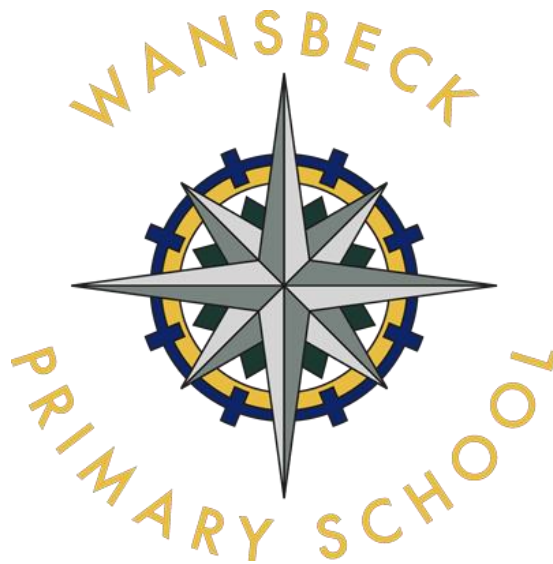


Wansbeck Primary School

Long Term Plan

P.E.



EYFS

In EYFS, children are able to access a variety of activities that are vital in children's all-round development, enabling them to pursue happy, healthy and active lives.

The children will be taught skills discretely and have access to a variety of activities that they can explore in continuous provision. These will be both adult-led and child-initiated activities. They will be regularly exposed to activities that help develop fine and gross motor skills. They will have access to games and providing opportunities for play both indoors and outdoors, that will develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. PE will also be taught discretely so children can learn skills, develop proficiency, control and confidence.

Through these activities, children will develop substantive and disciplinary. In the EYFS, substantive knowledge in PE is achieved through learning names of games, activities and disciplines. It is taught sequentially through adult-led teaching and those which also naturally arise through child-initiated learning. Development of the substantive knowledge is achieved through deliberate practice so that children develop fluency in their knowledge and understanding. Disciplinary knowledge in the EYFS, is the interpretation and independent use of learnt knowledge and skills. Embedded learning is identified by assessing what a child can do consistently and independently in a range of everyday situations. Disciplinary knowledge is also represented by children's independent use and application of the prime and specific areas of learning. By being able to explore freely and taught discretely, children will be able to develop their interest music, building foundations so that they are able to and be physically ready to continue to further develop their fundamental skills in KS1.

The following statements from Personal, Social and Emotional Development, Physical Development and Expressive Arts & Design will support the children in developing PE skills.

	F1 - 3 - 4 year old	F2 - 4 - 5 year old
Personal, Social and Emotional Development	<p>Select and use activities and resources, with help when needed.</p> <p>Increasingly follow rules, understanding why they are important.</p> <p>Remember rules without needing an adult to remind them.</p>	<p>Manage their own needs - <i>personal hygiene</i></p> <p>Know and talk about the different factors that support overall health and wellbeing: <i>regular physical activity</i></p>
Physical Development	<p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p> <p>Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>Increasingly able to use and remember sequences and patterns of music that are related to music and rhythm.</p> <p>Match their developing physical skills to tasks and activities in the setting.</p> <p>Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.</p> <p>Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</p>	<p>Revise and refine the fundamental movement skills they have already acquired:</p> <ul style="list-style-type: none"> - rolling - running - crawling - hopping - walking - skipping - jumping - climbing <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop overall body-strength, balance, coordination and agility needed to engage successfully with future physical education sessions and other physical disciplines, including dance, gymnastics, sport and swimming.</p> <p>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p>Combine different movements with ease and fluency.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group.</p>

	<p>Show a preference for a dominant hand.</p> <p>Be increasingly independent as they get dressed and undressed. For example, putting coats on and doing up zips.</p>	<p>Develop overall body strength, balance, coordination and agility.</p>
Expressive Arts and Design	<p>Respond to what they have heard, expressing their thoughts and feelings.</p>	<p>Explore, use and refine a variety of artistic effects to express their ideas and feelings. Return to and build on their previous learning, refining ideas and developing their ability to represent them.</p> <p>Create collaboratively, sharing ideas, resources and skills.</p> <p>Listen attentively, move to and talk about music, expressing their feelings and responses.</p> <p>Watch and talk about dance and performance art, expressing their feelings and responses.</p> <p>Explore and engage in music making and dance, performing solo or in groups.</p>

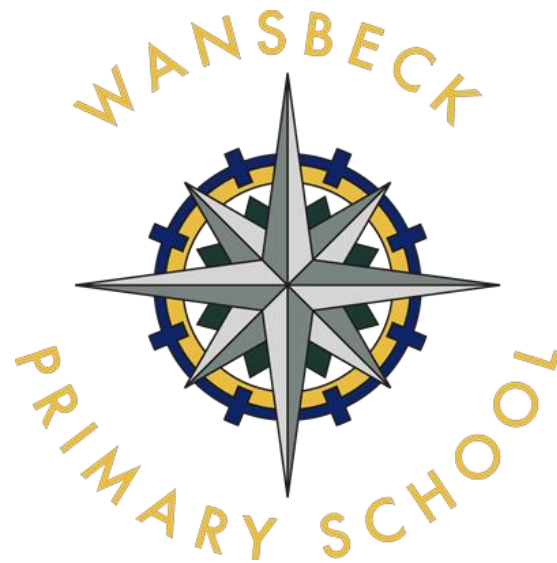
ELG

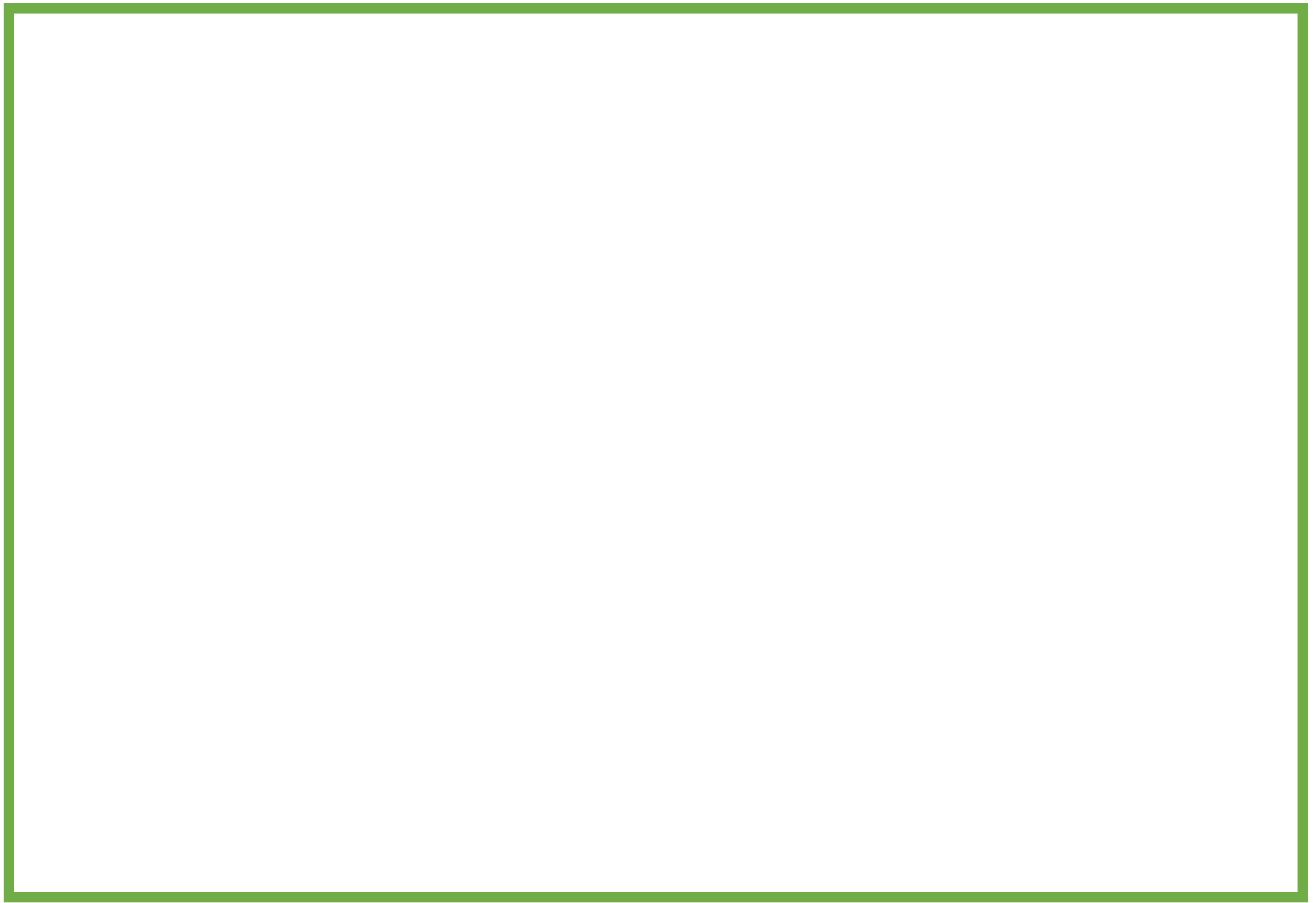
Personal, Social and Emotional Development	<p>Managing Self</p> <ul style="list-style-type: none"> • Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. • Explain the reasons for rules, know right from wrong and try to behave accordingly. • Manage their own basic hygiene and personal needs, including dressing. <p>Building relationships</p> <ul style="list-style-type: none"> • Work and play cooperatively and take turns with others.
Physical Development	<p>Gross Motor Skills</p> <ul style="list-style-type: none"> • Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
Expressive Arts and Design	<p>Being Imaginative and Expressive</p> <ul style="list-style-type: none"> • Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.

