



Kingsholm C of E Primary School and Nursery

PE Breadth Map

	Autumn		Spring		Summer	
Nursery	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary
	Autumn 1 (Introduction to PE Unit 1) - To move safely and sensibly in a space with consideration of others. - To develop moving safely and stopping with control. - To use equipment safely and responsibly. - To use different travelling actions whilst following a path. - To work with others co-operatively and play as a group. - To follow, copy and lead a partner.	Autumn 1 Share Team Path Listen Space Travel Follow Safely	Spring 1 (gymnastics unit 1) - To copy and create shapes with your body. - To be able to create shapes whilst on apparatus. - To develop balancing and taking weight on different body parts. - To develop jumping and landing safely. - To develop rocking and rolling. - To copy and create short sequences by linking actions together.	Spring 1 Move Copy Over Shape Rock Space Around Safely Sideways Travel Forwards Backwards	Summer 1 (Dance unit 1) - To explore different body parts and how they move. - To explore different body parts and how they move and remember and repeat actions. - To express and communicate ideas through movement exploring directions and levels. - To create movements and adapt and perform simple dance patterns. - To copy and repeat actions showing confidence and imagination. - To move with control and co-ordination, linking, copying and repeating actions.	Summer 1 Move Copy Shape Space Safely Around Travel Sideways Forwards backwards
	Autumn 2 (ball skills unit 1) - To develop rolling a ball to a target. - To develop stopping a rolling ball. - To develop accuracy when throwing to a target. - To develop bouncing and catching a ball. - To develop dribbling a ball with your feet. - To develop kicking a ball.	Autumn 2 Run Stop Throw Roll Tea, Kick Space Catch	Spring 2 (Fundamentals unit 1) - To develop balancing whilst stationary and on the move. - To develop running and stopping. - To develop changing direction. - To develop jumping and landing. - To develop hopping and landing with control. - To explore different ways to travel.	Spring 2 Run Stop Space Jump Balance Skip	Summer 2 (games unit 1) - To work safely and develop running and stopping. - To develop throwing and learn how to keep score. - To be able to play games showing an understanding of the different roles within it. - To follow instructions and move safely when playing tagging games. - To work co-operatively and learn to take turns. - To work with others to play team games.	Summer 2 Pass Team Path Run Pass Space
Reception	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary
	Autumn 1 (Introduction to PE Unit 2) - To move around safely in space. - To follow instructions and stop safely. - To stop safely and develop control when using equipment. - To follow instructions and play safely as a group. - To follow a path and take turns. - To work co-operatively with a partner.	Autumn 1 Share Team Path Listen Space Travel Follow Safely	Spring 1 (Fundamentals unit 2) - To develop balancing. - To develop running and stopping. - To develop changing direction. - To develop jumping. - To develop hopping. - To explore different ways to travel using equipment.	Spring 1 Run Stop Space Jump Balance Skip	Summer 1 (games unit 2) - To aim when throwing and practise keeping score. - To follow instructions and move safely when play tagging games. - To learn to play against a partner. - To develop co-ordination and play by the rules. - To explore striking a ball and keeping score. - To work co-operatively as a team.	Summer 1 Pass Team Path Run Pass Space
	Autumn 2 (ball skills unit 2) - To develop rolling and tracking a ball. - To develop accuracy when throwing to a target. - To develop dribbling with hands. - To develop throwing and catching with a partner. - To develop dribbling a ball with your feet. - To develop kicking a ball to a target.	Autumn 2 Run Stop Throw Roll Team Kick Space Catch	Spring 2 (gymnastics unit 2) - To create short sequences using shapes, balances and travelling actions. - To develop balancing and safely using apparatus. - To develop jumping and landing safely from a height. - To develop rocking and rolling. - To explore travelling around, over and through apparatus. - To create sequences using apparatus.	Spring 2 Move Copy Over Shape Rock Space Around Safely Sideways Travel Forwards Backwards	Summer 2 (dance unit 2) - To copy, repeat and explore actions in response to a theme. - To explore and remember actions considering level, shape and direction. - To explore movement using a prop with control and co-ordination. - To move with control and co-ordination, expressing ideas through movement. - To remember and repeat actions moving in time with the music. - To explore actions in response to a theme and begin to use counts.	Summer 2 Move Copy Shape Space Safely Around Travel Sideways Forwards backwards
