

Curriculum overview

<u>Term</u>	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	<u>Spring 2</u>	<u>Summer 1</u>	<u>Summer 2</u>
<u>Year 1</u>	<p>Games (Throwing & Catching / Aiming) Unit 2</p> <p>I can show control and accuracy when I roll and throw the ball I can watch the ball carefully and get in line with it I can be still and move to aim into a target</p>	<p>Gymnastics (Flight, Bouncing, Jumping & Landing) Unit D</p> <p>I can do basic travelling and jumping actions and stay still when required. I can land safely and with control. I can share the space and apparatus safely. I can start to link and repeat</p>	<p>Gymnastics (Points & Patches) Unit E</p> <p>I can do travelling and balancing actions and stay still when required. I can link and repeat with control and accuracy I know the difference between tension and relaxation whilst being active. I can watch and describe accurately a short sequence of basic gymnastic actions, using appropriate language</p>	<p>Games (Developing Partnerwork) Unit 4</p> <p>I can communicate my ideas and listen to others I can build on ideas to develop and improve them I can work as a team to a common goal</p>	<p>Athletics/ Games (Focus on Bat/Ball Skills & Games) Unit 1</p> <p>I can show control and accuracy with the basic actions for controlling and striking a ball I understand how to hit into space I recognise space in my games and use it to help myself do well in the game</p>	<p>Athletics/ Games (Focus on Bat/Ball Skills - Skipping) Unit 3</p> <p>I can show control and accuracy with the basic actions for controlling and striking a ball I understand how to hit into space I recognise space in my games and use it to help myself do well in the game</p>
<u>Year 2</u>	<p>Games (Throwing & Catching / Inventing) Unit 1</p> <p>I can show control and accuracy when I roll and throw the ball I can watch the ball carefully and get in line with it I can know how to score and keep the rules of my game I can watch and describe the games of others accurately I can choose and use tactics that work for my game</p>	<p>Gymnastics (Parts High & Low) Unit H</p> <p>I can perform a range of actions (travelling, balancing, jumping and rolling) with control and coordination. I can make up sequences of gymnastic actions. I can adapt the sequence to include floor, mats, apparatus, showing control, accuracy and fluency.</p>	<p>Gymnastics (Pathways, Straight, Zig-Zag & Curving) Unit I</p> <p>I can perform a range of actions (travelling, balancing, jumping and rolling) with control and coordination. I can make up sequences. I can move smoothly from a position of stillness to a travelling movement/another stillness. I know that gymnastics makes my heart beat faster.</p>	<p>Games (Making up Games) Unit 2</p> <p>I can know how to score and keep the rules of my game I can watch and describe the games of others accurately I can record my game and teach others how to play</p>	<p>Athletics (Run, Jump & Throw)</p> <p>I can run at different speeds for short and long distances I can learn to run at different speeds over obstacles I can throw across long and short distances I can aim at a target when throwing I can link a variety of jumps together</p>	<p>Games (Dribbling, Kicking & Hitting) Unit 3</p> <p>I can show control and accuracy with the basic actions for bouncing, dribbling and kicking I can copy what I see and say why it is good</p>