Wansbeck Primary School PE Long Term Plan

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
FS1 & FS2	Fundamental movements (isolated) running, walking, jumping and hopping. Dance	Fundamental movements (isolated) running, walking, jumping and hopping. Dance	Catching and throwing (target passing)	Kicking and passing (target games)	Batting and aiming (target games)	Athletics
Competitions & Tournaments						Intra-competition Athletics (sports day and Olympic day)
KS1	Fundamental skills (throwing, catching, hopping, skipping etc). Dance	Gymnastics Dance	Short tennis (soft balls) Cricket	Football Basketball	Rugby Netball	Athletics Hockey
		Intra-competition Multi-sports (activity stations)		Intra-competition Football, basketball and cricket skills		Intra-competition Athletics (sports day and Olympic day)
Lower KS2	Football	Gymnastics	Cricket	Rugby	Tennis	Athletics
	Basketball	Badminton	Dance	Dance	Netball (Year 4 swimming)	Hockey
Competitions & Tournaments	Intra-competition Football, basketball, golf. Rugby Development Sessions KS2	Intra-competition Badminton, dodgeball Tennis festival KS2	Intra-competition Multi-sport skills (activity stations) Rugby Development Sessions KS2	Intra-competition Cricket, netball, rugby Tri-Golf Event KS2 Badminton Event KS2	Intra-competition Hockey, tennis, football Rugby Development Sessions KS2	Intra-competition Athletics (sports day and Olympic day) Girls' Football 5a-side KS2 Hockey Competition KS2 Tennis Championships KS2
Upper KS2	Football	Gymnastics	Cricket	Rugby	Tennis	Athletics
	Basketball	Badminton	Netball (Year 5 Swimming)	Hockey	Dance	Dance
Competitions & Tournaments	Intra-competition Football, basketball, golf. Year 5 & 6 Football (girls & boys) SEND Rainbow run event Rugby Development Sessions KS2	Intra-competition Badminton, dodgeball Year 5 & 6 Football (girls & boys)	Intra-competition Multi-sport skills (activity stations) Rugby Development Sessions KS2	Intra-competition Cricket, netball, rugby Year 5 & 6 Netball (girls & boys) Tri-Golf Event KS2 Badminton Event KS2 Girls Football Engage Event KS2	Intra-competition Hockey, tennis, football Year 5 & 6 Netball (girls & boys) Rugby Development Sessions KS2	Intra-competition Athletics (sports day and Olympic day) SEND Ten Pin Bowling KS2 Girls' Football 5a-side KS2 Hockey Competition KS2 Tennis Championships KS2 SEND Football festival KS2

Foundation Stages





Fundamental movements (isolated) FS					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Movement	Movement	Hopping	Jumping	Jumping	Leaping
Movement - I can move in different directions and at different paces.	Movement - I can move in different directions and at different paces.	Hopping - I can hop.	Jumping - I can jump and land on two feet safely.	Jumping - I can jump and land on two feet safely.	Leaping - I can leap from one foot to the other.
I can walk forwards, backwards and sideways with confidence. I can run forwards at pace. I can side-step with some success.	I can move forwards, backwards and sideways at a quicker pace. I can change direction.	I can hop on my stronger foot with confidence. I can hop on my weaker foot.	I can jump up and land on two feet with confidence. I can jump in different directions with confidence.	I can jump up and land on two feet with confidence. I can jump in different directions with confidence. I can perform hop, jump, hop, jump movements.	I can leap from one foot onto the other foot with confidence.

Catching and Throwing FS					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Handling	Stopping & Catching	Catching	Bouncing	Throwing	Throwing
Handling - I can hold and squeeze a ball.	Individual - I can stop, throw and catch a ball to myself.	Individual - I can throw and catch a ball to myself.	Bouncing - I can bounce and catch a ball to myself.	Throwing - I can throw a ball to a target.	Throwing - I can throw a ball to a partner.
I can grasp a ball in my hand. I can hold a ball whilst moving. I can squeeze a ball. I can squeeze a ball whilst moving.	I can roll the ball on the floor. I can track the ball on the floor. I can attempt to stop the ball using either my feet or hands. I can throw the ball upwards and catch in two hands (small throws).	I can throw the ball upwards and catch in two hands (small throws). I can use the bucket technique to catch the ball.	I can bounce the ball on the floor. I can bounce the ball on the floor and catch using the bucket technique.	I can throw the ball towards a specific direction.	I can pass the ball to a partner with some success. I can attempt to catch the ball from a partner using the correct technique.

Kicking and Passing FS					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Dribbling	Dribbling	Dribbling	Passing	Passing	Striking
Dribbling - I can dribble the ball using my feet.	Dribbling - I can dribble the ball using my feet.	Dribbling - I can dribble the ball using my feet.	Passing - I can pass the ball towards a target placing my standing foot next to the ball.	Passing - I can pass the ball towards a target placing my standing foot next to the ball.	Striking - I can kick the ball towards a target/partner.
I can touch the ball with my foot when stationary. I can walk with the ball in a forward's direction with confidence.	I can walk with the ball in a forward's direction with confidence. I can walk with the ball and stop the ball using my hands with confidence.	I can walk with the ball and stop the ball using my hands with confidence. I can walk with the ball and stop the ball using my foot with some confidence.	I can place my standing foot next to the ball when stationary. I can balance on one foot to kick the ball. I can kick the ball.	I can place my standing foot next to the ball when stationary. I can balance on one foot to kick the ball. I can kick the ball. I can kick the ball towards a target or specific direction.	I can kick the ball towards a partner. I can stop my partners kick using my hands or feet with some success.

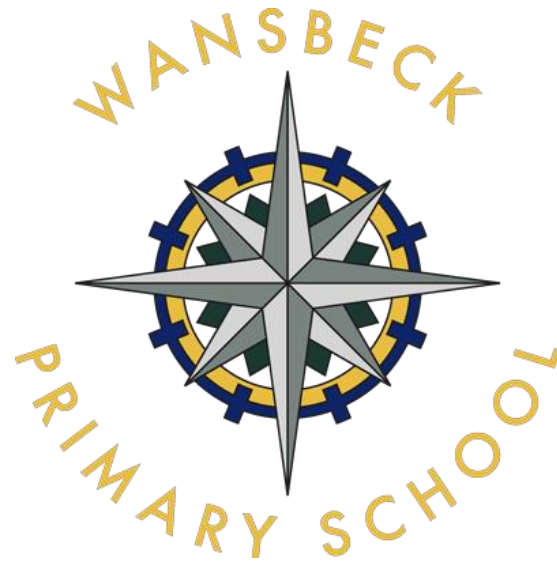
Batting and Aiming FS

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Throwing	Throwing	Safety	Striking	Striking	Striking
Throwing - I can throw and aim towards a target.	Throwing - I can throw and aim towards a target.	Safety - I can hold a bat or racket safely.	Striking - I can strike a stationary ball with a bat or racket.	Striking - I can strike a stationary ball with a bat or racket.	Striking - I can strike a stationary ball with a bat or racket.
<p>I can aim a ball towards a target by throwing.</p> <p>I can aim a ball towards different targets in different positions by throwing.</p>	<p>I can aim a ball towards different targets in different positions by throwing.</p> <p>I can aim a ball towards different heights by throwing.</p> <p>I can use my weaker arm as a guide (aim).</p>	<p>I can hold a ball in one hand.</p> <p>I can hold a racket or bat safely.</p> <p>I can hold a racket or bat and maintain my balance.</p>	<p>I can strike a ball using a racket or a bat when the ball is stationary.</p> <p>I can strike a ball using a racket or bat when the ball is stationary towards a target.</p>	<p>I can strike a ball using a racket or bat when the ball is stationary in different directions.</p> <p>I can strike a ball using a racket or bat when the ball is stationary with consistency.</p>	<p>I can strike a ball using a racket or bat when the ball is stationary in different directions.</p> <p>I can strike a ball using a racket or bat when the ball is stationary with consistency.</p> <p>I can position my body to help me strike the ball with more control.</p> <p>I can attempt to strike a ball using a racket or bat when the ball is moving at a slow pace.</p>

Athletics FS

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Sprint	Sprint	Jump	Jump	Throw	Throw
Sprint - I know what a race is and I can take part in a race.	Sprint - I know what a race is and I can take part in a race.	Jumping - I can jump and land on two feet safely.	Jumping - I can jump and land on two feet safely.	Throwing - I can throw an object as far as I can safely.	Throwing - I can throw an object as far as I can safely.
<p>I can start behind a line.</p> <p>I can wait for the signal to start a race.</p> <p>I can run forwards at pace.</p>	<p>I can start behind a line.</p> <p>I can wait for the signal to start a race.</p> <p>I can run forwards at pace.</p> <p>I can run towards a finish line.</p> <p>I know when I have reached the end of the race.</p>	<p>I can start behind a line.</p> <p>I can wait for the signal to start a race.</p> <p>I jump from two legs onto two legs trying to move forwards.</p>	<p>I can start behind a line.</p> <p>I can wait for the signal to start a race.</p> <p>I jump from two legs onto two legs trying to move forwards.</p>	<p>I can throw a foam ball forwards.</p> <p>I can use an aiming arm to help my balance and direction when throwing a foam ball.</p> <p>I can release the ball so it moves forwards.</p>	<p>I can throw a foam ball forwards.</p> <p>I can use an aiming arm to help my balance and direction when throwing a foam ball.</p> <p>I can release the ball so it moves forwards.</p>

