge, hop, jump, skip
		Social	Respect, collaboration, support and encourage others
		Emotional	Determination, perseverance, honesty
		Thinking	Select and apply, observation, provide feedback, comprehension
Golf	Children will learn how to work safely whilst playing golf and develop an awareness of how to play within the rules of the given game.	Physical	Balance, co-ordination, striking
		Social	Work safely, support and encourage others, collaboration, respect, communication

		Emotional	Perseverance, determination, honesty
		Thinking	Comprehension, observation, provide feedback, select and apply skills

Unit	Learning overview	Skill area	Key skills
Gymnastics	During this unit, Children develop balancing, rolling and jumping. They use these skills individually and in combination. Children develop their sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. Children develop their confidence to perform, considering the quality and control of their actions.	Physical	Point and patch balances, jumps, straight roll, barrel roll, forward roll
		Social	Work safely, collaboration, supportive
		Emotional	Perseverance, confidence, independence
		Thinking	Observe and provide feedback, creativity, select and apply skills
Handball	Handball is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the	Physical	Throw, catch, run, dribble, shoot, change direction, change speed
		Social	Kindness, communication, co-operation

	opposition. In handball pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Emotional	Honesty and fair play, determination, perseverance, confidence
		Thinking	Decision making, select and apply, problem solving, comprehension
Hockey	Hockey is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In hockey pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Physical	Dribble, pass, receive, intercept, run, shoot
		Social	Communication, collaboration, work safely, respect
		Emotional	Honesty, perseverance, determination
		Thinking	Decision making, select and apply, comprehension, identifying strengths and areas for development
Netball	Netball is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities,	Physical	Throw, catch, change direction, change speed, shoot

	pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In netball pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Social	Communication, collaboration, support others
		Emotional	Honesty and fair play, persevere, confidence
		Thinking	Comprehension, decision making, recognition, identify, observe and provide feedback, select and apply
OAA	OAA (outdoor adventurous activities) allows pupils to develop problem solving skills through a range of challenges. Children work independently, as a pair and in a small group to plan, explore, solve, reflect and improve on strategies. Children learn what makes a good team and explore key skills such as inclusion and trust. Children begin to learn to orientate a map, identify key symbols and draw and follow routes.	Physical	Balance, co-ordination, run at speed, run over distance
		Social	Communication, co-operation, inclusion, collaborate
		Emotional	Determination, trust, confidence, honesty
		Thinking	Problem solving, evaluate, reflection, create, comprehension, select and apply

Unit	Learning overview	Skill area	Key skills

Rounders	Rounders is a striking and fielding game. During this unit, Children investigate their understanding of the principles of striking and fielding. Children 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 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. Children have opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the peop	Physical	Underarm and overarm throw, catch, bowl, track a ball, field and retrieve a ball, bat
		Social	Communication, collaboration, co-operation, respect
		Emotional	Honesty, confidence, determination
		Thinking	Comprehension, tactics, rules
Swimming Developers	This unit is aimed at developing swimmers. During this unit, Children will be introduced to specific swimming strokes on their front and on their back. They learn how to travel, float and submerge with increasing confidence. They learn and use different kicking and arm actions. Children have opportunities to observe others and provide feedback. They also be introduced	Physical	Submersion, float, glide, front crawl, backstroke, breaststroke, rotation, scull, tread water, handstands, surface dives, H.E.L.P and huddle position
		Social	Communication, support and encourage others, keep

	to some personal survival skills and how to stay safe around water.		myself and others safe, collaboration
		Emotional	Confidence, honesty, determination, independence, perseverance
		Thinking	Comprehension, observe and provide feedback, tactics, select and apply skills
Tag Rugby	Tag rugby is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In tag rugby pupils do this by maintaining possession and moving the ball towards the try line to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Physical	Throw, catch, run, change direction, change speed
		Social	Support others, inclusion, communication, collaboration, respect
		Emotional	Determination, honesty, independence, perseverance
		Thinking	Decision making, comprehension, select and apply, reflection, identify strengths and areas for development
Tennis	Tennis is a net and wall game. During this unit, Children develop their understanding of the principles of net and wall games. In	Physical	Forehand, backhand, throwing, catching, rallying

