

St Sebastian's Physical Education Curriculum

	Autumn 1		Autumn 2		Spring 1		Spring 2		Summer 1		Summer 2	
EYFS	Get Set 4 PE EYFS Introduction to PE: Unit 2		Get Set 4PE EYFS Fundamentals: Unit 2		Get Set 4PE EYFS Gymnastics: Unit 2		Get Set 4PE EYFS Dance: Unit 2		Get Set 4PE EYFS Ball Skills: Unit 2		Get Set 4PE EYFS Games: Unit 2	
Year 1	Get Set 4PE Team Building: Year 1	Get Set 4PE Fundament als: Year 1	Get Set 4PE Ball Skills: Year 1	Get Set 4PE Fitness: Year 1	Get Set 4PE Dance: Year 1	Get Set 4PE Gymnastic s: Year 1	Get Set 4PE Yoga: Year 1	Get Set 4PE Dance, Gymnastic s and Yoga units: Year 1	Get Set 4PE Athletics: Year 1	Get Set 4PE Sending and Receiving: Year 1	Get Set 4PE Striking and Fielding: Year 1	Get Set 4PE Target games: Year 1
Year 2	Get Set 4PE Team Building: Year 2	Get Set 4PE Fundament als: Year 2	Get Set 4PE Ball Skills: Year 2	Get Set 4PE Fitness: Year 2	Get Set 4PE Dance: Year 2	Get Set 4PE Gymnastic s: Year 2	Get Set 4PE Yoga: Year 2	Get Set 4PE Dance, Gymnastic s and Yoga units: Year 2	Get Set 4PE Athletics: Year 2	Get Set 4PE Net and Wall: Year 2	Get Set 4PE Striking and Fielding: Year 2	Get Set 4PE Invasion: Year 2
Year 3	Get Set 4PE Netball: Year ¾	Get Set 4PE Tennis: Year 3	Get Set 4PE Fundament als: Year ¾	Get Set 4PE Yoga: Year ¾	Get Set 4PE Dance: Year 3	Swimming	Get Set 4PE Ball Skills: Year ¾	Swimming	Get Set 4PE Athletics: Year 3	Get Set 4PE Gymnastic: Year 3	Get Set 4PE Rounders: Year ¾	Get Set 4PE Football: Year ¾
Year 4	Get Set 4PE Tennis: Year 4	Get Set 4PE Basketball: Year ¾	Get Set 4PE Hockey: Year ¾	Get Set 4PE Dodgeball: Year ¾	Get Set 4PE Dance: Year 4	Get Set 4PE Gymnastic s: Year 4	Get Set 4PE OAA: Year ¾	Get Set 4PE Fitness: Year ¾	Get Set 4PE Athletics: Year 4	Swimming	Get Set 4PE Cricket: Year ¾	Swimming
Year 5	Get Set 4PE Tennis: Year 5	Get Set 4PE Netball: Year 5/6	Get Set 4PE Hockey: Year 5/6	Get Set 4PE Yoga: Year 5/6	Get Set 4PE Dance: Year 5	Get Set 4PE Gymnastic s: Year 5	Get Set 4PE Basketball: Year 5/6	Get Set 4PE Dodgeball: Year 5/6	Get Set 4PE Athletics: Year 5	Get Set 4PE Football: Year 5/6	Get Set 4PE Rounders: Year 5/6	Get Set 4PE Tag Rugby: Year 5/6
Year 6	Get Set 4PE Tennis: Year 6	Get Set 4PE Netball: Year 5/6** Consolidat e lessons and complete additional lessons	Get Set 4PE Volleyball: Year 5/6	Get Set 4PE Dodgeball: Year 5/6** Consolidat e skills and complete additional lessons	Get Set 4PE Dance: Year 6	Get Set 4PE Gymnastic s: Year 6	Get Set 4PE Fitness: Year 5/6	Get Set 4PE Handball: Year 5/6	Get Set 4PE Athletics: Year 6	Get Set 4PE Golf: Year 5/6	Get Set 4PE OAA: Year 5/6	Get Set 4PE Cricket: Year 5/6

St Sebastian's School Curriculum Overview - PE

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Unit 1 Introduction to PE	Unit 2 Fundamentals	Unit 3 Gymnastics	Unit 4 Dance	Unit 5 Ball Skills	Unit 6 Games
EYFS	Intent: To provide the foundations of the basic principles of a PE lesson such as safely using space, stopping safely, using and sharing equipment and working individually, with a partner and group. They will take part in activities which will develop fundamental movement skills such as running, jumping and skipping. Children will also play simple games and begin to understand and use rules.	Intent: Children will develop skills of balancing, running, hopping, jumping, travelling and changing direction. Children will develop fine and gross motor skills, through handling equipment. They will learn how to stay safe using space. They work independently and with a partner to complete tasks.	Intent: Children explore basic movements, creating shapes and balances, jumps and rolls. They begin to develop an awareness of space and how to use it safely. They perform basic skills on both floor and apparatus. They copy, create, remember and repeat short sequences. They begin to understand using levels and directions when travelling and balancing.	