Year 1	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary
New Learning	Autumn 1 (Dance) To use counts of 8 to move in time and make my dance look interesting.	Autumn 1 (Dance) Counts Pose Level	Spring 1 (Ball skills) To develop control and co-ordination when dribbling a ball with your hands.	Spring 1 (Ball skills) Far Aim Safely	Summer 1 (Net and Wall) To defend space, using the ready position.	Summer 1 (Net and Wall) Ready position Partner Net

	- To explore pathways in my dance. - To create my own dance using, actions, pathways and counts. - To explore speeds and actions in our pirate inspired dance. - To copy, remember and repeat actions that represent the theme. - To copy, repeat, create and perform actions that represent the theme. - To explore speeds and actions. - To use expression and create actions that relate to the story. - To use a pathway when travelling. - To explore and copy actions in response to a theme. - To create my own actions for an animal. - To explore pathways with a partner.	Slow Fast Balance	- To explore accuracy when rolling a ball. - To explore throwing with accuracy towards a target. - To explore catching with two hands. - To explore control and co-ordination when dribbling a ball with your feet. - To explore tracking a ball that is coming towards me. Spring 1 (Sending and receiving) - To develop rolling and throwing a ball towards a target. - To develop receiving a rolling ball and tracking skills. - To be able to send and receive a ball with your feet. - To develop throwing and catching skills over a short distance. - To develop throwing and catching over a longer distance. - To apply sending and receiving skills to small games.	Direction Balance Send Spring 1 (Sending and receiving) Defender Points dribbling Attacker Score Partner	- To play against an opponent and keep the score. - To explore hitting with a racket. - To develop racket and ball skills. - To develop sending a ball using a racket. - To develop hitting over a net. Summer 1 (Athletics) Far Hop Aim Fast Slow Bend Improve Direction travel	
	Autumn 2 (Fundamentals) - To explore balance, stability and landing safely. - To explore how the body moves differently when running at different speeds. - To explore changing direction and dodging. - To explore jumping, hopping and skipping actions. - To explore co-ordination and combination jumps. - To explore combination jumping and skipping in an individual rope. Autumn 2 (Gymnastics) - To explore travelling movements. - To develop quality when performing and linking shapes. - To develop stability and control when performing balances. - To develop technique and control when performing shape jumps. - To develop technique in the barrel, straight and forward roll. - To link gymnastic actions to create a sequence.	Autumn 2 (Fundamentals) Fast Hop Slow Direction Land Safely Autumn 2 (Gymnastics) Action Jump Roll Level Direction Speed Point Balance	Spring 2 (Team building) - To co-operate and communicate with a partner to solve challenges. - To explore and develop teamwork skills. - To develop communication skills. - To use communication skills to lead a partner. - To plan with a partner and small group to solve problems. - To communicate with a group to solve challenges.	Spring 2 (Team building) Communicate Co-operation Teamwork Partner	Summer 2 (Target Games) - To develop underarm throwing towards a target. - To develop throwing for accuracy. - To develop underarm and overarm throwing for accuracy. - To develop throwing for accuracy and distance using underarm and overarm - To select the correct technique for the situation. - To develop throwing for accuracy and distance.	Summer 2 (Target Games) Points Throw Far Distance Score partner
Year 2	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary
New Learning	Autumn 1 (Fundamentals) - To explore how the body moves when running at different speeds. - To develop changing direction and dodging. - To develop balance, stability and landing safely. - To explore and develop jumping, hopping and skipping actions. - To develop co-ordination and combining jumps. - To develop combination jumping and skipping in an individual rope.	Autumn 1 (Fundamentals) Dodge Jog Hurdle Speed Steady Sprint	Spring 1 (Ball skills) - To be able to roll a ball to hit a target. - To develop co-ordination and be able to stop a rolling ball. - To develop technique and control when dribbling a ball with your feet. - To develop control and technique when kicking a ball. - To develop co-ordination and technique when throwing and catching. - To develop control and co-ordination when dribbling a ball with your hands.	Spring 1 (ball skills) Overarm Collect Target Underarm Dribble Distance	Summer 1 (Invasion) - To understand what being in possession means and support a teammate to do this. - To understand that scoring goals is an attacking skill and to explore ways to do this. - To understand that stopping goals is a defending skill and explore ways to do this. - To explore how to gain possession. - To mark an opponent and understand that this is a defending skill.	Summer 1 (invasion) Received Send Teammate Chest pass Possession Goal Dodge Bounce pass Summer 1 (fitness) Strong Pace Race Speed Jog