Key Stage 1



Fundamental skills KS1

Fundamental skills KS1					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Movement	Hopping	Jumping	Leaping	Throwing and catching	Stopping a ball
Movement - I can move in different directions; at different speeds.	Hopping - I can hop.	Jumping - I can jump and land on two feet safely.	Leap - I can leap from one foot to another.	Throwing - I can throw an object towards a partner / target.	Stopping - I can stop and collect a ball whilst rolling.
<p>I can move forwards, backwards and sideways with confidence.</p> <p>I can change the pace of my movements with success and precision.</p> <p>I can side-step with success.</p> <p>I can change direction smoothly and quickly.</p>	<p>I can hop in different directions on my stronger foot with confidence.</p> <p>I can hop on my weaker foot with confidence</p>	<p>I can jump up and land on two feet in different directions with confidence.</p> <p>I can perform hop, jump, hop, jump movements with confidence.</p>	<p>I can leap from one foot onto the other foot in different directions with confidence.</p> <p>I can skip with confidence.</p>	<p>I can throw and catch a ball to myself.</p> <p>I can bounce and catch a ball to myself.</p> <p>I can throw and catch a ball to a partner.</p> <p>I can throw a ball towards a target with some accuracy.</p> <p>I can throw a ball towards a target using an underarm throw with an aiming arm.</p> <p>I can throw a ball towards a target with consistency and correct technique.</p>	<p>I can stop a rolling ball using my feet.</p> <p>I can stop a rolling ball using my hands.</p>

Gymnastics KS1

Gymnastics KS1					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Movement	Movement	Balance	Balance	Rolls	Sequence
Movement - To be able to move in different ways.	Movement - To be able to move in different ways.	Balance - To be able to perform individual balances with success.	Balance - To be able to perform individual balances with success.	Rolls - To be able to perform egg, pencil and teddy bear rolls.	Sequence - To perform a small sequence in front of a class.
<p>I can move confidently in a variety of ways (walk, jog, skip, hop).</p> <p>I can control my movements maintaining my balance at different paces.</p> <p>I can copy and explore different movements with some control and coordination.</p>	<p>I can move confidently in a variety of ways (walk, jog, skip, hop).</p> <p>I can control my movements maintaining my balance at different paces.</p> <p>I can copy and explore different movements with some control and coordination.</p> <p>I can perform movements at different levels (low, high)</p> <p>I can perform two footed jumps over variety of distances.</p>	<p>I can perform individual balances with some control.</p> <p>I can perform partner balances with some control.</p>	<p>I can perform individual balances with some control.</p> <p>I can perform partner balances with some control.</p> <p>I can perform movements at different levels (low, high).</p> <p>I can use equipment safely.</p>	<p>I can perform basic rolls (egg, pencil, teddy bear) with success.</p> <p>I can transfer my bodyweight with some success (needed for forward rolls / handstands / cartwheels).</p>	<p>I can perform different skilled movements into a sequence.</p> <p>I can add equipment into my sequence.</p> <p>I can adapt and improve my sequence based on feedback.</p>

Short Tennis (soft balls) KS1

Short Tennis (soft balls) KS1					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Balancing	Balancing	Positioning	Striking	Striking	SSG
Balance - I can balance a tennis ball on my racket.	Balance - I can balance a tennis ball on my racket.	Positioning - I know and can get into the 'set' position.	Striking - I can strike a ball.	Striking - I can strike a ball.	Game - I know what a rally is and can attempt to participate in one.
<p>I can throw and catch a ball independently with two hands.</p> <p>I can throw and catch a ball with some success (one hand).</p> <p>I can hold a tennis racket correctly and safely.</p> <p>I can balance a ball on a tennis racket.</p> <p>I can roll the ball in different on a tennis racket.</p>	<p>I can throw and catch a ball independently with two hands.</p> <p>I can throw and catch a ball with some success (one hand).</p> <p>I can hold a tennis racket correctly and safely.</p> <p>I can balance a ball on a tennis racket.</p> <p>I can roll the ball in different on a tennis racket.</p>	<p>I can hold a tennis racket correctly and safely.</p> <p>I can attempt to keep the ball up whilst using my racket (with a bounce, without a bounce etc.) independently.</p> <p>I can be in a form of a 'set' position</p>	<p>I can attempt to keep the ball up whilst using my racket (with a bounce, without a bounce etc.) independently.</p> <p>I can strike a ball towards a target whilst it is on the floor (stationary).</p> <p>I can strike a ball towards a target whilst it is moving on the floor.</p> <p>I can strike a ball towards a target whilst the ball is stationary in my hands.</p> <p>I can strike a ball towards a target whilst the ball is bouncing in the air.</p>	<p>I can attempt to keep the ball up whilst using my racket (with a bounce, without a bounce etc.) independently.</p> <p>I can hit the ball towards a partner.</p> <p>I can return a ball from a partner.</p> <p>I can attempt to take part in a small rally.</p>	<p>I can attempt to take part in a small rally.</p> <p>I can take part in a small tennis-based game.</p>

Cricket KS1

Cricket KS1					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Fielding (throwing and catching)	Fielding	Bowling	Bowling	Batting	Batting
Fielding - To be able to track and collect a ball from the floor.	Fielding - To be able to track and collect a ball from the floor.	Bowling - To be able to aim for the stumps with a under arm bowl.	Bowling - To be able to aim for the stumps with a under arm bowl.	Batting - To be able to strike the ball from a stationary position.	Batting - To be able to strike the ball from a stationary position.
<p>I can throw and catch a ball independently with two hands.</p> <p>I can throw and catch a ball with some success (one hand).</p> <p>I can throw and catch with a partner.</p> <p>I can use the bucket catch from different heights with success.</p>	<p>I can track the ball when rolling on the floor.</p> <p>I can stop the ball using either my feet or hands.</p>	<p>I can aim towards a target (cricket wickets).</p> <p>I can use an under arm throw with the correct technique (aiming arm and release point).</p>	<p>I can aim towards a target (cricket wickets).</p> <p>I can use an under arm throw with the correct technique (aiming arm and release point).</p> <p>I can vary the power (weight) of my throw for my ball to bounce in different places.</p>	<p>I can hold a cricket bat safely and correctly.</p> <p>I can strike the ball from a stationary position.</p>	<p>I can hold a cricket bat safely and correctly.</p> <p>I can strike the ball from a stationary position.</p> <p>I can strike the ball towards different directions from a stationary direction.</p> <p>I can attempt to strike a moving ball with a bat.</p>

Football KS1

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Dribbling	Dribbling	Passing	Passing	Shooting	Shooting
Dribbling - To know what dribbling is and be able to dribble a football using different parts of the foot.	Dribbling - To know what dribbling is and be able to dribble a football using different parts of the foot.	Passing - To know what a pass is and be able to pass the ball towards a player or target.	Passing - To know what a pass is and be able to pass the ball towards a player or target.	Striking - To know how to strike the ball towards a target or goal.	Striking - To know how to strike the ball towards a target or goal.
<p>I can touch the ball with different parts of my foot (insides, soles, toes, laces, outsides).</p> <p>I can stop the ball using different parts of my foot (inside, sole).</p> <p>I can dribble the ball towards a specific direction (forwards, sideways, backwards).</p>	<p>I can touch the ball with different parts of my foot (insides, soles, toes, laces, outsides).</p> <p>I can stop the ball using different parts of my foot (inside, sole).</p> <p>I can dribble the ball towards a specific direction (forwards, sideways, backwards).</p>	<p>I can place my standing foot correctly next to the ball when striking the ball.</p> <p>I can maintain my balance when striking the ball.</p> <p>I can strike the ball towards a target (goal or player).</p>	<p>I can stop the ball using different parts of my foot (inside, sole).</p> <p>I can take a touch when receiving the ball.</p> <p>I can place my standing foot correctly next to the ball when striking the ball.</p> <p>I can maintain my balance when striking the ball.</p> <p>I can strike the ball towards a target (goal or player).</p>	<p>I can place my standing foot correctly next to the ball when striking the ball.</p> <p>I can maintain my balance when striking the ball.</p> <p>I can strike the ball towards a target (goal or player).</p> <p>I know how to score a goal.</p> <p>I know that a goal scorer cannot use their hands.</p>	<p>I can place my standing foot correctly next to the ball when striking the ball.</p> <p>I can maintain my balance when striking the ball.</p> <p>I can strike the ball towards a target (goal or player).</p> <p>I know how to score a goal.</p> <p>I know how to save a goal.</p> <p>I know that a goalkeeper can use their hands to stop the ball.</p> <p>I know that a goal scorer cannot use their hands.</p> <p>I understand the difference between a goalkeeper and a goal scorer.</p>