	all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Children learn key skills such as racket control, hitting a ball and how to score points. Children have opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.	Social	Co-operation, collaboration, respect, support and encourage others
		Emotional	Honesty, perseverance
		Thinking	Comprehension, decision making, select and apply, understand rules, use tactics, reflection
Yoga	Children learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve wellbeing by building strength, flexibility and balance. The learning includes breathing and meditation. Children will work independently and with others to create their own yoga flows.	Physical	Balance, flexibility, strength, co-ordination
		Social	Working safely, supporting others, sharing ideas, collaboration, respect
		Emotional	Confidence, determination, integrity, focus
		Thinking	Recall, creativity, selecting actions, providing feedback, reflection

Year 4

Unit	Learning overview	Skill area	Key skills

Athletics	During this unit, Children strengthen basic running, jumping and throwing techniques. They are set challenges for distance and time that involve using different styles 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.	Physical	Pace, sprint, jump for distance, throw for distance
		Social	Collaboration, leadership
		Emotional	Perseverance, determination, honesty
		Thinking	Reflection, observing and providing feedback, exploring ideas, comprehension
Ball Skills	During this unit, pupils have opportunities to develop a variety of ball skills without the restrictions of specific rules related to well known games. They develop their accuracy and consistency when tracking a ball, explore a variety of throwing techniques and learn to select the appropriate throw for the situation. They develop catching with one and two hands as well as dribbling with feet and hands. These skills are applied to small group games. Children will have the opportunity to take on different roles and work both individually and with others.	Physical	Track, throw, catch, dribble, kick
		Social	Communication, work safely, collaboration
		Emotional	Perseverance, personal challenge, calmness, fairness
		Thinking	Provide feedback, tactics, comprehension, reflection, make decisions

Basketball	Basketball is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In basketball pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Physical	Run, jump, throw, catch, dribble, shoot
		Social	Working safely, collaboration, support and encourage others
		Emotional	Honesty, determination, perseverance
		Thinking	Exploration, identify areas of strength and areas for development, decision making, use tactics, reflection
Cricket	Cricket is a striking and fielding game. During this unit, Children investigate their understanding of the principles of striking and fielding. They expand on their knowledge of 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	Physical	Underarm and overarm throwing, overarm bowling, batting, two handed pick up, short barrier
		Social	Collaboration and communication, respect
		Emotional	Perseverance, honesty, determination
		Thinking	Observing and providing feedback, applying strategies

	runs. Children have opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the peo		

Unit	Learning overview	Skill area	Key skills
Dance	Children 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. Children strengthen confidence in performing and will be given the opportunity to provide feedback and utilise feedback to improve their own work.	Physical	Actions, dynamics, space, relationships
		Social	Co-operation, communication, inclusion, collaboration
		Emotional	Confidence, empathy, determination
		Thinking	Observe and provide feedback, select and apply skills, creativity, comprehension
Dodgeball	Dodgeball is a target game. During this unit, Children will improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to apply simple tactics to outwit their opponents. In dodgeball, pupils achieve	Physical	Throw, catch, dodge, jump
		Social	Respect, communication, collaboration
		Emotional	Honesty, perseverance

	this by hitting opponents with a ball whilst avoiding being hit. Children have opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.	Thinking	Comprehension, make decisions, select and apply skills
Fitness	During this unit, Children will take part in a range of activities that explore and develop different areas of their health and fitness. Children have opportunities to work at their maximum and improve their fitness levels, recognising how the activities make them feel. They need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Children are asked to recognise areas for improvement and suggest activities that they could do to do this. Children will be encouraged to work safely and with control.	Physical	Agility, balance, co-ordination, speed, stamina, strength
		Social	Support others, work safely, communication
		Emotional	Perseverance, determination, honesty
		Thinking	Identify areas of strength and areas for development
Football	Football is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the	Physical	Dribble, pass, receive, track
		Social	Co-operation, respect, communication