	Autumn 1 (Gymnastics) - To perform gymnastic shapes and link them together. - To use shapes to create balances. - To link travelling actions and balances using apparatus. - To demonstrate different shapes, take off and landing when performing jumps. - To develop rolling and sequence building. - To create a sequence using apparatus.	Autumn 1 (Gymnastics) Link Pathway Sequence Tuck Straddle Speed Star Pike	Spring 1 (Net and Wall) - To use the ready position to defend space on court. - To develop returning a ball with hands. - To play against a partner. - To develop racket skills and use them to return a ball. - To develop returning a ball using a racket. - To play against an opponent using a racket.	Spring 1 (Net and Wall) Receive Quickly Trap Defend Return Collect Against	- To learn to apply simple tactics for attacking and defending. Summer 1 (Fitness) - To understand how to run for longer periods of time without stopping. - To develop co-ordination and timing when jumping in a long rope. - To develop individual skipping. - To take part in a circuit to develop stamina and agility. - To explore exercises that use your own body weight. To develop 'ABC,' agility, balance and co-ordination.	Steady Sprint
	Autumn 2 (Dance) - To remember, repeat and link actions to tell the story of my dance. - To develop an understanding of dynamics and how they can show an idea. - Use counts of 8 to help you stay in time with the music. - To copy, remember and repeat actions using facial expressions to show different characters. - To explore pathways and levels. - To remember and rehearse our circus dance showing expression and character. - To copy, repeat and create actions in response to a stimulus. - To copy, create and perform actions considering dynamics. - To create a short dance phrase with a partner showing clear changes of speed. - To copy, repeat and create movement patterns in response to the theme. - To create and perform using unison, mirroring and matching with a partner. - To remember and repeat actions and dance as a group.	Autumn 2 (Dance) Mirror Action Pathway Direction Speed Timing	Spring 2 (Striking and fielding) - To be able to track a rolling ball and collect it. - To develop accuracy in underarm throwing and consistency in catching when fielding a ball. - To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score. - To develop striking for distance and accuracy. - To develop decision making to get a batter out. - To develop decision making when under pressure.	Spring 2 (striking and fielding) Fielder Send Teammate Runs Batter Received Bowler	Summer 2 (Sending and receiving) - To roll a ball towards a target. - To track and receive a rolling ball. - To send and receive a ball with your feet. - To develop catching skills. - To develop throwing and catching skills. - To send and receive a ball using a racket.	Summer 2 (sending and receiving) Overarm Collect Target Underarm Throw Catch
Rapid Recap						
Year 3	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary
New Learning	Autumn 1 (fundamentals) - To develop balancing and understand the importance of this skill. - To understand how to change speed and be able to demonstrate good technique when running at different speeds. - To demonstrate a change of speed and direction to outwit others. - To develop technique and control when jumping, hopping and landing. - To develop skipping with a rope. - To apply fundamental skills to a variety of challenges. Autumn 1 (Gymnastics)	Autumn 1 (Fundamentals) Distance Technique Control Tension Coordination Rhythm Autumn 1(gymnastics)	Spring 1 (Dance) - To create actions in response to a stimulus and move in unison with a partner. - To create actions to move in contact with a partner or interact with a partner. - To select and link appropriate actions and dynamics to show our dance idea. - To remember, repeat and create actions to represent an idea. - To share ideas of actions and dynamics to create a dance that shows a location. - To use choreographing ideas to develop our dance.	Spring 1 (Dance) Flow Explore Create Perform Match Feedback Expression	Summer 1 (Yoga) - To explore connecting breath and movement. - To explore new yoga poses and begin to connect them. - To explore gratitude when remembering and repeating a yoga flow. - To develop flexibility and strength in a positive summer flow. - To develop flexibility in an individual yoga flow. - To develop confidence and strength in arm balances. Summer 1 (basketball) - To develop the attacking skill of dribbling.	Summer 1 (yoga) Strength Try Link Perform Flexibility Technique Summer 1 (basketball) Receiver Footwork Rebound Tracking