Intent: Children explore traveling actions, shapes and balances. Children choose their own actions in response to a stimulus. They also are given the opportunity to copy, repeat and remember actions. They continue to use counting to help them keep in time with the music. They explore dance through the world around them. They perform to others and begin to provide simple feedback.	Intent: Children will develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Children will be able to develop their fine and gross motor skills through a range of game play with balls. Children will work independently and with a partner and will develop decision making and using simple tactics.	Intent: Children will practise and further develop their fundamental movement skills. Children will learn and develop these skills by playing a variety of games. They will also start to understand how to work as a team, take turns, keep the score, play against an opponent and play by the rules.
	Future Learning: Y1 Unit 1 Team Building	Future Learning: Y1 Units 2 Fundamentals, 7 Yoga and 9 Athletics	Future Learning: Y1 Units 4 Fitness, 6 Gymnastics and 7 Yoga	Future Learning: Y1 Unit 5 Dance	Future Learning: Y1 Unit 3 Ball Skills	Future Learning: Y1 Units 1 Team Building, 10 Sending and Receiving 11 Striking and Fielding, 12 Target games
Year 1	Unit 1 Team Building	Unit 3 Ball Skills	Unit 5 Dance	Unit 7 Yoga	Unit 9 Athletics	Unit 11 Striking and Fielding
	Builds on: EYFS Units 1 Introduction to PE and 6 Games Intent: Pupils develop their communication and problem solving skills. They work individually, in pairs and in small groups, learning to take turns, work collaboratively and lead each other. They are given the opportunity to discuss and plan their ideas.	Builds on: EYFS Unit 5 Ball Skills Intent: Pupils will explore their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. Pupils will have the opportunity to work independently, in pairs and small groups. Pupils will be able to explore their own ideas in response to tasks.	Builds on: EYFS Unit 4 Dance Intent: Pupils will explore travelling actions, movement skills and balancing. They will understand why it is important to count to music and use this in their dances. Pupils will copy and repeat actions linking them together to make short dance phrases. Pupils will work individually and with a partner to create ideas in relation to the theme. Pupils will be given the opportunity to perform and also to provide feedback, beginning to use dance terminology to do so.	Builds on: EYFS Units 2 Fundamentals and 3 Gymnastics Intent: Pupils learn about mindfulness and body awareness. They begin to learn yoga poses and techniques that will help them to connect their mind and body. The unit builds strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils will work independently and with others, sharing ideas and creating their own poses in response to a theme.	Builds on: EYFS Units 2 Fundamentals and 6 Games Intent: Pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others.	Builds on: Year 1 Unit 3 Ball Skills and EYFS Unit 6 Games Intent: Pupils develop their basic understanding of striking and fielding games such as Rounders and Cricket They learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They are given opportunities to play one against one, one against two, and one against three. They learn how to score points and how to use simple tactics. They learn the rules of the games and use these to play fairly. They show respect towards others when playing competitively and develop communication skills.