	opposition. In football pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Emotional	Determination, honesty, persevere, independence
		Thinking	Decision making, comprehension, select and apply, use tactics
Fundamentals	During this unit, Children strengthen the fundamental skills of balancing, running, jumping, hopping and skipping. Children strengthen their ability to change direction with balance and control. They be given the opportunity to explore how the body moves at different speeds as well as how to accelerate and decelerate. Children will be asked to observe and recognise improvements for their own and others' performances and identify areas of strength and areas for development. Children will be given the opportunity to work on their own and with others, taking turns and sharing ideas.	Physical	Balance, run, dodge, hop, jump, skip
		Social	Respect, collaboration, support and encourage others
		Emotional	Determination, perseverance, honesty
		Thinking	

Unit	Learning overview	Skill area	Key skills

Golf	Golf is a target game. As in all target games, During this unit, Children will explore and develop their accuracy of aiming at a target. In golf, pupils do this using a club. Children strengthen their understanding of techniques to use over long and short distances. They have opportunities to apply their skills and knowledge in a range of challenges working individually and with others in both co-operative and competitive environments. Children will learn how to work safely whilst playing golf and develop an awareness of how to play within the rules of the given game.	Physical	Balance, co-ordination, striking
		Social	Work safely, support and encourage others, collaboration, respect, communication
		Emotional	Perseverance, determination, honesty
		Thinking	Comprehension, observation, provide feedback, select and apply skills
Gymnastics	During this unit, Children develop balancing, rolling, jumping and inverted movements and use these skills to create more complex sequences. Children are taught to demonstrate control in their behaviour to create a safe environment for themselves and others to work in. They work independently and in collaboration with others to create and develop sequences. Children have opportunities to receive and provide feedback in order to	Physical	Individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand
		Social	Work safely, determination, collaboration, communication, respect
		Emotional	Confidence, perseverance

	make improvements on their performances. In gymnastics as a whole, Children develop performance skills considering the quality and control of their actions.	Thinking	Observe and provide feedback, select and apply actions, creativity, evaluate and improve
Handball	Handball is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In handball pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Physical	Throw, catch, run, dribble, shoot, change direction, change speed
		Social	Kindness, communication, co-operation
		Emotional	Honesty and fair play, determination, perseverance, confidence
		Thinking	Decision making, select and apply, problem solving, comprehension
Hockey	Hockey is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In hockey pupils do this by maintaining possession and moving the ball	Physical	Dribble, pass, receive, intercept, run, shoot
		Social	Communication, collaboration, work safely, respect
		Emotional	Honesty, perseverance, determination

	towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Thinking	Decision making, select and apply, comprehension, identifying strengths and areas for development

Unit	Learning overview	Skill area	Key skills
Netball	Netball is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In netball pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Physical	Throw, catch, change direction, change speed, shoot
		Social	Communication, collaboration, support others
		Emotional	Honesty and fair play, persevere, confidence
		Thinking	Comprehension, decision making, recognition, identify, observe and provide feedback, select and apply
OAA	OAA (outdoor adventurous activities) allows pupils to develop problem solving skills through a range of challenges. Children	Physical	Balance, run at speed, run over distance, co-ordination

	work independently, as a pair and in a small group to plan, explore, solve, reflect and improve on strategies. Children develop communication skills, taking on the role of a leader and working within a team. Children develop navigation skills including orientating a map, identifying key symbols and drawing and following a route.	Social	Communication, co-operation, collaboration
		Emotional	Determination, resilience, honesty, trust, confidence
		Thinking	Problem solving, evaluation, reflection, create, select and apply
Rounders	Rounders is a striking and fielding game. During this unit, Children investigate their understanding of the principles of striking and fielding. Children 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 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. Children have opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the peop	Physical	Underarm and overarm throw, catch, bowl, track a ball, field and retrieve a ball, bat
		Social	Collaboration, communication, co-operate, support and encourage others
		Emotional	Honesty, fair play, confidence, determination
		Thinking	Comprehension, select and apply skills, tactics, make decisions