Basketball KS1

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Handling	Handling	Dribbling	Dribbling	Passing	Passing
Handling - To know how to grasp the basketball and hold the basketball in one and two hands.	Handling - To know how to grasp the basketball and hold the basketball in one and two hands.	Dribbling - To be able to dribble with the basketball in different directions.	Dribbling - To be able to dribble with the basketball in different directions.	Passing - To be able to pass and receive a basketball.	Passing - To be able to pass and receive a basketball.
<p>I can pick up a stationary basketball from the floor.</p> <p>I can stop a rolling basketball from the floor.</p> <p>I can hold the basketball correctly (w-grip).</p>	<p>I can pick up a stationary basketball from the floor.</p> <p>I can stop a rolling basketball from the floor.</p> <p>I can hold the basketball correctly (w-grip).</p> <p>I can bounce the basketball towards the floor with some success.</p> <p>I can catch the basketball after bounces.</p>	<p>I can bounce the basketball towards the floor with some success.</p> <p>I can move whilst bouncing a basketball in specific directions (forwards, backwards, sideways).</p>	<p>I can bounce the basketball towards the floor with some success.</p> <p>I can move whilst bouncing a basketball in specific directions (forwards, backwards, sideways).</p> <p>I can catch the basketball after bounces.</p>	<p>I can throw the basketball towards a target / partner with some success.</p> <p>I can catch the basketball after bounces.</p> <p>I can catch a basketball directly from a partner.</p>	<p>I can throw the basketball towards a target / partner with some success.</p> <p>I can catch the basketball after bounces.</p> <p>I can catch a basketball directly from a partner.</p>

Rugby KS1

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Handling	Handling	Passing	Passing	Receiving	Receiving
Handling - To know how to grasp the rugby ball and hold the rugby ball in one and two hands.	Handling - To know how to grasp the rugby ball and hold the rugby ball in one and two hands.	Passing - I can pass the rugby ball to a partner.	Passing - I can pass the rugby ball to a partner.	Receiving - I can receive the ball from a partner using the W grip.	Receiving - I can receive the ball from a partner using the W grip.
<p>I can pick up a rugby ball from the floor.</p> <p>I can grip the rugby ball with two hands.</p> <p>I can squeeze the rugby ball with two hands.</p> <p>I can hold the rugby ball in the W shape.</p>	<p>I can move with the rugby ball in different directions.</p> <p>I can keep hold of the rugby ball (without dropping) whilst moving at pace.</p> <p>I can throw and catch the rugby ball independently with some success.</p>	<p>I can throw and catch the rugby ball independently with some success.</p> <p>I can pass the rugby ball towards a partner.</p>	<p>I can throw and catch the rugby ball independently with some success.</p> <p>I can pass the rugby ball towards a partner.</p> <p>I can catch the rugby ball from a partner with some success.</p>	<p>I can pass the rugby ball towards a partner.</p> <p>I can catch the rugby ball from a partner with some success.</p>	<p>I can throw and pass the ball with a partner (or small group) towards an end-zone.</p>

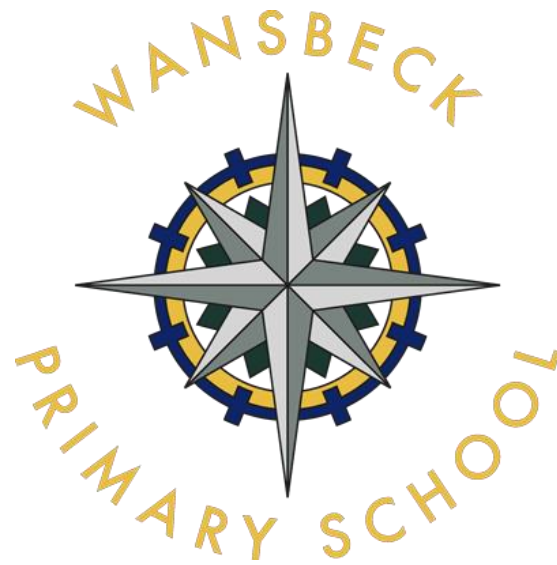
Netball KS1					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Handling	Handling	Passing	Passing	Receiving	Passing and receiving
Handling - To know how to grasp the netball and hold the netball in one and two hands.	Handling - To know how to grasp the netball and hold the netball in one and two hands.	Passing - I can perform a bounce and chest pass.	Passing - I can perform a bounce and chest pass.	Receiving - I can receive the netball from a partner using the W grip.	Passing - I can perform a bounce and chest pass. Receiving - I can receive the netball from a partner using the W grip.
I can pick up a stationary netball from the floor. I can stop a rolling netball from the floor. I can collect a rolling netball from the floor.	I can hold the netball correctly (w-grip). I can throw and catch the netball independently.	I can throw the netball towards a target / partner with some success.	I can attempt to perform a chest pass with some success. I can attempt to perform a bounce pass with some success.	I can catch a netball directly from a partner.	I can work with a partner or small group towards a target. I can throw the netball towards a target / partner with some success. I can attempt to perform a chest pass with some success. I can attempt to perform a bounce pass with some success. I can catch a netball directly from a partner.

Hockey KS1					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Dribbling	Dribbling	Passing	Passing	Receiving	Shooting
Dribbling - To be able to dribble the hockey ball.	Dribbling - To be able to dribble the hockey ball.	Passing - I can pass the hockey ball to a partner or target.	Passing - I can pass the hockey ball to a partner or target.	Receiving - I can receive the ball from a partner by stopping it with my stick.	Shooting - I can shoot a hockey ball towards a target.
I can hold a hockey stick correctly and safely. I can walk with a hockey stick around an area safely (stick below shoulder). I can walk with a ball using my hockey stick in a specific direction.	I can hold a hockey stick correctly and safely. I can run with a ball using my hockey stick. I can run with a hockey stick in different directions (forwards, backwards, sideways) keeping two hands on the stick. I can stop a moving ball with my hockey stick.	I can hold a hockey stick correctly and safely. I can stop a moving ball with my hockey stick. I can strike the ball with my hockey stick towards a partner when stationary.	I can hold a hockey stick correctly and safely. I can stop a moving ball with my hockey stick. I can strike the ball with my hockey stick towards a partner when moving.	I can hold a hockey stick correctly and safely. I can stop a moving ball with my hockey stick. I can stop a moving ball with my hockey stick. I can strike the ball with my hockey stick towards a partner when moving.	I can hold a hockey stick correctly and safely. I can strike the ball with my hockey stick towards a goal with some confidence. I can try to stop a hockey ball from going into a goal (goalkeeper).

Athletics KS1

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Sprinting	Sprinting	Jumping	Throwing	Throwing	Throwing
Sprint - I can get into a standing start position and take part in a race.	Sprint - I can get into a standing start position and take part in a race.	Jumping - I can jump from a standing start as far as I can and land safely.	Throwing - I can throw a javelin/shot put/discus using the correct technique when stationary.	Throwing - I can throw a javelin/shot put/discus using the correct technique when stationary.	Throwing - I can throw a javelin/shot put/discus using the correct technique when stationary.
<p>I can get into a 'standing start' position to start a race.</p> <p>I can wait for the signal to start a race.</p> <p>I can run forwards towards a finish line.</p> <p>I can maintain my speed until the end of the race.</p> <p>I can use my arm and legs in synchronisation in a race.</p>	<p>I can get into a 'standing start' position to start a race.</p> <p>I can wait for the signal to start a race.</p> <p>I can run forwards towards a finish line.</p> <p>I can maintain my speed until the end of the race.</p> <p>I can use my arm and legs in synchronisation in a race.</p>	<p>I can jump from a standing start and land with two feet.</p> <p>I can use my arms to support my jump.</p>	<p>I can hold a foam javelin in one hand.</p> <p>I can extend my arm back whilst holding the javelin.</p> <p>I can release the foam javelin so it moves forwards.</p>	<p>I can hold a light shot-put with one hand.</p> <p>I can throw the shot put forwards.</p>	<p>I can hold a discus in one hand.</p> <p>I can release the discus so it moves forward.</p>

Lower Key Stage 2



Football LKS2

Football LKS2					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Dribbling	Dribbling	Passing	Passing	Shooting	SSGs
Dribbling - To be able to dribble using different parts of the foot in different directions.	Dribbling - To be able to dribble using different parts of the foot in different directions.	Passing - To be able to pass the ball using different parts of the foot.	Passing - To be able to pass the ball using different parts of the foot.	Striking - To be able to strike the ball towards goal using different parts of the foot.	Game - To be able to take part in a small game knowing some basic rules.
<p>I can use different parts of my foot to manipulate the ball into different directions and spaces.</p> <p>I can dribble with the ball using different parts of my foot (inside, outside, laces, sole) with close control.</p>	<p>I can use different parts of my foot to manipulate the ball into different directions and spaces.</p> <p>I can dribble with the ball using different parts of my foot (inside, outside, laces, sole) with close control.</p> <p>I can take a touch using different parts of my foot when receiving the ball.</p>	<p>I can take a touch using different parts of my foot when receiving the ball.</p> <p>I can strike the ball using different parts of my foot (inside, outside, laces).</p> <p>I can pass the ball towards a target or teammate with accuracy.</p>	<p>I can take a touch using different parts of my foot when receiving the ball.</p> <p>I can strike the ball using different parts of my foot (inside, outside, laces).</p> <p>I can pass the ball towards a target or teammate with accuracy.</p>	<p>I can shoot the ball towards a goal using different parts of my foot (inside, laces, outside).</p> <p>I can stop the ball from going into a goal using my hands and body (goalkeeper).</p> <p>I can position myself inside the goal to reduce the chances of scoring (goalkeeper).</p>	<p>I can tackle in a safe manner.</p> <p>I can use skills in a small-sided game (up to 5v5).</p> <p>I understand the difference between attackers and defenders.</p> <p>I understand the difference between outfield players and goalkeepers.</p>