	Future Learning: Y2 Unit 1 Team Building	Future Learning: Y2 Unit 3 Ball Skills	Future Learning: Y2 Unit 5 Dance	Future Learning: Y2 Unit 7 Yoga	Future Learning: Y2 Unit 9 Athletics	Future Learning: Y2 Unit 11 Striking and Fielding

Year 1	Unit 2 Fundamentals	Unit 4 Fitness	Unit 6 Gymnastics	Unit 8 Dance, Gym and Yoga	Unit 10 Sending and Receiving	Unit 12 Target games
	Builds on: EYFS Unit 2 Fundamentals Intent: Pupils will explore the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. They will explore these skills in isolation as well as in combination. Pupils will be given opportunities to identify areas of strength and areas for improvement. Pupils will work collaboratively with others, taking turns and sharing ideas.	Builds on: EYFS Unit 3 Gymnastics Intent: Pupils will take part in a range of fitness activities to develop components of fitness. Pupils will begin to explore and develop agility, balance, co-ordination, speed and stamina. Pupils will be given the opportunity to work independently and with others. Pupils will develop perseverance and show determination to work for longer periods of time.	Builds on: EYFS Unit 3 Gymnastics Intent: Pupils explore and develop basic gymnastic actions on the floor and using low apparatus. Basic skills of jumping, rolling, balancing and travelling are used individually and in combination to create movement phrases. Pupils are given opportunities to select their own actions to build short sequences and develop their confidence in performing. Pupils begin to understand the use of levels, directions and shapes when travelling and balancing.	Builds on: Year 1 Units 5, 6 and 7 consolidate and complete all the skills in these units using the additional lessons in the resources by activity folder in the awesome stuff tab.	Builds on: Year 1 Unit 3 Ball Skills and EYFS Unit 6 Games Intent: Pupils will develop their sending and receiving skills including throwing and catching, rolling, kicking, tracking and stopping a ball. They will also use equipment to send and receive a ball. Pupils will be given opportunities to work with a range of different sized balls. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe.	Builds on: Year 1 Units 9 Athletics, 11 Striking and Fielding and EYFS Unit 6 Games Intent: In this unit pupils will develop their aim using both underarm and overarm actions. Pupils will be given opportunities to select and apply the appropriate action for the target considering the size and distance of the challenge. They will apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities. They will understand the importance of abiding by rules to keep themselves and others safe.
	Future Learning: Y2 Unit 2 Fundamentals	Future Learning: Y1 Unit 9 Athletics and Y2 Unit 4 Fitness	Future Learning: Y2 Unit 6 Gymnastics	Future Learning: Y2 Units 5, 6, 7 and 8 Dance, Gym and Yoga	Future Learning: Y2 Unit 12 Invasion	Future Learning: Y2 Units 10 Net and Wall, 11 Striking and Fielding
Year 2	Unit 1 Team Building	Unit 3 Ball Skills	Unit 5 Dance	Unit 7 Yoga	Unit 9 Athletics	Unit 11 Striking and Fielding
	Builds on: Y1 Unit 1 Team Building Intent: Pupils develop their communication and problem-solving skills. They work individually, in pairs and in small groups. Throughout, there is an emphasis on teamwork. They learn to discuss, plan and reflect on ideas and strategies. They lead a partner whilst considering safety. Pupils have the opportunity to show honesty and fair play.	Builds on: Y1 Unit 3 Ball Skills Intent: Pupils will develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball. Pupils will have the opportunity to work independently, in pairs and small groups. Pupils will be able to explore their own ideas in response to tasks.	Builds on: Y1 Unit 5 Dance Intent: Pupils will explore space and how their body can move to express and idea, mood, character or feeling. They will expand their knowledge of travelling actions and use them in relation to a stimulus. They will build on their understanding of dynamics and expression. They will use counts of 8 consistently to keep in time with the music and a partner. Pupils will also explore pathways, levels, shapes, directions, speeds and timing. They will be given the opportunity to perform and provide feedback beginning to use key terminology.	Builds on: Y1 Unit 7 Yoga Intent: Pupils learn about mindfulness and body awareness. They begin to learn yoga poses and techniques that will help them to connect their mind and body. The unit builds strength, flexibility and balance. The learning includes breathing and meditation taught through fun and engaging activities. Pupils will work independently and with others, sharing ideas and creating their own poses in response to a theme.	Builds on: Y1 Unit 9 Athletics Intent: Pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others. They are given opportunities to work collaboratively as well as independently. They learn how to improve by identifying areas of strength as well as areas to develop.	Builds on: Y1 Units 11 Striking and Fielding and 12 Target games Intent: Pupils develop their basic understanding of striking and fielding games such as Rounders and Cricket. They learn skills including throwing and catching, stopping a rolling ball, retrieving a ball and striking a ball. They are given opportunities to play one against one, one against two, and one against three. They learn how to score points and how to use simple tactics. They learn the rules of the games and use these to play fairly. They show respect towards others when playing competitively and develop communication skills.