Swimming Developers	This unit is aimed at developing swimmers. During this unit, Children will be introduced to specific swimming strokes on their front and on their back. They learn how to travel, float and submerge with increasing confidence. They learn and use different kicking and arm actions. Children have opportunities to observe others and provide feedback. They also be introduced to some personal survival skills and how to stay safe around water.	Physical	Submersion, float, glide, front crawl, backstroke, breaststroke, rotation, scull, tread water, handstands, surface dives, H.E.L.P and huddle position
		Social	Communication, support and encourage others, keep myself and others safe, collaboration
		Emotional	Confidence, honesty, determination, independence, perseverance
		Thinking	Comprehension, observe and provide feedback, tactics, select and apply skills
Tag Rugby	Tag rugby is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In tag rugby pupils do this by maintaining possession and moving the ball towards the try line to score. Children	Physical	Throw, catch, run, change direction, change speed
		Social	Support others, inclusion, communication, collaboration, respect
		Emotional	Determination, honesty, independence, perseverance

	develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Thinking	Decision making, comprehension, select and apply, reflection, identify strengths and areas for development

Unit	Learning overview	Skill area	Key skills
Tennis	Tennis is a net and wall game. During this unit, Children develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Children have opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.	Physical	Throwing, catching, forehand, backhand, rallying
		Social	Co-operation, support and encourage others, collaboration, respect
		Emotional	Perseverance, honesty, determination
		Thinking	Identifying strengths and areas for improvement, reflection, select and apply, comprehension, use tactics
Yoga Year 4 Y5 Overview Key Skills	Children learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve wellbeing by building strength,	Physical	Balance, flexibility, strength, co-ordination

	flexibility and balance. The learning includes breathing and meditation. Children will work independently and with others to create their own yoga flows.	Social	Working safely, supporting others, sharing ideas, collaboration, respect
		Emotional	Confidence, determination, integrity, focus
		Thinking	Recall, creativity, selecting actions, providing feedback, reflection
Athletics	During this unit, Children learn the following athletic activities: long distance running, sprinting, relay, triple jump, shot put and javelin.	Physical	Pace, sprint, relay changeovers, jump for distance, push throw, pull throw
		Social	Collaboration, negotiation, communication, supporting others
		Emotional	Perseverance, confidence, concentration, determination
		Thinking	Observing and providing feedback, selecting and applying, comprehension
Badminton	Badminton is a net and wall game. During this unit, Children develop their understanding of the principles of net and	Physical	Underarm clear, overarm clear, serving, rallying

	wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In badminton, they do this by placing an object away from an opponent to make it difficult for them to return. Children have 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.	Social	Collaboration, communication, respect, encouragement
		Emotional	Perseverance, patience, honesty
		Thinking	Using tactics and rules, decision making, select and apply, identifying areas of strength and areas for development, reflection
Basketball	Basketball is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In basketball pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Physical	Run, jump, throw, catch, dribble, shoot
		Social	Collaboration, communication, co-operation, respect
		Emotional	Honesty and fair play, confidence, persevere
		Thinking	Reflection, decision making, select and apply, use tactics, observe and provide feedback, identify areas of strength and areas for development

Unit	Learning overview	Skill area	Key skills
Cricket	Cricket is a striking and fielding game. During this unit, Children develop their understanding of the principles of striking and fielding. They expand on their knowledge of 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. Children have opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people	Physical	Deep and close catch, underarm and overarm throw, overarm bowl, long and short barrier, batting
		Social	Collaboration, communication, respect
		Emotional	Honesty, perseverance
		Thinking	Observation, provide feedback, select and apply skills, tactics, assessing
Dance	Children 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. Children will be provided with the	Physical	Actions, dynamics, space, relationships
		Social	Collaboration, consideration and awareness of others, inclusion, respect, leadership
		Emotional	Empathy, confidence, perseverance