	- To be able to create interesting point and patch balances. - To develop stepping into shape jumps with control. - To develop the straight, barrel, and forward roll. - To be able to transition smoothly into and out of balances. - To create a sequence with matching and contrasting actions and shapes. - To create a partner sequence incorporating equipment.	Flow Explore Create Matching Interesting Control Contrasting	- To use straight pathways and clear changes in direction in a line dance. - To use canon and unison to make our line dance look interesting. - To use formations, canon and unison to make our line dance look interesting. - To remember, repeat and create actions around a theme. - To understand and use formations. - To structure a dance to represent a theme.		- To protect the ball when dribbling against an opponent. - To develop passing and begin to recognise when to use different skills. - To use defending skills to delay an opponent and gain possession. - To develop technique in the attacking skill of shooting. - To apply skills and knowledge to compete in a tournament.	Interception Mark Travelling Playing area
	Autumn 2 (Ball skills) - To develop confidence and accuracy when tracking a ball. - To develop confidence and accuracy when tracking a ball. - To explore and develop a variety of throwing techniques. - To develop catching skills using one and two hands. - To develop dribbling a ball with hands. - To use tracking, sending and dribbling skills with feet. Autumn 2 (Handball) - To begin to throw and catch while on the move. - To learn how to move towards goal or away from a defender. - To develop accuracy when shooting. - To be able to apply individual and team defending skills - To use a change of direction and speed to lose a defender and move into space. - To maintain possession when in attack.	Autumn 2 (Ball skills) Track Receive Chest Shoulder Overhead Accurate	Spring 2 (football) - To develop the attacking skill of dribbling. - To develop changing direction and speed when dribbling. - To develop passing and begin to recognise when to use different skills. - To apply attacking skills to move towards a goal. - To use defending skills to delay an opponent and gain possession. - To be able to apply the rules and tactics you have learnt to play in a football tournament.	Spring 2 (football) Receiver Footwork Rebound Tracking Interception Mark Travelling Playing area	Summer 2 (cricket) - To develop overarm and underarm throwing and apply these to a striking and fielding game. - To develop underarm bowling. - To learn how to grip the bat and develop batting technique. - To be able to field a ball using a two handed pick up and a short barrier. - To develop overarm bowling technique. - To play apply skills learnt to mini cricket.	Summer 2 (cricket) Strike Grip Rounder Backstop Bowl Post Wicket Batting Wicket keeper Fielding
Rapid Recap						
Year 4	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary
New Learning	Autumn 1 (netball) - To develop passing and moving and play within the footwork rule. - To develop passing and moving towards a goal. - To develop movement skills to lose a defender. - To be able to defend an opponent and try to win the ball. - To develop the shooting action. - To develop playing using netball rules. Autumn 1 (tennis) - To develop hitting the ball using a forehand. - develop returning the ball using a forehand.	Autumn 1 (netball) Outwit Opposition Opponent Contract Pivot Court Field Pitch	Spring 1 (hockey) (Gymnastics) - To develop individual and partner balances. - To develop control in performing and landing rotation jumps. - To develop the straight, barrel, forward and straddle roll. - To develop the straight, barrel, forward and straddle roll. - To develop strength in inverted movements. - To be able to create a partner sequence to include apparatus. Spring 1 (Athletics) - To develop stamina and an understanding of speed and pace in relation to distance.	Spring 1 (gymnastics) Quality Perform Inverted Technique Apparatus Extension	Summer 1 (Rounders) - To play different roles in a game and begin to think tactically about each role. - To develop the bowling action and learn the rules of bowling. - To run around the outside of the bases and make decisions about when to stop and when to run. - To field a ball using a two handed pick up and a short barrier. - To develop batting technique and an understanding of where to hit the ball. - To apply skills and rules learnt to play rounders.	Summer 1 (rounders) Fielding Batting Bowling Tactical Technique

	- To develop the backhand and understand when to use it. - To work co-operatively with a partner to keep a continuous rally going. - To use simple tactics in a game to outwit an opponent. To demonstrate honesty and fair play when competing against others.		- To develop power and speed in the sprinting technique. - To develop technique when jumping for distance. - To develop power and technique when throwing for distance. - To develop a pull throw for distance and accuracy. - To develop officiating and performing skills.	Accuracy Personal best		