Year 2	Future Learning: Y4 Unit 7 OAA	Future Learning: Y2 Units 10 Net and Wall, 11 Striking and Fielding, 12 Invasion and Y3 Unit 7 Ball Skills	Future Learning: Y3 Unit 5 Dance	Future Learning: Year 2 Unit 8	Future Learning: Y3 Unit 9 Athletics	Future Learning: Y3 Unit 11 Rounders and Y4 Unit 11 Cricket
	Unit 2 Fundamentals	Unit 4 Fitness	Unit 6 Gymnastics	Unit 8 Dance, Gym and Yoga	Unit 10 Net and Wall	Unit 12 Invasion
	Builds on: Y1 Unit 2 Fundamentals Intent: Pupils will develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping. Pupils will be given opportunities to work with a range of different equipment. Pupils will be asked to observe and recognise improvements for their own and others' skills and identify areas of strength. Pupils will be given the opportunity to work collaboratively with others, taking turns and sharing ideas.	Builds on: Y1 Unit 4 Fitness Intent: Pupils will take part in a range of fitness activities to develop components of fitness. Pupils will begin to explore and develop agility, balance, co-ordination, speed and stamina. Pupils will be given the opportunity to work independently and with others. Pupils will develop perseverance and show determination to work for longer periods of time.	Builds on: Y1 Unit 6 Gymnastics Intent: Pupils 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. Pupils develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions. They learn to work safely with and around others and whilst using apparatus.	Builds on: Year 2 Units 5, 6 and 7 consolidate and complete all the skills in these units using the additional lessons in the resources by activity folder in the awesome stuff tab. •	Builds on: Y2 Unit 3 Ball Skills and Y1 Unit 12 Target games Intent: Pupils will be introduced to the basic skills required in Net and Wall games. Pupils will learn the importance of the ready position. They will develop throwing, catching and racket skills, learning to track and hit a ball. They will learn to play against an opponent and over a net. They will begin to use rules and simple tactics when playing against a partner. They will be encouraged to demonstrate good sportsmanship and show respect towards others.	Builds on: Y1 Unit 10 Sending and Receiving Intent: Pupils develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. They develop their understanding of attacking and defending and what being 'in possession' means. They have the opportunity to play uneven and even sided games. They learn how to score points in these types of games and how to play to the rules. They work independently, with a partner and in a small group and begin to self-manage their own games, showing respect and kindness towards their teammates and opponents.
	Future Learning: Y3 Unit 3 Fundamentals	Future Learning: Y2 Unit 9 Athletics	Future Learning: Y3 Unit 10 Gymnastics	Future Learning: Y3 Units 4 Yoga , 5 Dance and 10 Gymnastics	Future Learning: Y3 Units 1 Netball and 2 Tennis	Future Learning: Y3 Unit 12 Football and Y4 Units 2 Basketball and 3 Hockey
	Unit 1 Netball	Unit 3 Fundamentals	Unit 5 Dance	Unit 7 Ball skills	Unit 9 Athletics	Unit 11 Rounders
Year 3	Builds on: Y2 Unit 10 Net and Wall Intent: Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and shooting. They will learn to use a range of different passes in different situations to keep possession and attack towards goal. Pupils will learn about defending and attacking play as they begin to play even-	Builds on: Y2 Unit 2 Fundamentals Intent: Pupils will develop the fundamental skills of balancing, running, jumping, hopping and skipping. Pupils will develop their ability to change direction with balance and control. They will be given the opportunity to explore how the body moves at different speeds as well as how to accelerate and decelerate. Pupils will be asked to observe and recognise improvements for	Builds on: Y2 Units 5 and 8 Dance Intent: Pupils create dances in relation to an idea including historical and scientific stimuli. Pupils work individually, with a partner and in small groups, sharing their ideas. Pupils develop their use of counting and rhythm. Pupils learn to use canon, unison, formation and levels in their dances. They will be given the opportunity to	Builds on: Y2 Unit 3 Ball Skills Intent: Pupils will have the opportunity to develop their accuracy and consistency when tracking a ball. They will explore a variety of throwing techniques and will learn to select the appropriate throw for the situation. They will develop catching with one and two hands as well as dribbling with feet and hands. These skills will then be applied to small group games.	Builds on: Y2 Unit 9 Athletics Intent: Pupils will develop 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, height, distance or accuracy and learn how to persevere to achieve	Builds on: Y2 Unit 11 Striking and Fielding Intent: Pupils learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding roles. They focus on developing their throwing, catching and batting skills. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition.

