

## Swindon Village Primary School



PE Curriculum

## PE Overview

	Autum	n Term	Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Moving and travelling	Ball skills	Gymnastics	Dance	Athlet	ics
Year 1	Dance	Balance and Agility	Gymnastics	Throwing & Catching	Athle	tics
Year 2	Dance	Multi-skills	Gymnastics	Throwing & Catching	Athletics  HRE	Kickball  OAA
Year 3	Multi-Skills  Gymnastics	Rugby	Netball  Dance	Football	Rounders Invictus	Cricket  Athletics
Year 4	Football  Gymnastics	Netball  Dance	Swimming/HRE		Athle	5

	Autumn Term		Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Swimm	ing/HRE	Dance	Rugby	Tennis	Cricket
Year 5			Football	Hockey	Athletics	Basketball
	Netball	Rugby	Hockey	Tennis	Cricket	Rounders
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Year 6	Dance	Basketball	Gymnastics	HRE	Athletics	Dance

E	/FS
Autumn 1	Autumn 2
Moving and travelling	Ball Skills
· Contract of the contract of	• *
<ul> <li>to move safely into space</li> <li>travel around in a variety of ways such as rolling, crawling, walking, jumping, running, hopping, skipping and climbing.</li> <li>Negotiate space and obstacles safely with consideration for themselves and others.</li> </ul>	Develop a range of ball skills
Spring 1	Spring 2
Gymnastics	Dance
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Develop body strength, co-ordination,	Develop a more fluid style of moving with
<ul> <li>balance and agility.</li> <li>Confidently and safely use a range of</li> </ul>	<ul><li>control and grace</li><li>Combine different movements with ease</li></ul>
large apparatus indoors.  Summer 1	and fluency.
	Summer 2 Athletics

Move energetically such as running, jumping, hopping, skipping and climbing Develop overall body strength, balance and agility

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	Autumn Term			
	Autumn		Autum	n 2
	Dance		Balance and	d Agility
Overview	*	j	方	~
	• Move to	o music		o start and stop on command
	Copy dance mo		<ul> <li>Change of showing</li> </ul>	lirection while balance
	<ul> <li>Change rhytellow</li> <li>level and</li> </ul>	•		and the difference a sprint and a jog
Skills to be Learnt	<ul> <li>Move with co ordinal</li> </ul>		•	control of arm its when running
	<ul> <li>Link movement mood, feet response to</li> </ul>	eling or in	<ul> <li>Develop an understanding of how to play a game fairly and competitively</li> </ul>	
	<ul> <li>Learn short sequences</li> </ul>			an adult and physical ons
	<ul> <li>Understand and demonstrate repetition in</li> </ul>		• •	ances and show 14 point balances
	dance		<ul> <li>Develop control when balancing for longer than seconds</li> </ul>	
Required Resources	✓ Gym Mats ✓ Sound System ✓ Related Music		✓ C ✓ Variet	Bibs ones y of balls n Mats
	Unison	Rhythm	Sprint	Direction
	Beat	Direction	Instructions	Jog
Vocabulary	Sequence	Repeat	Rules	Point Balance
	Travel	Gesture	Competition	Fair Play
Location	Hall		Hall or KS2 p	layground

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	Spring Term						
		Sprin	g 1		Spring 2		
Overview	Gymnastics				Throwing an		
Skills to be Learnt	<ul> <li>Make body tense, relaxed, curled and stretched</li> <li>Copy sequences and repeat them</li> <li>Roll in different ways</li> <li>Travel safely in different ways</li> <li>Balance in different ways</li> <li>Stretch and curl in different ways</li> <li>Create a sequence which follows a set of simple 'rules'</li> <li>Perform simple movement phrases that are controlled on different apparatus</li> <li>Watch, copy and describe</li> </ul>				<ul> <li>and direction continued.</li> <li>Develop continued when three when three solo at the solo at the</li></ul>	ly, changing speed on easily and avoid collisions atrol and accuracy owing underarm ancy when catching and as a pair d the concept of ball and being in its trajectory choices between s of throw d the difference a throwing for and accuracy ch and describe s do and how they do it	
Required Resources	improvements  ✓ Gym Mats  ✓ Benches  ✓ Climbing Frame  ✓ Gym Tables			ne	✓ Variety of ✓ B ✓ Be	Cones  different balls alloons  an bags hoops/buckets)	
	Tense	Relax	Balance	Travel	Speed	Collide	
	Curl	Routine	Point	Jump	Accuracy	Solo	
Vocabulary	Stretch	Apparatus	Hold	Pencil Roll	Pair	Throw	
	Sequence	Perform/ance	Pointed	Bunny Jumps	Distance	Coach	
Location		 Hal	<u> </u>				
Location		Hai	I		Hall or KS2	riaygrouna	