	Autumn 2 (tag rugby) - To develop throwing, catching and running with the ball. - To develop an understanding of tagging rules. - To begin to use the 'forward pass' and 'off side' rule. - To dodge a defender and move into space when running towards the goal. - To develop defending skills and use them in a game situation. - To apply the rules and skills you have learnt and play in a tag rugby tournament. Autumn 2 (gymnastics) - To develop individual and partner balances. - To develop control in performing and landing rotation jumps. - To develop the straight, barrel, forward and straddle roll. - To develop the straight, barrel, forward and straddle roll. - To develop strength in inverted movements. - To be able to create a partner sequence to include apparatus.	Autumn 2 (tag rugby) Outwit Opposition Opponent Contact Pivot Court Field Pitch Autumn 2 (gymnastics) Quality Perform Technique Apparatus Extension Inverted	Spring 2 (Dance) - To copy and create actions in response to an idea and be able to adapt this using changes of space. - To choose actions which relate to the theme. - To develop a dance using matching and mirroring. - To learn and create dance moves in the theme of carnival. - To develop a carnival dance using formations, canon and unison. - To develop a dance phrase and perform as part of a class performance. - To develop a dance phrase and perform as part of a class performance. - To understand how dynamics, space and relationships can be used to represent a state of matter. - To use actions, dynamics, space and relationships to represent a states of - To order and structure phrases to create a dance performance. - To copy and repeat a set phrase of movement in a 1960s theme showing energy and rhythm. - To learn and perform a partner dance in a 1960s style. - To develop my own 1960s inspired dance using changes in relationships.	Spring 2 (Dance) Reaction Unison Represent Dynamics Control	Summer 2 (Swimming) - To develop an understanding of buoyancy and balance in the water. - To develop independent movement and submersion. - To develop gliding and crawl legs. - To develop front crawl breathing. - To develop gliding and backstroke. - To develop rotation, sculling and treading water. - To develop surface dives, submersion and handstands. - To develop head above water breaststroke technique. - To develop head above water breaststroke technique. - To develop basic skills in water safety and floating. - To learn techniques for personal survival. - To develop water safety skills and an understanding of personal survival.	Summer 2 (Swimming) Stroke Huddle Alternate Survival Treading water Buoyancy
Rapid Recap						
Year 5	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary
New Learning	Autumn 1 (swimming) - To develop gliding, front crawl and backstroke. - To develop rotation, sculling and treading water. - To develop the front crawl stroke and breathing technique. - To develop the technique for backstroke arms and legs. - To develop breaststroke technique. - To develop breaststroke technique. - To develop breaststroke and breathing technique. - To develop basic skills of water safety and floating. - To develop the dolphin kick. - To learn techniques for personal survival.	Autumn 1 (swimming) Exhale Flutter kick Surface Somersault Personal best Inhale	Spring 1 (Gymnastics) - To be able to perform symmetrical and asymmetrical balances - To develop the straight, forward, straddle and backward roll - To be able to explore different methods of travelling, linking actions in both canon and synchronisation - To be able to perform progressions of inverted movements - To explore matching and mirroring using actions both	Spring 1 (Gymnastics) Symmetrical Rotation Aesthetics Canon Asymmetrical Synchronisation Progress	Summer 1 (Dance) - To create a dance using a random structure and perform the actions showing quality and control - To understand how changing dynamics changes the appearance of the performance - To understand and use relationships and space to change how a performance looks - To copy and repeat movements in the style of rock 'n' roll - To work with a partner to copy and repeat actions in time with the music	Summer 1 (Dance) Formation Posture Performance Canon Relationship