Year 3	sided versions of 5-a-side Netball. They will learn key rules of the game such as footwork, held ball, contact and obstruction.	their own and others' performances and identify areas of strength and areas for development. Pupils will be given the opportunity to work on their own and with others, taking turns and sharing ideas.	perform to others and provide feedback using key terminology.	Pupils will have the opportunity to take on different roles and work both individually and with others.	their personal best. Pupils are also given opportunities to measure, time and record scores.	Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.
	Future Learning: Y5 Unit 2 Netball	Future Learning: Y3 Units 9 Athletics and 10 Gymnastics	Future Learning: Y4 Unit 5 Dance	Future Learning: Y3 Units 11 Rounders and 12 Football, and Y4 Unit 4 Dodgeball	Future Learning: Y4 Unit 9 Athletics	Future Learning: Y5 Unit 11 Rounders
	Unit 2 Tennis	Unit 4 Yoga	Unit 6 Swimming	Unit 8 Swimming	Unit 10 Gymnastics	Unit 12 Football
	Builds on: Y2 Unit 10 Net and Wall Intent: Pupils develop the key skills required for tennis such as the ready position, racket control and hitting a ball. They learn how to score points and how to use skills, simple strategies and tactics to outwit the opposition. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.	Builds on: Y2 Units 7 and 8 Yoga Intent: Pupils 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. Pupils will work independently and with others to create their own yoga flows.	Intent: Pupils to develop a range of strokes and develop stamina to swim over a distance of 25metres. If confident begin to perform safe self-rescue in different water-based situations.	Intent: Pupils to develop a range of strokes and develop stamina to swim over a distance of 25metres. If confident begin to perform safe self-rescue in different water-based situations.	Builds on: Y2 Units 6 and 8 Gymnastics Intent: Pupils focus on improving the quality of their gymnastic movements. They are introduced to the terms 'extension' and 'body tension.' They develop the basic skills of rolling, jumping and balancing and use them individually and in combination. Pupils develop their sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. Pupils develop their confidence to perform, considering the quality and control of their actions.	Builds on: Y2 Unit 12 Invasion games Intent: Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They learn to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will be given opportunities to select and apply tactics to outwit the opposition.
	Future Learning: Y4 Unit 1 Tennis	Future Learning: Y5 Unit 4 Yoga	Future Learning: Y3 Unit 8 Swimming	Future Learning: Y4 Unit 10 Swimming	Future Learning: Y4 Unit 6 Gymnastics	Future Learning: Y5 Unit 10 Football
Year 4	Unit 1 Tennis	Unit 3 Hockey	Unit 5 Dance	Unit 7 OAA	Unit 9 Athletics	Unit 11 Cricket
	Builds on: Y3 Unit 2 Tennis Intent: Pupils develop the key skills required for tennis such as the ready position, racket control and forehand and backhand ground strokes. Pupils learn how to score points and how to use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to play games independently and are taught the importance of	Builds on: Y2 Unit 12 Invasion Intent: Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They will begin to think about defending and winning the ball. Pupils will be encouraged to	Builds on: Y3 Unit 5 Dance Intent: Pupils focus on creating characters and narrative through movement and gesture. They gain inspiration from a range of stimuli, working individually, in pairs and small groups. In dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Pupils will	Builds on: Y2 Unit 1 Team Building Intent: Pupils develop problem solving skills through a range of challenges. Pupils work as a pair and small group to plan, solve, reflect and improve on strategies. They learn to be inclusive of others and work collaboratively to overcome challenges. Pupils learn to orientate a map, identify key symbols and follow routes.	Builds on: Y3 Unit 9 Athletics Intent: Pupils will develop 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, height, distance or accuracy and learn	Builds on: Y2 Unit 11 Striking and Fielding Intent: Pupils learn how to strike the ball into space so that they can score runs. When fielding, they learn how to keep the batters' scores low. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In cricket, pupils achieve this by striking a ball and trying to deceive or avoid

Year 4	being honest whilst playing to the rules.	think about how to use skills, strategies and tactics to outwit the opposition. Pupils will understand the importance of playing fairly and keeping to the rules. They will be encouraged to be a supportive teammate and identify why this behaviour is important.	develop confidence in performing and will be given the opportunity to provide feedback and utilise feedback to improve their own work.		how to persevere to achieve their personal best. In this unit pupils are able to experience running for distance, sprinting, relay, long jump, vertical jump and javelin.	fielders, so that they can run between wickets to score runs. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.