	opportunity to create and perform their work. They be asked to provide feedback using the correct dance terminology and will be able to use this feedback to improve their work. Children will work safely with each other and show respect towards others.	Thinking	Creativity, observe and provide feedback, use feedback to improve, comprehension, select and apply skills
Dodgeball	Dodgeball is a target game. During this unit, pupils improve on key skills used in dodgeball such as throwing, dodging, jumping and catching. They 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. Children have opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.	Physical	Throw, catch, dodge, block
		Social	Co-operation, respect, communication
		Emotional	Confidence, honesty, independence
		Thinking	Tactics, comprehension, observation, creativity
Fitness	During this unit, Children will take part in a range of activities that explore and develop their strength, stamina, speed, co-ordination, balance, and agility. They learn how each component of fitness will help them in other games. They be given opportunities to apply these components of fitness in small games and practice each	Physical	Agility, balance, co-ordination, speed, stamina, strength
		Social	Collaboration, support, communication
		Emotional	Perseverance, determination

	one through targeted exercises. Children have opportunities to assess their progress using the skills and knowledge acquired.	Thinking	Feedback, comprehension, observation, evaluation

Unit	Learning overview	Skill area	Key skills
Football	Football is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In football pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Physical	Dribble, pass, receive, track, tackle
		Social	Communication, respect, collaboration, co-operation
		Emotional	Honesty, persevere, determination
		Thinking	Assess, explore, decision making, select and apply
Golf	Golf is a target game. As in all target games, During this unit, Children will explore and develop their accuracy of aiming at a target. In golf, pupils do this using a club. Children strengthen their understanding of techniques to use over	Physical	Balance, co-ordination, striking
		Social	Work safely, support and encourage others, collaboration

	long and short distances. They have opportunities to apply their skills and knowledge in a range of challenges working individually and with others in both co-operative and competitive environments. Children will observe and recognise improvements for their own and others' skills. They be given opportunities to work on their own and with others. As well as design their own course.	Emotional	Perseverance, self regulation, patience, honesty
		Thinking	Analysis, select and apply skills
Gymnastics	During this unit, Children develop balancing, rolling, jumping and inverted movements. They explore partner relationships such as canon and synchronisation and matching and mirroring. Children have opportunities to receive and provide feedback in order to make improvements on their performances. In gymnastics as a whole, Children develop performance skills considering the quality and control of their actions.	Physical	Symmetrical and asymmetrical balances, rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand
		Social	Work safely, support others, collaboration
		Emotional	Confidence, perseverance, resilience, determination
		Thinking	Observe and provide feedback, creativity, reflection, select and apply

			actions, evaluate and improve sequences
Handball	Handball is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In handball pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Physical	Throw, catch, run, dribble, shoot, change direction, change speed
		Social	Communication, kindness, respect, collaboration
		Emotional	Confidence, honesty and fair play, determination, perseverance
		Thinking	Select and apply, decision making, problem solving, comprehension, reflection
Hockey	Hockey is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In hockey pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of	Physical	Dribble, pass, receive, tackle, intercept, run, shoot
		Social	Communication, collaboration, respect, support others
		Emotional	Perseverance, honesty and fair play, determination
		Thinking	Identify areas of strength and areas for development,

	fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.		select and apply, decision making, comprehension, reflection

Unit	Learning overview	Skill area	Key skills
Netball	Netball is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In netball pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Physical	Throw, catch, change direction, change speed, shoot
		Social	Communication, collaboration, respect
		Emotional	Honesty and fair play, pride, empathise, persevere
		Thinking	Select and apply, decision making, comprehension
OAA	OAA (outdoor adventurous activities) allows pupils to develop problem solving skills through a range of challenges. Children work independently, as a pair and in a small group to plan, explore, solve,	Physical	Balance, co-ordination, run at speed, run over distance
		Social	Communication, co-operation, inclusion, collaboration