			Year	1			
Overview			Summer Ter Athle				
	Running		<ul> <li>Jump hu</li> </ul>	a sprint (30m) rdles whilst running d how to start a ra			
Skills to be Learnt	Jumping	<ul> <li>Jump from a stationary position</li> <li>Understand how best to land when jumping</li> </ul>					
	Throwing	• (	<ul> <li>Understand he Using a side on position</li> </ul>	ow to throw for dis n to gain distance (			
Required Resources		✓ Bean bags ✓ Cones ✓ Hoops ✓ Hurdles					
Vocabulary		Sprint Measure Hurdle Finish Line Side On Landing feet Improve Metres Field, KS2 Playground or Hall					

	Year	2				
	Autumn	Term 1				
Overview	Dance					
	• Mo	ve to music				
	• Copy dand	ce moves in unison				
	• Change rhythm, s	speed, level and direction				
	Move with control and co-ordination					
Skills to be Learnt	Link movements to show a mood, feeling or in response to a stimulus					
	Learn short, individual sequences to perform					
	<ul> <li>Understand and demonstrate repetition in dance</li> </ul>					
Required		Sym Mats				
Resources		and System ated Music				
	Unison	Rhythm				
Vocabulary	Direction	Sequence				
	Travel	Gesture				
Location		Hall				

	Year 2				
	Autumn Term 2				
Overview	Multi-Skills				
Skills to be Learnt	<ul> <li>Show control when running and moving around a large space</li> <li>Be able to start and stop running on command</li> <li>Change direction while showing balance</li> <li>Show hands to signal a readiness to catch</li> <li>Be able to stop a ball</li> <li>Show an understanding for creating tactics</li> <li>Be able to react to what is seen and heard simultaneously</li> </ul>				
Required Resources	✓ Cones ✓ Bibs ✓ Bean bags ✓ Tennis balls ✓ Hoops				
Vocabulary	Start Stop				
Location	Ready Hands  KS2 playground				

		Ye	ar 2					
		٤	Spring Terr	n 1				
Overview		Gymnastics Gymnastics						
		Make body to	tense, relaxed	, curled and stre	tched			
		• <i>C</i> opy	/ sequences an	d repeat them				
		•	Roll in differ	ent ways				
		Travel safely in different ways						
Skills to	Balance in different ways							
be Learnt	Stretch and curl in different ways							
	Create a sequence which follows a set of simple 'rules'							
	Perform simple movement phrases that are controlled on different apparatus							
	Watch, copy and describe performances and suggest improvements							
Required Resources	✓ Gym Mats ✓ Benches ✓ Climbing Frame							
			✓ Gym Tab	T				
	Tense Curl	Relax Routine	Balance Point	Travel	Squat			
Vocabulary	Stretch	Apparatus	Hold	Tuck Jump Pencil Roll	Mirror/Match			
	Sequence	Perform/ance	Pointed	Bunny Jumps	Dismount			
Location		1 St 1 of till unice	Hall	Danity Guilips	Egg Roll			
- Bocarion	riali							

	Year 2			
	Spring Term 2			
Overview	Throwing and Catching			
Skills to be Learnt	<ul> <li>Move fluently, changing speed and direction easily and avoid collisions</li> <li>Develop control and accuracy when throwing underarm</li> <li>Develop fluency when catching solo and as a pair</li> <li>Understand the concept of tracking a ball and being in line with its trajectory</li> <li>Make good choices between types of throw</li> <li>Understand the difference between throwing for distance and accuracy</li> <li>Copy, watch and describe what others do and how they do it</li> </ul>			
Required Resources	✓ Cones ✓ Variety of different balls ✓ Balloons ✓ Bean bags ✓ Targets (hoops/buckets)			
Vocabulary	Speed Collide Accuracy Solo Pair Throw			
Location	Distance Coach KS2 playground			