	- To develop water safety skills and an understanding of personal survival. - To increase endurance in swim challenges. - To identify fastest strokes and personal bests. Autumn 1 (OAA) - To develop communication and negotiation skills - To develop strong communication and negotiation skills to solve challenges - To develop planning and problem solving skills - To share ideas and work as a team to solve problems - To develop navigation skills and map reading - To create and follow a key and route on a map	Autumn 1 (OAA) Collaborate Collective Navigation Tactical Control card Orienteering	on the floor and on apparatus - To be able to create a partner sequence using apparatus Spring 1 (Badminton) - To develop footwork and the forehand and backhand grip. - To develop rallying and understand how to start a game. - To develop a range of shots to keep a rally going. - To learn how to score points and play in competitive games. - To select and apply the appropriate skill to a game situation. - To show respect, honesty and fair play when competing against an opponent.	Spring 1 (Badminton) Obstruction Consecutive Consistently Continuous Drive hit Co-operatively Defensive hit	- To work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll - To develop set choreography inspired by a Mayan god - To choose actions to create a motif in a given character with consideration of dynamics, space and relationships - To use structure to choreograph a dance performance - To use matching, canon and unison in the style of the lion dance - To use space and relationships to create a dragon dance - To select and combine dance tools to choreograph and perform a Chinese dance Summer 1 (Cricket) - To develop throwing accuracy and catching skills under pressure - To develop placement of a ball into space - To develop consistency of catching to get opponents out - To develop overarm bowling technique and accuracy - To develop a variety of fielding techniques and use them within a game - To further develop fielding techniques and apply them to a game situation	Summer 1 (Cricket) Pressure Backing up Support Overtake Tracking Outwit Tactics
	Autumn 2 (Swimming continued) - To develop gliding, front crawl and backstroke. - develop rotation, sculling and treading water. - To develop the front crawl stroke and breathing technique. - To develop the technique for backstroke arms and legs. - To develop breaststroke technique. - To develop breaststroke technique. - To develop breaststroke and breathing technique. - To develop basic skills of water safety and floating. - To develop the dolphin kick. - To learn techniques for personal survival. - To develop water safety skills and an understanding of personal survival. - To increase endurance in swim challenges. - To identify fastest strokes and personal bests. Autumn 2 (basketball)	Autumn 2 (Swimming continued) Exhale Flutter kick Surface Somersault Personal best Inhale	Spring 2 (Football) - To be able to dribble the ball under pressure. - To pass the ball accurately to help to maintain possession. - To use different turns to keep the ball away from defenders. - To develop defending skills to gain possession. - To develop goalkeeping skills to stop the opposition from scoring. - To be able to apply the rules and tactics you have learnt to play in a football tournament.	Spring 2 (football) Tactics Control Foul Pressure Onside Offside Support Obstruction	Summer 2 (Athletics) - To be able to apply different speeds over varying distances - To develop fluency and co-ordination when running for speed - To develop technique in relay changeovers - To build momentum and power in the triple jump - To develop throwing with force for longer distances - To develop throwing with greater control and technique	Summer 2 (Athletics) Technique Upsweep Rhythm Down sweep Flight Stride

	- To develop protective dribbling against an opponent - To move into and create space to - To choose when to pass and when to dribble support a teammate - To be able to track an opponent and use defensive techniques to win the ball - To develop technique to increase accuracy when scoring - To apply principles, rules and tactics to a game situation	Autumn 2 (Basketball) Tactics Control Foul Pressure Onside Offside Support Obstruction				
Rapid Recap						
Year 6	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary	Learning Intentions	Vocabulary
New Learning	Autumn 1 (Dance) - To copy and repeat a dance phrase showing confidence in movements. - To work with others to explore and develop the dance idea. - To use changes in dynamics in response to the stimulus. - To demonstrate a sense of rhythm and energy when performing bhangra style motifs. - To perform a bhangra dance, showing an awareness of timing, formations and direction. - To select, order, structure and perform movements in a bhangra style, showing various group formations. - To develop a dance phrase using actions, dynamics, space and relationships. - To copy and create actions with consideration to stimulus. - To use choreographic devices to improve the aesthetics of a performance. - To copy and repeat a phrase of movement in the 1970s disco style. - To choreograph a freeze frame montage in the 1970s style. - To use feedback to develop and refine a 1970s dance performance. Autumn 1 (Netball) - To