<p><u>Year 3</u></p>	<p>Games (Ball Skills) Unit 1</p> <p>I can show control and accuracy with the basic actions for controlling and striking a ball I understand how to hit into space I can control the pace and weight when moving a ball I can use a range of skills to keep possession and make progress towards a goal, on my own and with others I can explain how to keep possession and describe how I and others have achieved I know how to use space</p>	<p>Gymnastics (Stretching, Curling & Arching) Unit L</p> <p>I can use shape, balance and travel to explore floor, mats and apparatus. I can practise an action or short sequence of movements, and improve the quality of those actions and linking movements. I can explain the differences between two performances. I know the importance of warming up and identify when my body is warm and stretched.</p>	<p>Gymnastics (Symmetry & Asymmetry) Unit M</p> <p>I can adapt a sequence to include different levels, speeds or directions. I know the importance of warming up and identify when my body is warm and stretched. I can understand that strength and suppleness are important in gymnastics. I know how to improve a performance.</p>	<p>Games (Net/Court/Wall) Unit 3</p> <p>I can keep a game going using a range of different ways of throwing I can vary the speed and direction of the ball I can choose good places to stand when receiving, and give reasons for my choice I can describe what is successful in my own and others' play</p>	<p>Athletics (Run, Jump & Throw)</p> <p>I can run at different speeds e.g. change my pace with control I can decide the correct pace when running a long distance I can develop fluency and rhythm when choosing and applying different stride patterns I can use different throwing techniques e.g. push/pull throw, fling & heave throw I can throw accurately at a target and across different distances I know different techniques which will help me increase my height and distance of my jump</p>	<p>Games (striking and fielding) Unit 4</p> <p>I can keep a game going using a range of different ways of throwing I can vary the speed and direction of the ball I can choose good places to stand when receiving, and give reasons for my choice I can describe what is successful in my own and others' play</p>
<p><u>Year 4</u></p>	<p>Games (Invasion Games) Unit 3</p> <p>I can play with greater speed and flow I can suggest how rules could be changed to improve the game I know and explain the tactics and skills that I am confident with and use well in games</p>	<p>Gymnastics (Balance) Unit P</p> <p>I can make similar or contrasting shapes on the floor and apparatus, I can combine actions and maintain the quality of performance when performing at the same time as my partner. I can work with my partner to make up a sequence using the floor, mats and</p>	<p>Gymnastics (Receiving & Bodyweight) Unit Q</p> <p>Roll and balance with change of front and direction I can make up and lead a warm up that prepares us for gymnastics. I can use modify and improve sequences based on the steps to success</p>	<p>Games (Net/Court/Wall) Unit 1</p> <p>I can play using a racket, getting my body into good positions to hit a hand fed ball accurately I can increasingly keep a rally going using a small range of shots I try to make things difficult for my opponent by directing the ball to space, at different speeds and heights</p>	<p>Athletics (Run, Jump & Throw)</p> <p>I can identify the differences in running styles and techniques I understand the importance of timing during the relay changes I understand that body positioning will result in a further throw. I can choose an appropriate throwing technique for different distances</p>	<p>Games (Striking & Developing) Unit 4</p> <p>I can strike a ball with intent and throw it more accurately when bowling and/or fielding I can intercept and stop the ball with consistency, and return it quickly and accurately I can choose and use batting or throwing skills to make the</p>