Basketball LKS2

Basketball LKS2					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Dribbling	Dribbling	Passing	Passing	Shooting	SSGs
Dribbling - To be able to dribble with the basketball in different directions using one hand.	Dribbling - To be able to dribble with the basketball in different directions using one hand.	Passing - To be able to perform different types of passes.	Passing - To be able to perform different types of passes.	Shooting - To be able to shoot the basketball towards a target.	Game - To be able to take part in a small game knowing some basic rules.
<p>I can dribble with a basketball using one hand when bouncing.</p> <p>I can dribble in different directions with a basketball.</p>	<p>I can dribble with a basketball using one hand when bouncing.</p> <p>I can dribble in different directions with a basketball.</p>	<p>I can pivot with the ball once stationary.</p> <p>I can perform different types of passes (bounce, chest, overhead, javelin).</p>	<p>I can pivot with the ball once stationary.</p> <p>I can perform different types of passes (bounce, chest, overhead, javelin).</p> <p>I can find space to receive the ball.</p> <p>I can defend by tracking opponents.</p> <p>I know what an interception is.</p>	<p>I can shoot towards a target / hoop using the correct technique.</p>	<p>I can participate in a small-sided basketball game (up to 5v5).</p>

Gymnastics LKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Movement	Balance	Rolls	Rolls	Jumps	Sequence
Movement - To be able to move in different ways transferring from high to low stances.	Balance - To be able to perform individual and partner balances.	Rolls - To be able to perform egg, pencil, teddy bear, forward and backward rolls.	Rolls - To be able to perform egg, pencil, teddy bear, forward and backward rolls.	Jumps - To be able to perform pencil, star and tuck jumps using suitable apparatus.	Sequence - To perform a sequence using a variety of skills to the class.
<p>I can copy and explore different movements with control and coordination.</p> <p>I can copy, explore and remember a variety of movements and use these to create my own sequence.</p> <p>I can perform different movements in a sequence moving from high to low or low to high.</p> <p>I can perform two footed and/or single-footed jumps (hops and leaps) during a sequence.</p>	<p>I can perform individual and partner balances with control.</p>	<p>I can perform a variety of rolls with some confidence (egg, pencil, teddy bear, dish/arch, forward, backward).</p> <p>I can use equipment/assistance to perform cartwheels.</p>	<p>I can perform a variety of rolls with some confidence (egg, pencil, teddy bear, dish/arch, forward, backward).</p> <p>I can use equipment/assistance to perform cartwheels.</p>	<p>I can use apparatus to perform basic jumps (pencil, star and tuck)</p>	<p>I can perform a variety of movements into a sequence and use mirroring/reflecting with a partner or group.</p> <p>I can perform a sequence in front of a class/peers and receive feedback to improve.</p> <p>I can combine movement and equipment into my sequence.</p>

Badminton LKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Positioning	Positioning	Striking	Striking	Serve	SSGs
Positioning - I know and can get into the 'set' position	Positioning - I know and can get into the 'set' position	Striking - I can strike the shuttlecock towards a target/area.	Striking - I can strike the shuttlecock towards a target/area.	Serve - I can perform a backhand serve.	Game - I can take part in a small rally.
<p>I can become familiar with the shuttlecock.</p> <p>I can hold my racket correctly.</p> <p>I can balance the shuttlecock on my racket.</p>	<p>I can become familiar with the shuttlecock.</p> <p>I can hold my racket correctly.</p> <p>I can get set in the 'set' position.</p>	<p>I can strike the shuttlecock towards a target.</p> <p>I can strike the shuttlecock in different directions / angles.</p>	<p>I can keep the shuttlecock up using 'taps' individually with some consistency.</p> <p>I can take part in a small rally with a partner.</p> <p>I can perform a 'clear' shot,</p> <p>I can perform a 'smash' shot.</p>	<p>I can perform a badminton serve over a net (backhand).</p>	<p>I can take part in a small rally over a net with a partner.</p> <p>I can perform a 'clear' shot over a net.</p> <p>I can perform a 'smash' shot over a net.</p>

Cricket LKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Fielding (throwing and catching)	Fielding	Bowling	Bowling	Batting	SSGs
Fielding - To be able to use the short and long barrier techniques to stop the ball.	Fielding - To be able to use the short and long barrier techniques to stop the ball.	Bowling - To be able to aim for the stumps with an over arm bowl.	Bowling - To be able to aim for the stumps with an over arm bowl.	Batting - To be able to strike the ball from a bowler.	Game - I can take part in a small game a know some of the basic rules of cricket.
<p>I can throw and catch a ball with confidence independently using two hands.</p> <p>I can throw and catch a ball with one hand.</p> <p>I can throw and catch a ball with a partner over varied distances and using different techniques with some success.</p> <p>I can use the bucket; claw catches independently and with a partner with some success.</p>	<p>I can use the short barrier technique to stop the ball.</p> <p>I can use the long barrier technique to stop the ball.</p> <p>I can throw using an under-arm technique towards a wicket keeper.</p> <p>I can throw using an over-arm technique to a wicket keeper.</p>	<p>I can perform an over-arm bowl with some success towards a wicket.</p> <p>I can maintain a fluid motion with my bowling arm.</p> <p>I can use my non-bowling arm as a guide (aim) for the stumps.</p>	<p>I can bounce the ball in different areas when bowling.</p> <p>I can hit the wickets with some success.</p>	<p>I can strike a ball in different directions with confidence when the ball is stationary.</p> <p>I can keep my eye on the ball when batting.</p> <p>I can track and strike the ball from a bowler.</p> <p>I can get myself into the 'stance' position before a bowl.</p>	<p>I can use cricket skills within a small activity / game.</p>

Rugby LKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Handling	Handling	Passing	Passing	Receiving	SSG
<p>Handling - I can run with the rugby ball in different directions.</p> <p>I can pick up the rugby ball from the floor (play of the ball technique).</p> <p>I can place the ball down and roll the ball backwards using my sole (play of the ball technique).</p> <p>I can grip the rugby ball in a variety of ways from different angles.</p> <p>I can catch the ball using the W shape consistently.</p>	<p>Handling - I can run with the rugby ball in different directions.</p> <p>I can throw and catch the ball independently with success.</p> <p>I can grip the rugby ball in a variety of ways from different angles.</p> <p>I can travel, at pace, moving in different directions with the rugby ball.</p>	<p>Passing - I can pass the rugby ball to a partner's chest with consistency.</p> <p>I understand to aim for my partners chest when passing them the ball.</p> <p>I can throw and pass the ball within a small group towards a target area.</p> <p>I understand the idea of a try.</p> <p>I can score a try (unopposed).</p>	<p>Passing - I can pass the rugby ball to a partner's chest with consistency.</p> <p>I understand to aim for my partners chest when passing them the ball.</p> <p>I can pass and receive the rugby ball with a partner (when stationary) with success.</p> <p>I can pass and receive the rugby ball with a partner when moving (with some success).</p>	<p>Receiving - I can stand behind a passer to receive the ball.</p> <p>I can pass and receive the rugby ball with a partner (when stationary) with success.</p> <p>I can pass and receive the rugby ball with a partner when moving (with some success).</p> <p>I understand the idea and rule of a 'forwards' pass.</p> <p>I can try to get into a position so I can receive the ball so that it is not a 'forwards' pass.</p> <p>I can throw and pass the ball within a small group towards a target area.</p> <p>I understand the idea of a try.</p> <p>I can score a try (unopposed).</p>	<p>Game - To be able to take part in a small game knowing some basic rules.</p> <p>I understand how to fasten a tag belt.</p> <p>I understand how to tackle an opponent using the tag belt.</p> <p>I can take part in a small-sided tag rugby activity / game (up to 5v5).</p>

Tennis LKS2 (Use soft ball if LA)