	Future Learning: Y5 Unit 1 Tennis	Future Learning: Y5 Unit 3 Hockey	Future Learning: Y5 Unit 5 Dance	Future Learning: Y6 Unit 11 OAA	Future Learning: Y5 Unit 9 Athletics	Future Learning: Y6 Unit 12 Cricket
	Unit 2 Basketball	Unit 4 Dodgeball	Unit 6 Gymnastics	Unit 8 Fitness	Unit 10 Swimming	Unit 12 Swimming
	Builds on: Y2 Unit 10 Net and Wall and Unit 12 Invasion Intent: Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling. Pupils will learn to use attacking skills to maintain possession of the ball. They will start by playing uneven and then move onto even sided games. Pupils will understand the importance of playing fairly and keeping to the rules. They will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition as well as learn how to evaluate their own and others' performances, and how to identify a focus for improvement.	Builds on: Y3 Unit 7 Ball Skills Intent: Pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. The learn how to apply simple tactics to the game to outwit their opponent. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Pupils are given opportunities to evaluate and improve on their own and others performances.	Builds on: Y3 Unit 10 Gymnastics Intent: Pupils create more complex sequences. They learn a wider range of travelling actions and include the use of pathways. They develop more advanced actions such as inverted movements and explore ways to include apparatus. They will demonstrate control in their behaviour to create a safe environment for themselves and others to work in. They work independently and in collaboration with a partner to create and develop sequences. Pupils are given opportunities to receive and provide feedback in order to make improvements on their performances. In gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.	Builds on: Y2 Unit 4 Fitness Intent: Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn to understand different components of fitness; speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this. Pupils will be encouraged to work safely and with control when performing new tasks.	Builds on: Y3 Unit 8 Swimming Intent: Pupils use a range of strokes effectively. They swim competently, confidently and proficiently over a distance of at least 25metres. Pupils perform safe self-rescue in different water-based situations.	Builds on: Y4 Unit 10 Swimming Intent: Pupils use a range of strokes effectively. They swim competently, confidently and proficiently over a distance of at least 25metres. Pupils perform safe self-rescue in different water-based situations.
	Future Learning: Y5 Unit 7 Basketball	Future Learning: Y5 Unit 8 Dodgeball	Future Learning: Y5 Unit 6 Gymnastics	Future Learning: Y6 Unit 7 Fitness		
	Unit 1 Tennis	Unit 3 Hockey	Unit 5 Dance	Unit 7 Basketball	Unit 9 Athletics	Unit 11 Rounders
Year 5	Builds on: Y4 Unit 1 Tennis Intent: Pupils develop their competencies in racket skills when playing Tennis. They learn specific skills such as a forehand, backhand, volley and underarm	Builds on: Y4 Unit 3 Hockey Intent: Pupils will improve their defending and attacking play, developing further knowledge of the principles and tactics of each. Pupils will begin	Builds on: Y4 Unit 5 Dance Intent: Pupils learn different styles of dance, working individually, as a pair and in small groups. In dance as a whole, pupils think about how to	Builds on: Y4 Unit 2 Basketball Intent: Pupils will develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting. Pupils will learn to use attacking	Builds on: Y4 Unit 9 Athletics Intent: Pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all	Builds on: Y3 Unit 11 Rounders Intent: Pupils develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and

Year 5	serve. Pupils are given opportunities to work cooperatively with others and show honesty and fair play when abiding by the rules. Pupils develop their tactical awareness, learning how to outwit an opponent.	to develop consistency and control in dribbling, passing and receiving a ball. They will also learn the basics of goalkeeping. Pupils will evaluate their own and other's performances, suggesting improvements. They will learn the importance of playing games fairly, abiding by the rules of the game and being respectful of their teammates, opponents and referees.	use movement to explore and communicate ideas and issues, and their own feelings and thoughts. As they work, they develop an awareness of the historical and cultural origins of different dances. Pupils will be provided with the opportunity to create and perform their work. They will be asked to provide feedback using the correct dance terminology and will be able to use this feedback to improve their work. Pupils will work safely with each other and show respect towards others.	skills to maintain possession as well as defending skills to gain possession. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their own and others' performances.	athletic activities, pupils think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others. In this unit pupils learn the following athletic activities: running over longer distances, sprinting, relay, long jump, triple jump, shot put and javelin.	overarm, catching and retrieving a ball. They learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils work with a partner and group to organise and self-manage their own games. Pupils play with honesty and fair play when playing competitively.