	reflect and improve on strategies. Children learn what makes a good team and explore key skills such as inclusion and trust. Children begin to learn to orientate a map, identify key symbols and draw and follow routes.	Emotional	Determination, trust, confidence, honesty
		Thinking	Problem solving, evaluate, reflect, select and apply, comprehension, create
Rounders	Rounders is a striking and fielding game. During this unit, Children develop their understanding of the principles of striking and fielding. Children 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 expand on their knowledge of 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. Children work with a partner and group to organise and self-manage the	Physical	Throw, catch, bowl, bat, field
		Social	Communication, respect, collaboration
		Emotional	Honesty, confidence, perseverance, self regulation
		Thinking	Assess, make decisions, comprehension, reflection, select and apply skills, tactics
Swimming Intermediate	This unit is aimed at intermediate swimmers. Children focus on swimming more fluently and with increased confidence and control. Children work to	Physical	Rotation, scull, tread water, glide, front crawl, backstroke, breaststroke,

	improve their swimming strokes, learn personal survival techniques and how to stay safe around water. Children have to keep afloat and propel themselves through the water. Children are given the opportunity to be creative, designing their own personal survival course and creating a synchronised swimming sequence. Children take part in team games, collaborating and communicating with others.		surface dives, float, huddle and H.E.L.P. position
		Social	Support others, work safely, inclusion, communication, collaboration
		Emotional	Determination, work fairly, honesty, confidence, perseverance
		Thinking	Comprehension, creativity, make decisions, tactics
Tag Rugby	Tag rugby is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In tag rugby pupils do this by maintaining possession and moving the ball towards the try line to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Physical	Throw, catch, run, change direction, change speed
		Social	Communication, support others, collaboration
		Emotional	Honesty and fair play, confidence, determination, trust
		Thinking	Decision making, comprehension, reflection, identify strengths and areas for development, plan

Unit	Learning overview	Skill area	Key skills
Tennis	Tennis is a net and wall game. During this unit, Children develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Children have opportunities to work co-operatively with others as well as independently, they are able to lead and officiate showing honesty and fair play whilst abiding by the rules. Children develop their tactical awareness, learning how to outwit an opponent.	Physical	Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, rallying
		Social	Encourage and support others, co-operation, collaboration, communication
		Emotional	Perseverance, honesty
		Thinking	Observe and provide feedback, reflection, comprehension, select and apply, decision making, use of tactics
Volleyball	Volleyball is a net and wall game. During this unit, Children develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In volleyball, they do this by placing an object away from an opponent to	Physical	Throw, catch, set, dig, serve, rally
		Social	Communication, respect, support and encourage others
		Emotional	Perseverance, honesty, determination

	make it difficult for them to return. Children have 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.	Thinking	Using tactics, select and apply skills, identify strengths and areas for development, reflection
Yoga Year 5 Y6 Overview Key Skills	Children learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Children will be given the opportunity to work collaboratively with others and be given the opportunity to create their own flows and lead others.	Physical	Balance, strength, flexibility, co-ordination
		Social	Respect, co-operate leadership, communication, share ideas, work safely
		Emotional	Focus, concentration, confidence, independence, determination
		Thinking	Identify, create, select and apply actions, observe and provide feedback
Athletics	During this unit, Children learn the following athletic activities: long distance running, short distance running, triple jump, discus and shot put.	Physical	Pace, sprint, jump for distance, push throw, fling throw
		Social	Negotiating, collaborating, respect

		Emotional	Empathy, perseverance, determination
		Thinking	Observing and providing feedback, comprehension
Badminton	Badminton is a net and wall game. During this unit, Children develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In badminton, they do this by placing an object away from an opponent to make it difficult for them to return. Children have 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 clear, overarm clear, serving, rallying
		Social	Collaboration, communication, respect, encouragement
		Emotional	Perseverance, patience, honesty
		Thinking	Using tactics and rules, decision making, select and apply, identifying areas of strength and areas for development, reflection