Tennis LKS2 (Use soft ball if LA)					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Basic Skills	Positioning	Striking	Striking	Serve	SSG
Basic skills - I can hold a tennis racket and perform basic skills.	Positioning - I know and can get into the 'set' position with consistency.	Striking - I can strike the ball to a partner with some consistency.	Striking - I can strike the ball to a partner with some consistency.	Serve - I can serve the ball over a net.	Game - I can take part in a small game and understand some basic rules.
<p>I can throw and catch a ball independently with two hands.</p> <p>I can throw and catch a ball with some success (one hand).</p> <p>I can hold a tennis racket correctly and safely.</p> <p>I can balance a ball on a tennis racket.</p> <p>I can roll the ball in different directions on a tennis racket.</p>	<p>I can balance a ball on a tennis racket.</p> <p>I can attempt to keep the ball up whilst using my racket (with a bounce, without a bounce etc.) independently.</p> <p>I can be on a 'set' position with some consistency.</p>	<p>I can attempt to keep the ball up whilst using my racket (with a bounce, without a bounce etc.) independently.</p> <p>I can strike a ball towards a target whilst it is on the floor (stationary).</p> <p>I can strike a ball towards a target whilst it is moving on the floor.</p> <p>I can strike a ball towards a target whilst the ball is stationary in my hands.</p> <p>I can strike a ball towards a target whilst the ball is bouncing in the air.</p>	<p>I can hit the ball towards a partner.</p> <p>I can return a ball from a partner.</p> <p>I can take part in a small rally.</p> <p>I can hit the ball over a net with some consistency.</p>	<p>I can serve the ball over a net using an underarm serve.</p> <p>I can strike a ball towards a target whilst the ball is stationary in my hands.</p> <p>I can hit the ball towards a partner.</p> <p>I can return a ball from a partner.</p> <p>I can take part in a small rally.</p> <p>I can hit the ball over a net with some consistency.</p>	<p>I can take part in a small tennis-based game.</p>

Netball LKS2

Netball LKS2					
Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Passing	Receiving	Passing and receiving	Shooting	Shooting	SSGs
Passing - I can perform a bounce, chest, overhead and javelin pass.	Receiving - I can use the pivot technique correctly.	Passing - I can perform a bounce, chest, overhead and javelin pass.	Shooting - I can shoot the netball towards the net / target.	Shooting - I can shoot the netball towards the net / target.	Game - To be able to take part in a small game knowing some basic rules.
<p>I can perform different types of passes (bounce, chest, overhead, javelin) with success when stationary.</p>	<p>I can pivot with the ball once stationary.</p> <p>I can find space to receive the ball.</p> <p>I can defend by tracking opponents.</p> <p>I know what an interception is.</p> <p>I understand the difference between attack and defence.</p>	<p>I can perform different types of passes (bounce, chest, overhead, javelin) with success when stationary.</p> <p>I can pivot with the ball once stationary.</p> <p>I can find space to receive the ball.</p> <p>I can defend by tracking opponents.</p> <p>I know what an interception is.</p> <p>I understand the difference between attack and defence.</p>	<p>I can shoot towards a target / hoop using the correct technique.</p> <p>I understand what a goal-shooter and goal-attacker is.</p>	<p>I can shoot towards a target / hoop using the correct technique.</p> <p>I understand what a goal-shooter and goal-attacker is.</p> <p>I understand what a goalkeeper and goal defender is.</p>	<p>I can participate in a small-sided netball game (up to 5v5).</p>

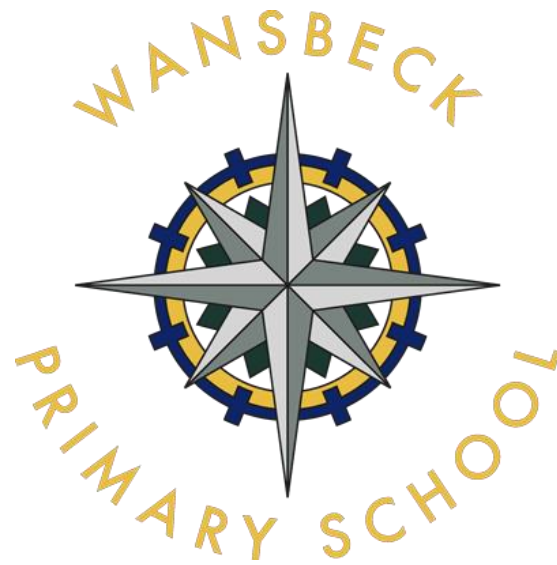
Hockey LKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Dribbling	Dribbling	Passing	Passing	Shooting	SSG
Dribbling - I can dribble in different directions and speeds.	Dribbling - I can dribble in different directions and speeds.	Passing - I can pass the hockey ball to a partner with consistency.	Passing - I can pass the hockey ball to a partner with consistency.	Shooting - I can shoot the hockey ball towards a target.	Game - To be able to take part in a small game knowing some basic rules.
<p>I can hold a hockey stick correctly and safely during all activities.</p> <p>I can move with a hockey stick in different directions; accelerating and decelerating safely.</p> <p>I can dribble a hockey ball in different directions.</p> <p>I can speed up and slow down when dribbling a hockey ball.</p> <p>I can use both sides of my hockey stick when dribbling a hockey ball.</p>	<p>I can hold a hockey stick correctly and safely during all activities.</p> <p>I can perform different skills / touches with a hockey ball.</p> <p>I can move with a hockey ball against opponents with some confidence.</p>	<p>I can hold a hockey stick correctly and safely during all activities.</p> <p>I can pass a hockey ball to a partner with some accuracy and weight.</p> <p>I can pass the hockey ball using different angles.</p>	<p>I can hold a hockey stick correctly and safely during all activities.</p> <p>I can pass a hockey ball to a partner with some accuracy and weight.</p> <p>I can pass the hockey ball using different angles.</p>	<p>I can hold a hockey stick correctly and safely during all activities.</p> <p>I can shoot the ball towards goal with some confidence.</p> <p>I can score past a goalkeeper.</p> <p>I know to stand in the middle of the goal for the best starting position as a goalkeeper.</p> <p>I can use my stick to help stop the hockey ball going in the goal (goalkeeper).</p>	<p>I can hold a hockey stick correctly and safely during all activities.</p> <p>I can take part in a small hockey game (up to 5v5).</p> <p>I understand some of the basic positions in a hockey game.</p>

Athletics LKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Sprinting	Sprinting	Jumping	Throwing	Throwing	SSG - Mini Olympics
Sprint - I can get into a crouched start position and take part in a race.	Sprint - I can get into a crouched start position and take part in a race.	Jumping - I can jump from a moving start as far as I can and land safely.	Throwing - I can have a moving start and throw a javelin/shot put/discus using the correct technique.	Throwing - I can have a moving start and throw a javelin/shot put/discus using the correct technique.	Game - I can take part in a mini-Olympics safely.
<p>I can get into a 'crouched' start position to start a race.</p> <p>I can wait for the signal to start a race.</p> <p>I can maintain my pace towards the finish line.</p> <p>I can use 90-degree elbows and knees to help my running style.</p> <p>I can push my head forward when racing over the finish line.</p>	<p>I can get into a 'crouched' start position to start a race.</p> <p>I can wait for the signal to start a race.</p> <p>I can maintain my pace towards the finish line.</p> <p>I can use 90-degree elbows and knees to help my running style.</p> <p>I can push my head forward when racing over the finish line.</p>	<p>I can jump from a moving start.</p> <p>I can use my arms to help propel me forwards.</p> <p>I can take longer leaps to help me with my final jump.</p>	<p>I can hold the foam javelin in a suitable position to maintain my balance.</p> <p>I can walk forwards whilst moving my javelin to help propel the javelin further.</p> <p>I can keep my arm extended throughout the process of throwing my javelin.</p> <p>I can release the javelin in line with my ear and at its highest point.</p>	<p>I can throw a shotput from the correct starting position (ball under chin).</p> <p>I can push up and through the shotput for maximum distance.</p> <p>I can hold the discus in the correct starting position (tucked on the inside of the hand).</p> <p>I can release the discus so it moves forward.</p> <p>I can turn my body while I throw the discus.</p>	<p>I can take part and use the skills learnt in previous weeks, in a mini-Olympics.</p>

Upper Key Stage 2



Football UKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Dribbling	Dribbling	Passing	Passing	Shooting	SSGs
To be able to dribble using different parts of the foot, in different directions against opponents.	To be able to dribble using different parts of the foot, in different directions against opponents.	To be able to pass the ball using a variety of techniques and be able to pass over larger distances.	To be able to pass the ball using a variety of techniques and be able to pass over larger distances.	To be able to strike the ball towards goal and use different techniques to score.	To be able to take part in a small game knowing some of the rules of football and some basic positions.
<p>I can use different parts of my foot to manipulate the ball away from opponents.</p> <p>I can keep my body in between the ball and opponents to maintain possession (safe side).</p> <p>I can dribble with the ball using different parts of the foot to either keep the ball close (inside, sole) or to run with the ball over larger distances (laces, outside).</p> <p>I can perform some basic skills with success (drag-back, Cruyff turn, chop, step-over).</p>	<p>I can use different parts of my foot to manipulate the ball away from opponents.</p> <p>I can keep my body in between the ball and opponents to maintain possession (safe side).</p> <p>I can dribble with the ball using different parts of the foot to either keep the ball close (inside, sole) or to run with the ball over larger distances (laces, outside).</p> <p>I can perform some basic skills with success (drag-back, Cruyff turn, chop, step-over).</p> <p>I can take a touch using different body parts (feet, chest, thigh).</p>	<p>I can take a touch using different body parts (feet, chest, thigh).</p> <p>I can strike the ball using different parts of my foot and understand when and where to use the different technique (inside for accuracy, outside for reverse curve, instep for inwards curve, laces for power, toe-poke for surprise).</p> <p>I can pass the ball towards a target or teammate over varied distances and angles.</p>	<p>I can take a touch using different body parts (feet, chest, thigh).</p> <p>I can strike the ball using different parts of my foot and understand when and where to use the different technique (inside for accuracy, outside for reverse curve, instep for inwards curve, laces for power, toe-poke for surprise).</p> <p>I can pass the ball towards a target or teammate over varied distances and angles.</p>	<p>I can score past a goalkeeper by aiming for specific spaces.</p> <p>I can shoot the ball towards the goal using specific techniques depending on the situation (inside, outside, laces, chip, driven, placement).</p> <p>I can position myself in a suitable position in the goal based on the position of the striker - between the line of the ball and the middle of the goal (goalkeeper).</p> <p>I understand the goalkeeper's area and that the goalkeeper can only use their hands inside this area.</p>	<p>I can use skills in a small-sided game (up to 9v9).</p> <p>I understand some of the basic positions (goalkeeper, defender, midfielder, striker).</p>