	Future Learning: Y6 Unit 1 Tennis	Future Learning: Y6 Unit 10 Golf	Future Learning: Y6 Unit 5 Dance	Future Learning: Apply F.M.S., tactics and skills in future games units.	Future Learning: Y6 Unit 9 Athletics	Future Learning: Apply F.M.S., tactics and skills in future games units.
	Unit 2 Netball	Unit 4 Yoga	Unit 6 Gymnastics	Unit 8 Dodgeball	Unit 10 Football	Unit 12 Tag Rugby
	Builds on: Y3 Unit 1 Netball Intent: Pupils will develop defending and attacking play during even-sided 5-a-side netball. Pupils will learn to use a range of different passes to keep possession and attack towards a goal. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They will start to show control and fluency when passing, receiving and shooting the ball. They will learn key rules of the game such as footwork, held ball, contact and obstruction. Pupils also develop their understanding of the importance of fair play and honesty while self-managing games.	Builds on: Y3 Unit 4 Yoga Intent: Pupils 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. Pupils will be given the opportunity to work collaboratively with others and be given the opportunity to create their own flows and lead others.	Builds on: Y4 Unit 6 Gymnastics Intent: Pupils create longer sequences individually, with a partner and a small group. They learn a wider range of actions such as inverted movements to include cartwheels and handstands. They explore partner relationships such as canon and synchronisation and matching and mirroring. Pupils are given opportunities to receive and provide feedback in order to make improvements on their performances. In Gymnastics as a whole, pupils develop performance skills considering the quality and control of their actions.	Builds on: Y4 Unit 4 Dodgeball Intent: Pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They also learn how to select and apply tactics to the game to outwit their opponent. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Pupils learn officiating skills when refereeing games and are given opportunities to evaluate and suggest improvements to their own and others' performances.	Builds on: Y3 Unit 12 Football Intent: Pupils will improve their defending and attacking play, developing further knowledge of the principles and tactics of each. Pupils will begin to develop consistency and control in dribbling, passing and receiving a ball. They will also learn the basics of goalkeeping. Pupils will evaluate their own and other's performances, suggesting improvements. They will learn the importance of playing games fairly, abiding by the rules of the game and being respectful of their teammates, opponents and referees.	Builds on: Y3 Unit 7 Ball skills and previous games units Intent: Pupils will develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier using width and drawing defence. When defending, pupils learn how to tag, how to track and slow down an opponent, working as a defensive unit. They will play collaboratively in both uneven and then even sided games. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. They develop their understanding of the importance of fair play and honesty while self-managing games, as well as developing their ability to evaluate their own and others' performances.

	Future Learning: Y6 Unit 2 Netball	Future Learning: Y6 Units 5 Dance and 6 Gymnastics	Future Learning: Y6 Unit 6 Gymnastics	Future Learning: Y6 Unit 4 Dodgeball	Future Learning: Apply F.M.S., tactics and skills in future games units.	Future Learning: Apply F.M.S., tactics and skills in future games units.