Year 6

Unit	Learning overview	Skill area	Key skills
Basketball	Basketball is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities,	Physical	Run, jump, throw, catch, dribble, shoot

	pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In basketball pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Social	Collaboration, communication, co-operation, respect
		Emotional	Honesty and fair play, confidence, persevere
		Thinking	Reflection, decision making, select and apply, use tactics, observe and provide feedback, identify areas of strength and areas for development
Cricket	Cricket is a striking and fielding game. During this unit, Children develop their understanding of the principles of striking and fielding. They expand on their knowledge of 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. Children have opportunities to work in collaboration with others, play fairly demonstrating an	Physical	Deep and close catch, underarm and overarm throw, overarm bowl, long and short barrier, batting
		Social	Collaboration, communication, respect
		Emotional	Honesty, perseverance
		Thinking	Observation, provide feedback, select and apply skills, tactics, assessing

	understanding of the rules, as well as being respectful of the people		
Dance	Children will focus on developing an idea or theme into dance choreography. They work in pairs and groups using different choreographing tools to create dances e.g. formations, timing, dynamics. Children will have opportunities to choreograph, perform and provide feedback on dance. Children think about how to use movement to convey ideas, emotions, feelings and characters. Children will show an awareness of keeping others safe and will have the opportunity to lead others through short warm ups.	Physical	Actions, dynamics, space, relationships
		Social	Share ideas, collaboration, support, communication, inclusion, respect, leadership
		Emotional	Confidence, self-regulation, perseverance, determination, integrity, empathy
		Thinking	Creativity, observation, provide feedback, comprehension, use feedback to improve, select and apply skills
Dodgeball	Dodgeball is a target game. During this unit, pupils improve on key skills used in dodgeball such as throwing, dodging and catching. They 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. Children have opportunities to play games independently	Physical	Throw, catch, dodge, block
		Social	Collaboration, respect, leadership, communication
		Emotional	Honesty, determination, confidence
		Thinking	Make decisions, select and apply tactics

	and are taught the importance of being honest whilst playing to the rules. Children have opportunities to evaluate and suggest improvements to their own and others' performances.		

Unit	Learning overview	Skill area	Key skills
Fitness	During this unit, Children will take part in a range of activities that explore and develop different areas of their health and fitness. They learn different components of fitness including speed, stamina, strength, co-ordination, balance and agility. Children have opportunities to work at their maximum and improve on their personal fitness levels. They need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Children are asked to recognise areas in which they make the most improvement using the data they have collected.	Physical	Agility, balance, co-ordination, speed, stamina, strength
		Social	Support and encourage others, collaboration
		Emotional	Perseverance, determination
		Thinking	Observation, analysis, comprehension
Football	Football is an invasion game. During this unit, Children develop their understanding	Physical	Dribble, pass, receive, track, tackle

	of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In football pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Social	Communication, respect, collaboration, co-operation
		Emotional	Honesty, persevere, determination
		Thinking	Assess, explore, decision making, select and apply
Golf	Golf is a target game. As in all target games, During this unit, Children will explore and develop their accuracy of aiming at a target. In golf, pupils do this using a club. Children strengthen their understanding of techniques to use over long and short distances. They have opportunities to apply their skills and knowledge in a range of challenges working individually and with others in both co-operative and competitive environments. Children will observe and recognise improvements for their own and others' skills. They be given opportunities to work	Physical	Balance, co-ordination, striking
		Social	Work safely, support and encourage others, collaboration
		Emotional	Perseverance, self regulation, patience, honesty
		Thinking	Analysis, select and apply skills

	on their own and with others. As well as design their own course.		
Gymnastics	During 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. Children have opportunities to receive and provide feedback in order to make improvements on performances. In gymnastics as a whole, Children develop performance skills considering the quality and control of their actions.	Physical	Straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, flight
		Social	Work safely, collaboration, communication, respect
		Emotional	Independence, confidence, determination
		Thinking	Observe and provide feedback, comprehension, select and apply actions, evaluate and improve sequences

Unit	Learning overview	Skill area	Key skills
Handball	Handball is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use	Physical	Throw, catch, run, dribble, shoot, change direction, change speed

	skills, strategies and tactics to outwit the opposition. In handball pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Social	Communication, kindness, respect, collaboration
		Emotional	Confidence, honesty and fair play, determination, perseverance
		Thinking	Select and apply, decision making, problem solving, comprehension, reflection
Hockey	Hockey is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In hockey pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Physical	Dribble, pass, receive, tackle, intercept, run, shoot
		Social	Communication, collaboration, respect, support others
		Emotional	Perseverance, honesty and fair play, determination
		Thinking	Identify areas of strength and areas for development, select and apply, decision making, comprehension, reflection