develop passing and moving to maintain possession - To create and use space to support a teammate - To change direction and speed to lose a defender - To use defending skills to gain possession	Autumn 1 (Dance) Choreograph Phrase Contrast Structure Fluently Connect Autumn 1 (Netball) Consecutive Consistently Formation Conceding Dictate Turnover Contest Shut down	Spring 1 (Gymnastics) - To be able to develop the straddle, forward and backward roll - To develop counter balance and counter tension - To be able to perform inverted movements with control - To be able to perform the progressions of a headstand and a cartwheel - To be able to use flight from hands to travel over apparatus - To be able to create a group sequence using formations and apparatus Spring 1 (Hockey) - To develop dribbling to beat a defender - To choose when to pass and when to dribble - To develop receiving the ball with control - To move into space to support a teammate - To develop tackling to gain possession of the ball - To apply rules, skills and principles to play in a hockey tournament	Spring 1 (Gymnastics) Momentum Fluently Stability Formation Counterbalance Counter tension Spring 1 (hockey) Consecutive Consistently Formation Conceding Dictate Turnover Contest Shut down	Summer 1 (Athletics) - To work collaboratively with a partner to set a steady pace. - To develop your own and others sprinting technique. - To develop power, control and technique for the triple jump. - To develop power, control and technique when throwing for distance. - To develop throwing with force and accuracy for longer distances. - To work collaboratively in a team to develop the officiating skills of measuring, timing and recording. Summer 1 (Rounders) - To develop the bowling action and understand the role of the bowler. - To develop batting technique. - To make decisions about where and when to send the ball to stump a batter out. - To develop a variety of fielding techniques and when to use them in a game. - To develop long and short barriers in fielding and understand when to use them. - To apply the rules and skills you have learnt to play in a rounders tournament.	Summer 1 (athletics) Rotation Force Trajectory Compete Momentum Continuous pace Transfer of weight Summer 1 (rounders) Obstruction Consecutive Consistently Continuous Drive hit Co-operatively Defensive hit

	- To develop the shooting action - To use and apply skills, principles and tactics to a game situation					
	Autumn 2 (Tag rugby) - To develop attacking principles, understanding when to run and when to pass. - To be able to use the 'forward pass' and 'offside' rules. - To be able to play games using tagging rules. - To develop dodging skills to lose a defender. - To develop drawing defence and understanding when to pass. - To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament. Autumn 2 (tennis) - To develop the forehand groundstroke. - To be able to return the ball using a backhand groundstroke. - To develop the volley and understand when to use it. - To develop the volley and use it in a game situation. - To develop accuracy of the underarm serve. - To learn to use the official scoring system. - To work co-operatively with a partner and employ tactics to outwit an opponent.	Autumn 2 (Tag rugby) Consecutive Formation Consistently Dictate Conceding Contest Turnover Shut down Autumn 2 (Tennis) Deep Consecutive Consistently Forecourt Backcourt Defensive Attacking	Spring 2 (Yoga) - To develop an understanding of yoga. - To develop flexibility through the sun salutation flow. - To develop strength through yoga flows. - To create your own flow showing quality in control, balance and technique. - To develop balance through yoga flows. - To work collaboratively to create a controlled paired yoga flow. - To create your own yoga flow that challenges technique, balance and control.	Spring 2 (yoga) Salutation Collaboratively Transition Practice Aware Connected	Summer 2 (Dance) - To copy and repeat a dance phrase showing confidence in movements. - To work with others to explore and develop the dance idea. - To use changes in dynamics in response to the stimulus. - To demonstrate a sense of rhythm and energy when performing bhangra style motifs. - To perform a bhangra dance, showing an awareness of timing, formations and direction. - To select, order, structure and perform movements in a bhangra style, showing various group formations. - To develop a dance phrase using actions, dynamics, space and relationships. - To copy and create actions with consideration to stimulus. - To use choreographic devices to improve the aesthetics of a performance. - To copy and repeat a phrase of movement in the 1970s disco style. - To choreograph a freeze frame montage in the 1970s style. - To use feedback to develop and refine a 1970s dance performance.	Summer 2 (Dance) Choreograph Phrase Contrast Structure Fluently Connect
Rapid Recap						