

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	Motor Competence (Fundamentals)	Motor Competence (Dance)	Striking and Fielding (Skills)	Net and Wall Games (Skills)	Invasion Games (Skills)	Athletics Ball Skills- NUFC (Football)
Year 2	Motor Competence (Fundamentals)	Motor Competence (Gymnastics)	Invasion Games (Skills)	Net and Wall Games (Skills)	Striking and Fielding (Skills)	Athletics Striking and Fielding- NUFC (Rounders)
Year 3	Motor Competence (fitness)	Motor Competence (Gymnastics)	Target games (Basketball)	Net and Wall Games (tennis)	Invasion Games (tag rugby)	Athletics
Year 4	Motor Competence (Body Strengthening)	Motor Competence (Dance)	Target Game (Dodgeball)	Outdoor Adventurous Activities	Invasion Game (Football)	Athletics
Year 5	Motor Competence (Fitness)	Motor Competence (Dance)	Net and Wall Games (Badminton)	Outdoor Adventurous Activities	Invasion Game (Hockey)	Athletics
Year 6	Motor Competence (Body Strengthening)	Motor Competence (Gymnastics)	Net and Wall Game (Volleyball)	Outdoor Adventurous Activities	Invasion Game (Netball)	Athletics Striking and Fielding (Hockey)

Key knowledge

	Year 1	Year 2
Motor Competence	- Catch a small/medium ball - Use your overarm to throw. - Dribble a ball with feet. - Gallop. - Skip. - Jump for height. - Move and change direction. - Try and catch a ball. - Pass to a teammate.	- Catch a medium/large ball - Use both your underarm and overarm to throw. - Dribble a ball with hands and feet. - Hop. - Sprint run. - Jump for height and distance. - Use agility to move and change direction. - Use different ways to throw accurately. - Catch with confidence. - Use a range of different passes to teammates. - Use hand-eye coordination to strike an object with accuracy.
Striking and Fielding	- Underarm roll. - Understand the rules of games. - Collaborate with 1 other teammate. - Receive and throw a small ball. - Kick a static object. - Stop a ball in motion.	- Underarm throw and underarm roll with accuracy. - Understand the rules of games. - Collaborate and cooperate with up to 2 teammates. - Receive and throw a medium ball. - Strike a static object. - Use an underarm throw to pass to peers. - Adapt body position to suit technique. - Stop a ball in motion by changing body motion and position. - Use a range of sending and receiving.
Net and Wall Games	- Use the correct technique for holding equipment - Use underarm sending and receiving techniques - Develop hand-eye coordination - Use a range of different ball types	- Independently control equipment - Use underarm and two-handed sending and receiving techniques - Develop hand-eye coordination - Predict how a ball bounces/reacts - Use a range of different ball types - Change technique of strike/send to match ball e.g. a dodgeball - Adapt body shape to send/receive objects using a variety of techniques
Invasion Games	- Can travel by running and jumping - Receives a ball with basic control - Understand the importance of rules in games - Beginning to apply and combine a variety of skills	- Can travel in a range of different ways - Confident to send the ball to others in a range of ways - Develop strong spatial awareness - Beginning to apply and combine a variety of skills - Show an understanding of simple tactics and use them appropriately - Begin to develop an understanding of attacking/ defending
Athletics	- Take off in different ways and land in coordinated ways (walk, fast walk, slow jog, running, hop.) - Walk and run with good posture and balance (head straight, back straight, keep on your toes) - Jump: - 2 feet to 2 feet, 1 foot to 1 foot, 1 foot -1 foot Left to right - Run with a tall body on balls of the feet, picking feet up high, head held high	- Take off in different ways and land in coordinated ways (walk, fast walk, side step, slow jog, running, walking backwards, jump from 2 feet to 2 feet, hop.) - Jump forwards and sideways on two feet, then hop on one foot - Throw a ball into a target (buckets, hoop, wall targets, boxes etc) using overarm (javelin) and push (shot put) techniques - Jump: - 2 feet to 2 feet - 1 foot to 2 feet - 2 feet to 1 foot - 1 foot to 1 foot - Jump: -2 feet to 2 feet -1 foot to 2 feet -2 feet to 1 foot -1 foot to 1 foot -Left to right
Gymnastics		- Perform different shapes with my body, having different points touching the floor (star, straight, tuck shapes) with good technique - Perform a minimum of 3 shapes with good technique - Perform travelling movements on my feet and with weight on my hands, following different pathways (zig-zag, L shape etc.)