Netball	Netball is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In netball pupils do this by maintaining possession and moving the ball towards goal to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Physical	Throw, catch, change direction, change speed, shoot
		Social	Communication, collaboration, respect
		Emotional	Honesty and fair play, pride, empathise, persevere
		Thinking	Select and apply, decision making, comprehension
OAA	During this unit, Children develop a skill set that is transferrable to OAA (outdoor adventurous activities). Children work individually, collaboratively in pairs and groups to solve problems and are encouraged to be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge. Children are also given the opportunity to lead groups and utilise negotiation skills. Children develop map reading skills, learning	Physical	Balance, co-ordination, run at speed, run over distance
		Social	Communication, collaboration, inclusion, leadership, work safely
		Emotional	Confidence, honesty, trust
		Thinking	Evaluation, reflection, problem solving, comprehension, select and apply

	how to follow a more complex map including the use of controls.		
Rounders		Physical	Throw, catch, bowl, bat, field
		Social	Communication, collaboration, respect, co-operation
		Emotional	Honesty, self regulation, sportsmanship
		Thinking	Select and apply skills, reflection, assess, tactics

Unit	Learning overview	Skill area	Key skills
Swimming Intermediate	This unit is aimed at intermediate swimmers. Children focus on swimming more fluently and with increased confidence and control. Children work to improve their swimming strokes, learn personal survival techniques and how to stay safe around water. Children have to keep afloat and propel themselves through the water. Children are given the opportunity to be creative, designing their own personal survival course and creating a	Physical	Rotation, scull, tread water, glide, front crawl, backstroke, breaststroke, surface dives, float, huddle and H.E.L.P. position
		Social	Support others, work safely, inclusion, communication, collaboration

	synchronised swimming sequence. Children take part in team games, collaborating and communicating with others.	Emotional	Determination, work fairly, honesty, confidence, perseverance
		Thinking	Comprehension, creativity, make decisions, tactics
Tag Rugby	Tag rugby is an invasion game. During this unit, Children develop their understanding of the attacking and defending principles of invasion games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In tag rugby pupils do this by maintaining possession and moving the ball towards the try line to score. Children develop their understanding of the importance of fair play and honesty while self-managing games and learning and abiding by key rules, as well as evaluating their own and others' performances.	Physical	Throw, catch, run, change direction, change speed
		Social	Communication, support others, collaboration
		Emotional	Honesty and fair play, confidence, determination, trust
		Thinking	Decision making, comprehension, reflection, identify strengths and areas for development, plan
Tennis	Tennis is a net and wall game. During this unit, Children develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Children	Physical	Forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, rallying

	have opportunities to work co- operatively with others as well as independently, they are able to lead and officiate showing honesty and fair play whilst abiding by the rules. Children develop their tactical awareness, learning how to outwit an opponent when playing individually and with a partner.	Social	Support and encourage others, co-operation, collaboration, respect
		Emotional	Honesty, perseverance
		Thinking	Comprehension, observe and provide feedback, select and apply, use tactics, reflection, identifying areas of strength and areas for development
Volleyball	Volleyball is a net and wall game. During this unit, Children develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In volleyball, they do this by placing an object away from an opponent to make it difficult for them to return. Children have 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	Throw, catch, set, dig, serve, rally
		Social	Communication, respect, support and encourage others
		Emotional	Perseverance, honesty, determination
		Thinking	Using tactics, select and apply skills, identify strengths and areas for development, reflection

Yoga	Children learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Children will be given the opportunity to work collaboratively with others and be given the opportunity to create their own flows and lead others.	Physical	Balance, strength, flexibility, co-ordination
		Social	Respect, co-operate leadership, communication, share ideas, work safely
		Emotional	Focus, concentration, confidence, independence, determination
		Thinking	Identify, create, select and apply actions, observe and provide feedback