Basketball UKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Dribbling	Passing	Passing	Shooting	Shooting	SSGs
Dribbling - To be able to dribble against opponents.	Passing - To perform a variety of different passes against opponents.	Passing - To perform a variety of different passes against opponents.	Shooting - To be able to shoot from different positions against opponents.	Shooting - To be able to shoot from different positions against opponents.	Game - To be able to take part in a small game knowing some of the rules of basketball and some basic positions.
<p>I can dribble the basketball in small spaces.</p> <p>I can dribble the basketball whilst under some pressure.</p>	<p>I can pass and receive in a variety of ways in order to maintain possession for my team.</p> <p>I can perform different passes whilst under some pressure.</p> <p>I understand how to make space by using opposite movements.</p>	<p>I can pass and receive in a variety of ways in order to maintain possession for my team.</p> <p>I can perform different passes whilst under some pressure.</p> <p>I understand how to make space by using opposite movements.</p> <p>I can intercept passes.</p> <p>I can track opponents.</p> <p>I can mark opponents.</p> <p>I understand being 'basket-side'.</p>	<p>I can shoot towards a basketball hoop with some consistency and can use the backboard/rim as a guide.</p> <p>I can shoot from various positions on the court.</p>	<p>I can shoot towards a basketball hoop with some consistency and can use the backboard/rim as a guide.</p> <p>I can shoot from various positions on the court.</p> <p>I can recognise when best to pass or shoot.</p>	<p>I can track opponents.</p> <p>I can mark opponents.</p> <p>I understand being 'basket-side'.</p> <p>I can participate in a small-sided basketball game (up to 7v7) and can perform skills with some consistency.</p>

Gymnastics UKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Movement	Balance	Rolls	Rolls	Jumps	Sequence
<p>Movement - To be able to move at different speeds and heights during a sequence.</p>	<p>Balance - To be able to perform individual and partner balances at different levels (low to high or high to low).</p>	<p>Rolls - To be able to perform egg, pencil, teddy bear, forward, backward rolls and cartwheels.</p>	<p>Rolls - To be able to perform egg, pencil, teddy bear, forward, backward rolls and cartwheels.</p>	<p>Jumps - To be able to perform pencil, star, tuck, straddle, pike, half turn and full turn jumps off apparatus.</p>	<p>Sequence - To perform a sequence using a variety of skills and edit and adapt the sequence to improve.</p>
<p>I can copy, explore, remember, adapt and change different movements to create my own sequence.</p> <p>Apply combined skills accurately and appropriately, consistently showing precision, control and fluency.</p> <p>I can perform a variety of movements during a sequence, ranging between different levels (low and high).</p> <p>I can perform a variety of two footed or single-footed (jumps, hops and leaps) during a sequence.</p>	<p>I can perform individual, partner and group balances with control.</p> <p>I can perform individual, partner and group balances within a sequence.</p>	<p>I can perform a variety of rolls with confidence (egg, pencil, teddy bear, dish/arch, forward, backward).</p> <p>I can perform more complex gymnastic techniques (cartwheels, handstands, walk-overs etc.) within a sequence.</p>	<p>I can perform a variety of rolls with confidence (egg, pencil, teddy bear, dish/arch, forward, backward).</p> <p>I can perform more complex gymnastic techniques (cartwheels, handstands, walk-overs etc.) within a sequence.</p>	<p>I can perform a variety of movements into a longer sequence, using floor mats and apparatus with consistency in movement and control.</p> <p>I can use apparatus to perform a variety of jumps from different levels safely (pencil, star, tuck, straddle, pike, half turn, full turn)</p>	<p>Apply combined skills accurately and appropriately, consistently showing precision, control and fluency.</p> <p>I can use more complex equipment independently and safely within a group.</p> <p>Analyse and comment on skills and techniques and how these are applied in their own and others' work.</p> <p>Able to create and perform a routine independently with peers.</p>

Badminton UKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Positioning	Striking	Striking	Striking	Serve	SSGs
Positioning - I can get into the 'set' position after each shot during a rally or game.	Striking - I can strike the shuttlecock over the net and into different areas on the court.	Striking - I can strike the shuttlecock over the net and into different areas on the court.	Striking - I can strike the shuttlecock over the net and into different areas on the court.	Serve - I can perform a backhand serve over a net and into the correct area of the court.	Game - I can take part in a small game against a partner and I know some of the basic rules.
<p>I can balance the shuttlecock on my racket with consistency.</p> <p>I can be set in the 'set' position during rallies and matches with consistency.</p>	<p>I can keep the shuttlecock up in the air using different techniques with some consistency.</p> <p>I can strike the shuttlecock over a net and towards specific areas of the court with some consistency.</p> <p>I can perform a 'drive' shot over a net.</p> <p>I can perform a 'drop' shot over a net.</p> <p>I can perform a 'lift' shot over a net.</p> <p>I understand why there are different shot types in badminton and can explain why you might use a particular shot.</p>	<p>I can strike the shuttlecock over a net and towards specific areas of the court with some consistency.</p> <p>I can strike the shuttlecock in different directions / angles / weights with some consistency during a rally.</p> <p>I can keep the shuttlecock up in the air using different techniques with some consistency.</p> <p>I can attempt to play different shots in a rally.</p>	<p>I can take part in a rally with a partner for a longer period of time.</p> <p>I can take part in a rally over a net with a partner for a longer period of time.</p> <p>I can use a variety of shots / techniques in a rally with a partner.</p>	<p>I can perform a serve correctly using a backhand shot.</p> <p>I can aim my serve towards different areas of the court (far and near).</p> <p>I can perform a serve that goes over a net with consistency.</p>	<p>I can take part in a scored match with a partner.</p> <p>I can attempt to play different shots in a match.</p> <p>I can strike the shuttlecock in different directions / angles / weights with some consistency during a game.</p>

Cricket UKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Fielding (throwing and catching)	Fielding	Bowling	Bowling	Batting	SSGs
Fielding - To be able to use the short and long barrier techniques to stop the ball and select the correct technique depending on the situation.	Fielding - To be able to use the short and long barrier techniques to stop the ball and select the correct technique depending on the situation.	Bowling - To be able to hit the stumps with some consistency using a moving over arm bowl.	Bowling - To be able to hit the stumps with some consistency using a moving over arm bowl.	Batting - To be able to strike the ball in different directions from a bowler.	Game - I can take part in a small game using the techniques with confidence and know some of the basic rules of cricket.
<p>I can throw and catch independently with two and one hands with flair.</p> <p>I can throw and catch with a partner using two and one hands with confidence.</p> <p>I can throw and catch a ball over varied distances using different throwing and catching techniques with success.</p> <p>I can decide whether to use the bucket or claw catches with a partner with success.</p>	<p>I can decide whether to use the short or longer barrier technique depending on the situation.</p> <p>I can throw towards a wicket keeper using the under-arm or over-arm techniques with accuracy and the correct weight.</p> <p>I understand where to aim the ball when throwing towards a wicket keeper.</p>	<p>I can perform a moving over-arm bowl towards a wicket.</p> <p>I can maintain my motion throughout the bowl and my bowling arm will continuously be moving,</p> <p>I can use my non-bowling arm to hide the ball during my run-up.</p> <p>I can use my non-bowling arm as a guide (aim) as I release the ball.</p>	<p>I can perform different types of delivery and understand why they may be used (line & length, bouncer, yorker).</p> <p>I can hit the wickets with success.</p>	<p>I can strike the ball with confidence.</p> <p>I can strike the ball in different directions.</p> <p>I know the names of some of the different shots in cricket.</p>	<p>I can take part in a cricket game using the skills with some success.</p> <p>I can make decisions during a cricket game with some success.</p> <p>I can support my teammates during a cricket game by offering them help or encouragement.</p>