		- ump using a skipping rope - Create and perform a sequence of movements including rotation
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	Year 3	Year 4
Motor Competence	- Use agility to move and change direction - Discover different ways to throw accurately - Dribble a ball with feet	- Use agility to move and change direction at speed to avoid others and opponents - To be able to catch under pressure - Use a range of different passes to pass and move as a team - Dribble a ball with hands and feet - Use hand eye coordination to be able to strike an object with accuracy
Net and Wall Games	- Increase confidence and competence in using underarm strike in a range of contexts - Develop spatial awareness and positioning - Explore the use of over-arm strikes	- Keep an active foot position to move swiftly around the court - Increase confidence and competence in using underarm strike in a range of contexts - Develop spatial awareness and positioning - Develop the use of over-arm strikes
Invasion Games	- Beginning to communicate with others during game situations - Develops own rules for new games - Beginning to select resources independently to carry out different skills - Works well in a group to develop various games - Apply basic skills for attacking and defending. - Uses running, jumping, throwing and catching in isolation	- Understands tactics and composition by starting to vary how they respond - Vary skills, actions and ideas and link these in ways that suit the activity of the game - Beginning to understand how to compete with each other in a controlled manner - Show confidence in using ball skills in various ways, and can link these together. e.g. dribbling, bouncing, kicking - Uses skills with coordination, control and fluency. - Take part in competitive games with a strong understanding of tactics and composition - Compares and comments on skills to adapt games - Can make suggestions as to what resources can be used to differentiate a game. - Uses running, jumping, throwing and catching in isolation and combination
Athletics	- Perform a one handed push throw with accuracy towards a target - Say which throw was the easiest and most difficult to achieve, and how I can/ have improved my accuracy and distance	- Perform a one handed push throw and a pull throw with accuracy towards a target from my dominant hand - Maintain a good running technique when sprinting and running over obstacles - Use a short run to jump from one to two feet
Outdoor Adventurous Activities	- Develop understanding for how a map is orientated (facing north) - Give and follow verbal instructions - Read a basic legend - Problem solve collaboratively	- Give, receive and follow written and verbal instructions - Problem solve collaboratively and independently - Complete start and loop maps - Explore different methods of communication - Complete tasks quickly within certain restrictions/instructions - Identify start and end points on a map
Gymnastics	- Successfully perform 2 different types of rolls safely (pencil roll, tuck roll) - Link and develop two different jumps - Perform all gymnastics shapes on different body parts/levels - Use a wide range of gymnastic actions - Create and perform a sequence in a pathway	
Dance		- Improvise freely on their own and with a partner, translating ideas from a stimulus to a movement - Keep up an activity over a period of time and know what they need to warm up and cool down for dance - Explore and create characters and narratives in response to a range of stimuli - Describe, interpret and evaluate their own and others' dances, taking account of character and narrative

	Year 5	Year 6
Net and Wall Games	- Develop spatial awareness when competing with a partner - Use the over-arm strike in a range of shot types e.g. overhead clear and smash - Communicate efficiently with peers using a clear set of instructions	- Change play type based on positioning of an opponent - Use the over-arm strike in a range of shot types e.g. overhead clear and smash - Use a range of shots to use the entire playing area and move the opponent - Communicate effectively with peers using a clear set of instructions
Outdoor adventurous activities	- Orientate themselves within a map using known locations - Give, receive and follow complex verbal instructions - Develop own confidence and encourage others to try tasks outside of their comfort zone - Complete start and loop maps - Ensure interactions within teams are positive to overcome challenges	- Orientate themselves within a map using unknown locations - Give, receive and follow complex written and verbal instructions - Read a detailed legend highlighting points of interest - Develop own confidence and encourage others to try tasks outside of their comfort zone - Complete start and loop maps - Apply different methods of communication to work in teams to decide different approaches to meet a challenge. - Ensure interactions within teams are positive to overcome challenges - Take part in further outdoor and adventurous activities
Invasion Games	- Vary skills, actions and ideas - Show confidence in using ball skills in various ways - Consistently use skills with coordination, control and fluency - Take part in competitive games with a strong understanding of tactics and composition. - Continue to develop their knowledge of skills for attacking and defending - Continue to develop running, jumping, throwing and catching skills in isolation and in combination	- Vary skills, actions and ideas and link these in ways that suit the activity of the game - Show confidence in using ball skills in various ways, and can link these together effectively .e.g. dribbling, bouncing, kicking - Consistently use skills with coordination, control and fluency - Take part in competitive games with a strong understanding of tactics and composition - Compares and comments on skills to modify competitive games - Can make suggestions as to what resources can be used to differentiate a game
Athletics	- Demonstrate the ability to accelerate from a variety of static positions - Sustain jogging and running at a consistent pace for over a minute - Develop a one handed push throw and a pull throw with accuracy towards a target from my dominant hand	- Demonstrate the ability to accelerate from a variety of static positions - Perform triple jump combination sequences with balance and control - Develop a one handed push throw and a pull throw with accuracy towards a target from my dominant hand - Identify the preferred throwing technique to match an athletics event - Sustain jogging and running at a consistent pace for over a minute
Striking and Fielding		- Work cooperatively to put strategies and solutions into actions - Change the rules to increase challenge - Strike a moving object with intent into space - Communicate formation changes to maximise effectiveness e.g. fielding wider when a good striker enters play - Develop an understanding of a range of scoring techniques - Plan, assess and evaluate the effectiveness of a formation/tactic