		<p>apparatus, showing consistency, fluency and clarity of movement.</p> <p>I can offer constructive ideas when working with a partner.</p>		<p>I can use the rules and keep games going without disputes</p> <p>I can identify aspects of my game that need improving, and say how I can go about improving them</p>	<p>To explore the difference in standing and a run up throw when using a javelin</p> <p>I know using your arms and increasing your speed can help increase the distance of a jump</p> <p>I can apply a variety of techniques in a running, jumping or throwing competition</p>	<p>game hard for my opponents</p> <p>I can choose where to stand as a fielder to make it hard for the batter</p> <p>I am familiar with and use the rules set, and keep games going without disputes</p> <p>I can identify parts of my performance that need improvement, and suggest how to achieve this</p>
<p><u>Year 5</u></p>	<p>Games (Invasion & Target) Unit 2</p> <p>I know the difference between attacking skills and defending skills</p> <p>I can switch between being and thinking like an attacker and a defender during the game</p> <p>I can find and use space to help my team</p> <p>I can look for specific things (skills and /or tactics) in a game and explain how well they are being done</p>	<p>Gymnastics & Swimming (Bridges) Unit T</p> <p>I can take more responsibility for my own warm up.</p> <p>I can perform actions, shapes and balances clearly, consistently and fluently, with good body tension and extension.</p> <p>I can repeat accurately a longer sequence with more difficult actions, with an emphasis on extension, clear body shape and changes in direction.</p>	<p>Gymnastics & Swimming (Flight) Unit U</p> <p>I can perform combinations of actions and abilities that show clear differences between levels, speeds and directions.</p> <p>I can identify which aspects were performed consistently, accurately, fluently and clearly and suggest improvements to speed, direction and level in the composition.</p>	<p>Games (Net/Court/Wall) & Swimming Unit 1</p> <p>I can perform skills with accuracy, confidence and control</p> <p>I can use a variety of dodges and passes to keep the ball</p> <p>I know how to mark and defend to try and stop the opposition scoring</p> <p>I can recognise parts of our team performance that can be improved, and identify practices that will help</p>	<p>Athletics (Run, Jump & Throw) & Swimming</p> <p>I can maintain a speed over a long duration of time or distance</p> <p>I can create a three stride pattern over hurdle and know the hurdling technique</p> <p>I can throw with greater control and accuracy e.g. by generating greater force when throwing</p> <p>I can develop a range of throwing techniques e.g. push/pull throw. fling and heave throws</p> <p>I can develop power and keep control when taking off and landing (jumping)</p> <p>I can develop change over skills when running in relays</p> <p>I can time my runs</p>	<p>Games (striking and fielding) & Swimming Unit 4</p> <p>I can choose and use batting or throwing skills to make the game hard for my opponents</p> <p>I can make good judgements about when to run to score points</p> <p>I can work well as part of a team to make it hard for the batter</p> <p>I am familiar with and use the rules set, and can keep games going without disputes or needing the teacher</p>

					<p>I can measure and record my performance</p> <p>I can create a run, jump and throw event</p>	
<u>Year 6</u>	<p style="text-align: center;">Games (Invasion Focus and ball skills) Unit 1</p> <p>I can choose when to pass or run with the ball, so that I keep possession and make progress towards the goal</p> <p>I can perform football skills with greater speed</p> <p>I can recognise and describe the best points in an individual's and a team's performance</p> <p>I can identify aspects of my own and others' performances that need improvement, and suggest how to improve them</p> <p>I can organise my team to think of ideas to be more successful</p>	<p style="text-align: center;">Gymnastics (Matching, Mirroring & Contrasting) Unit X</p> <p>I can adapt sequences to include my partner or a small group.</p> <p>I know how to improve my strength and suppleness for gymnastics.</p>	<p style="text-align: center;">Gymnastics (Synchroniation & Canon) Unit Y</p> <p>I can perform fluently and with control, even when performing difficult combinations.</p> <p>I can work with a small teams of judges to evaluate and improve the performances of others.</p>	<p style="text-align: center;">Games (Net/Court/Wall) Unit 2</p> <p>I can choose when and how to pass, so that my team keep possession</p> <p>I can use attacking and defending skills appropriately in games</p> <p>I can know the importance of being fit, and what types of fitness are most important for playing Netball</p> <p>I can plan and lead skill practices for Netball</p> <p>I can identify aspects of my own and others' performances that need improvement, and suggest how to improve them</p> <p>I can plan and use tactics with my team to be successful in a Hi-Five game</p>	<p style="text-align: center;">Athletics (Run, Jump & Throw) & Swimming</p> <p>I can sustain my pace over longer distances, e.g sprint for ten seconds, run continuously for more than two minutes</p> <p>I can organise myself and others in small groups safely, and take turns and different roles as a coach, performer and official</p> <p>I can say why some athletics activities can improve strength, power or stamina, and explain how these can help my performance in other types of activity or sports</p>	<p style="text-align: center;">Games (striking and fielding) Unit 3</p> <p>I am familiar with and use the rules set, and keep games going without disputes helping others to respond appropriately to decisions</p> <p>I can choose and use batting or throwing skills to make the game hard for my opponents</p> <p>I can describe what is successful in my team's performance and act as a motivational and knowledgeable coach to improve our performance</p>