Netball UKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Passing	Receiving	Passing and receiving	Shooting	Shooting	SSGs
Passing - To perform a variety of different passes against opponents.	Receiving - I can move to find space to receive a pass.	Receiving - I can move to find space to receive a pass. Passing - To perform a variety of different passes against opponents.	Shooting - To be able to shoot from different positions against opponents.	Shooting - To be able to shoot from different positions against opponents.	Game - To be able to take part in a small game knowing some of the rules of netball and some basic positions.
<p>I can pass and receive in a variety of ways in order to maintain possession for my team.</p> <p>I can perform different passes whilst under some pressure.</p>	<p>I can pass and receive in a variety of ways in order to maintain possession for my team.</p> <p>I understand how to make space by using opposite movements.</p> <p>I can intercept passes.</p> <p>I can track opponents.</p> <p>I can mark opponents.</p> <p>I understand being 'basket-side'.</p>	<p>I can pass and receive in a variety of ways in order to maintain possession for my team.</p> <p>I can perform different passes whilst under some pressure.</p> <p>I understand how to make space by using opposite movements.</p> <p>I can intercept passes.</p> <p>I can track opponents.</p> <p>I can mark opponents.</p> <p>I understand being 'basket-side'.</p>	<p>I can shoot towards a netball hoop or a target with some consistency.</p> <p>I can shoot from various positions inside the area.</p>	<p>I can shoot towards a netball hoop or a target with some consistency.</p> <p>I can shoot from various positions inside the area.</p> <p>I can recognise when best to pass or shoot.</p>	<p>I can participate in a small-sided netball game (up to 7v7) and can perform skills with some consistency.</p> <p>I understand some of the basic rules of positioning on the court.</p> <p>I can take part in a variety of different positions with some understanding.</p>

Rugby UKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Handling	Handling (moving with the ball)	Passing	Passing	Receiving	SSG
Handling - I can run with the rugby ball in different directions, speeds and target 'gaps' or spaces to attack.	Handling - I can run with the rugby ball in different directions, speeds and target 'gaps' or spaces to attack.	Passing - I can pass the rugby ball to a partner during a game with consistency.	Passing - I can pass the rugby ball to a partner during a game with consistency.	Receiving - I can stand behind a passer and maintain my distance to create space.	Game - To be able to take part in a small game knowing the rules of tag rugby.
<p>I can use the play of the ball technique at pace.</p> <p>I can quickly and effectively play the ball using the sole of my foot.</p> <p>I can grip the ball with one and two hands with success.</p> <p>I can quickly establish the ball into the W position.</p>	<p>I can hold onto the ball with one and two hands whilst moving.</p> <p>I can move quickly and fluidly at pace whilst carrying the ball.</p> <p>I can dodge and weave between opponents with some success.</p> <p>I can spot space to move into when carrying the ball.</p> <p>I can put on my tag belt independently and adjust the width, if necessary,</p> <p>I can tackle an opponent by using the tag belt and holding it up to show the tackle has been made.</p> <p>I can lunge and grasp the tag belt from different angles to tackle with some success.</p>	<p>I can pass the ball to my partner using the correct technique.</p> <p>I can pass the ball to my partner with accuracy and correct weight of pass.</p>	<p>I can pass the ball to my partner using the correct technique.</p> <p>I can pass the ball to my partner with accuracy and correct weight of pass.</p> <p>I understand the rule of a forwards pass and recognise when I can and cannot pass the ball to a teammate.</p> <p>I can throw and pass the ball with success against an opponent(s).</p>	<p>I catch the ball using a variety of techniques from different angles and heights.</p> <p>I can adjust my angle to receive the ball from a partner so it is not a forward pass.</p> <p>I can score a try when under pressure from an opponent(s).</p>	<p>I can take part in a small-sided tag rugby activity / game (up to 7v7).</p> <p>I can score a try when under pressure from an opponent(s).</p> <p>I can put on my tag belt independently and adjust the width, if necessary,</p> <p>I can tackle an opponent by using the tag belt and holding it up to show the tackle has been made.</p> <p>I can lunge and grasp the tag belt from different angles to tackle with some success.</p>

Hockey UKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Dribbling	Dribbling	Passing	Passing	Shooting	SSG
Dribbling - I can dribble with the hockey ball at different speeds and directions against opponents.	Dribbling - I can dribble with the hockey ball at different speeds and directions against opponents.	Passing - I can pass the hockey ball to a teammate during a game with consistency.	Passing - I can pass the hockey ball to a teammate during a game with consistency.	Shooting - I can shoot the hockey ball from different positions.	Game - To be able to take part in a small game knowing the rules of field hockey and basic positions.
<p>I can hold a hockey stick correctly and safely during all activities.</p> <p>I can dribble the hockey ball in different directions, at pace, with confidence.</p> <p>I can use both sides of my hockey stick to dribble with confidence.</p> <p>I can change direction quickly when dribbling.</p>	<p>I can hold a hockey stick correctly and safely during all activities.</p> <p>I can dribble in between players / cones with accuracy and speed.</p> <p>I can perform and invent my own skills / touches with a hockey ball.</p> <p>I can dribble a ball against opponents with confidence.</p>	<p>I can hold a hockey stick correctly and safely during all activities.</p> <p>I can pass a hockey ball to a partner using the correct accuracy, weight and angle of pass.</p>	<p>I can hold a hockey stick correctly and safely during all activities.</p> <p>I can pass a hockey ball to a partner using the correct accuracy, weight and angle of pass.</p> <p>I can pass a hockey ball in between players to a partner.</p>	<p>I can hold a hockey stick correctly and safely during all activities.</p> <p>I can shoot the hockey ball towards the corners of the goal with some success.</p> <p>I can score past a goalkeeper with some consistency.</p> <p>I can adapt my positioning as a goalkeeper depending on where the ball is.</p>	<p>I can hold a hockey stick correctly and safely during all activities.</p> <p>I can take part in a small hockey game (up to 7v7).</p> <p>I understand the different positions in a hockey game.</p>

Tennis UKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Positioning	Striking	Striking	Striking	Serve	SSG
Positioning - I can get into the 'ready' position after each shot during a rally or game.	Striking - I can strike the ball over the net and into different areas on the court.	Striking - I can strike the ball over the net and into different areas on the court.	Striking - I can strike the ball over the net and into different areas on the court.	Serve - I can perform a 'smash' serve over a net.	Game - I can take part in a small game against a partner and I know some of the basic rules and scoring systems.
<p>I can balance the ball on my racket with consistency.</p> <p>I can be set in the 'set' position during rallies and matches with consistency.</p>	<p>I can keep the ball up in the air using different techniques with some consistency.</p> <p>I can strike the ball over a net and towards specific areas of the court with some consistency.</p>	<p>I can strike the ball in different directions / angles / weights with some consistency during a rally or game.</p> <p>I can take part in a rally with a partner for a longer period of time.</p> <p>I can use a variety of shots / techniques in a rally with a partner.</p>	<p>I can strike the ball over a net and towards specific areas of the court with some consistency.</p> <p>I can strike the ball in different directions / angles / weights with some consistency during a rally or game.</p> <p>I can take part in a rally over a net with a partner for a longer period of time.</p> <p>I can use a variety of shots / techniques in a rally with a partner.</p>	<p>I can perform a serve over a net.</p> <p>I can take part in a rally over a net with a partner for a longer period of time.</p> <p>I can use a variety of shots / techniques in a rally with a partner.</p>	<p>I can attempt to play different shots in a rally / match</p> <p>I know how to score a simple game of tennis.</p>

Athletics UKS2

Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5	Lesson 6
Sprinting	Sprinting	Jumping	Throwing	Throwing	S&S - Mini Olympics
Sprint - I can get into a three-point start position and take part in a race.	Sprint - I can get into a three-point start position and take part in a race.	Jumping - I can jump from a running start as far as I can and land safely.	Throwing - I can have a running start and throw a javelin/shot put/ discus using the correct technique.	Throwing - I can have a running start and throw a javelin/shot put/ discus using the correct technique.	Game - I can take part in a mini-Olympics safely and compete against other children using the correct techniques.
<p>I can decide the most suitable and comfortable position for me to start a race (standing start, crouched, three-point start).</p> <p>I can wait and anticipate for the signal to start a race.</p> <p>I can maintain my pace towards the finish line and accelerate at a suitable point.</p> <p>I can maintain a fluid form throughout my sprint (90-degree elbows and knees, arms opposite to legs, head forward focusing beyond finish line).</p>	<p>I can take part in a relay race.</p> <p>I can grasp and hand-over a baton during a relay race.</p>	<p>I can perform a running jump.</p> <p>I can accelerate at a suitable speed to maximise the distance for my jump.</p> <p>I can leap off one foot and extend my opposite leg.</p> <p>I can land trying to maximise my distance (feet in front, bodyweight forward).</p>	<p>I can move forwards at pace before throwing behind a line.</p> <p>I can maintain a fluid motion whilst moving at pace before releasing the javelin.</p> <p>I can extend my arm completely to maximise the height and distance of my javelin throw.</p> <p>I can release the javelin at a suitable point for my own technique.</p> <p>I can use an aiming arm to maintain balance and help propel the javelin into a certain direction.</p> <p>I can adjust my technique based on previous efforts with throwing events.</p>	<p>I can throw my shotput from the correct starting position (ball under chin, palm facing upwards).</p> <p>I can rotate my body in order to build momentum needed for height and distance for my throw.</p> <p>I can release the ball pushing upwards at a suitable pace to maximise distance and height.</p> <p>I can hold the discus correctly throughout my technique (discus tucked on the inside of the hand).</p> <p>I can twist my body to help build momentum and power for my discus throw.</p> <p>I can release my discus facing forwards to help it moving</p>	<p>I can take part, using the skills I have learnt in previous weeks, and adapt my techniques in a mini-Olympics.</p>

				<p>in the correct direction.</p> <p>I can adjust my technique based on previous efforts with throwing events.</p>	
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