Year 6	Unit 1 Tennis	Unit 3 Volleyball	Unit 5 Dance	Unit 7 Fitness	Unit 9 Athletics	Unit 11 OAA
	Builds on: Y5 Unit 1 Tennis Intent: Pupils develop their racket skills when playing tennis. They learn specific skills such as a forehand, backhand, volley and underarm serve. Pupils develop their tactical awareness including how to play with a partner and against another pair. They are encouraged to show respect for their teammates as well as their opponents when self-managing games. Pupils are also given opportunities to reflect on their own and other's performances and identify areas to improve.	Builds on: Y3 Unit 7 Ball skills and previous games units Intent: Pupils focus on developing the skills they need to play continuous rallies in volleyball. They will learn about the ready position, ball control, sending a ball over a net and how to use these skills to make the game difficult for their opponent. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils will be given the opportunity to work collaboratively with others and will develop confidence to achieve their best. They will understand the importance of abiding by rules to keep themselves & others safe.	Builds on: Y5 Unit 5 Dance Intent: Pupils will focus on developing an idea or theme into dance choreography. They will work in pairs and groups using different choreographing tools to create dances e.g. formations, timing, dynamics. Pupils will have opportunities to choreograph, perform and provide feedback on dance. Pupils think about how to use movement to convey ideas, emotions, feelings and characters. Pupils will show an awareness of keeping others safe and will have the opportunity to lead others through short warm ups.	Builds on: Y4 Unit 8 Fitness Intent: Pupils will take part in a range of fitness challenges to test, monitor and record their data. They will learn different components of fitness including speed, stamina, strength, coordination, balance and agility. Pupils will be given opportunities to work at their maximum and improve their fitness levels. They will need to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas in which they make the most improvement using the data they have collected.	Builds on: Y5 Unit 9 Athletics Intent: Pupils 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, height, distance or accuracy and learn how to persevere to achieve their personal best. They learn how to improve by identifying areas of strength as well as areas to develop. Pupils are also given opportunities to lead when officiating as well as observe and provide feedback to others. In this unit pupils learn the following athletic activities: long distance running, sprinting, hurdles, high jump, triple jump, discus and shot put.	Builds on: Y4 Unit 7 OAA Intent: Pupils develop teamwork skills through completion of a number of challenges. Pupils work individually, collaboratively in pairs and groups to solve problems. They are encouraged to be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge. Pupils are also given the opportunity to lead a small group. Pupils learn to orientate and navigate using a map.
	Unit 2 Netball	Unit 4 Dodgeball	Unit 6 Gymnastics	Unit 8 Handball	Unit 10 Golf	Unit 12 Cricket
	Builds on: Y5 Unit 2 Netball Intent: Pupils will develop defending and attacking play during even-sided 5-a-side netball. Pupils will learn to use a range of different passes to keep possession and attack towards a goal. Pupils will be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. They will start to show control and fluency when passing, receiving and shooting the ball. They will learn key rules of the game such as footwork, held ball, contact and obstruction. Pupils also develop their understanding of the	Builds on: Y5 Unit 8 Dodgeball Intent: Pupils will improve on key skills used in dodgeball such as throwing, dodging and catching. They also learn how to select and apply tactics to the game to outwit their opponent. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules. Pupils learn officiating skills when refereeing games and are given opportunities to evaluate and suggest	Builds on: Y5 Unit 6 Gymnastics Intent: Pupils use their knowledge of compositional principles e.g., how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences. They build trust when working collaboratively in larger groups, using formations to improve the aesthetics of their performances. Pupils are given opportunities to receive and provide feedback in order to make improvements on performances. In Gymnastics as a whole, pupils develop performance skills considering	Builds on: Y6 Units 2 Netball, 3 Volleyball and 4 Dodgeball Intent: Pupils will develop key skills of attacking and defending such as throwing, catching, dribbling, intercepting and shooting. Pupils use these skills to maintain possession of the ball and to create scoring opportunities in attack. They will develop defending principles such as gaining possession of the ball, denying space and stopping goals. They will be encouraged to work collaboratively to develop strategies and tactics in both attack and defence.	Builds on: Year 5 Unit 3 Hockey Intent: Pupils will develop skills and apply them to striking, chipping, putting and playing a short and long game. They will develop their coordination, accuracy and control of movements. These lesson plans will enable teachers to provide pupils with activities that help them understand the principles of golf and develop fluid movements that can be used in game situations. They will be confident in selecting the appropriate shot for the situation. Pupils will be asked to observe and recognise improvements for their own and	Builds on: Y4 Unit 11 Cricket Intent: Pupils develop the range and quality of striking and fielding skills and their understanding of cricket. They learn how to play the different roles of bowler, wicket keeper, fielder and batter. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In cricket, pupils achieve this by striking a ball and trying to deceive or avoid fielders, so that they can run between wickets to score runs. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating

	importance of fair play and honesty while self-managing games.	improvements to their own and others' performances.	the quality and control of their actions.		others' skills and identify areas of strengths.	an understanding of the rules, as well as being respectful of the people they play with and against.
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