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			Summe	r Term 1	
Overview	Athletics			Health Rela	ted Exercise
	Run a sprint (45m)     Jump hurdles whilst running     Understand how to start a race      Jump from a stationary position     Understand how best to land when jumping			<ul> <li>Understand what a pulse is</li> <li>Understand that the heart beats         faster while exercising</li> <li>Be able to take part in a</li> </ul>	
Skills to be Learnt				<ul> <li>meditation session</li> <li>Understand that there are different types of fitness</li> <li>Understand what types of food are good for us</li> </ul>	
F		<ul> <li>Understand how to throw for distance</li> <li>Using a side on position to gain distance when throwing</li> </ul>		<ul> <li>Be able to track fitness</li> <li>Understand that continuous exercise will improve overall fitness</li> </ul>	
Required Resources	✓ Bean bags ✓ Cones ✓ Hoops ✓ Hurdles		✓ Cones ✓ 15 Tennis Balls ✓ 30 Fitness Testing Sheets ✓ Hoops		
Vocabulary	Sprint Measure Side On Landing feet Hurdle Finish Line Improve Metres		Landing feet	Pulse Strength Muscle Sugar	Meditation Nutrition Personal Best Health
Location		Fie	ld	Н	all

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		Summer	Term 2		
Overview	Orient (	eering P	Kicl	kball	
		L		7	
		name 4 points on a ompass	the ru	understanding for les of Kickball	
		the importance of y on a map		ll with control and accuracy	
		nderstanding for ng a compass		nake contact with a billed ball	
Skills to be Learnt			<ul> <li>Aim and control ball kick</li> </ul>		
	communico	oratively, showing ation with others	<ul> <li>Make decisions of when to run or throw when fielding</li> </ul>		
		ependently while lem solving	Communicate with others while fielding affectively		
		olve more complex			
	problems		<ul> <li>Work collaboratively with others to achieve a common goal</li> </ul>		
				gea.	
	•	school grounds ean Bags	<b>√</b> 4	(ickballs	
Required		Hoops	·	Cones	
Resources		compasses Cones	√ Notepo	ad for scoring	
	Compass	North	Roll	Distance	
Vocabulanu	East	South	Posts	Fielding	
Vocabulary	West	Key	Bowling	Decision Making	
	Communication	Determination	Common goal	Accuracy	
Location	Field and KS	2 Playground	Fi	eld	

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			Autumn Te	erm 1			
Overview		Gymnastics		Multi	i-Skills		
Skills to be Learnt	<ul> <li>Combine action, balance and shape</li> <li>Improve the quality of my actions (inc rolls), body shapes, travelling and balances</li> <li>Create gymnastic sequences that meet a set of conditions</li> <li>Adapt sequences to suit different types of apparatus</li> <li>Include a change in speed and direction within my movements</li> <li>Describe and evaluate the effectiveness and quality of a performance (including how strength and suppleness affect performance)</li> <li>Recognise how performances have improved</li> <li>Describe own and others' work, making simple judgments about the quality of performances and suggest ways they could be improved</li> </ul>			<ul> <li>Be able running of</li> <li>Change di ways while</li> <li>Show hand a read</li> <li>Be able to</li> <li>Show an the important see</li> </ul>	trol when running g around a medium space to start and stop n command quickly rection in multiple e showing balance ds and call to sigal diness to catch o stop a ball when fielding understanding of tance for creating tactics o react to what is an and heard nultaneously		
Required Resources	✓ Gym Mats ✓ Benches ✓ Climbing Frame ✓ Gym Tables				Cones Bibs Bean bags Fennis balls Hoops		
Vocabulary	Adapt Sequence Body Shape Create Sequence	Quality Strength Canon	Unison Suppleness Teddy Roll	Dodge Run Sprint	Tactics Jog Fielding		
Location	•	Hall	•	K52	Playground		

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		Autumn	Term 2		
	Rug	gby	Health Relate	ed Exercise	
Overview					
	Develop an	understanding for	Understand v	what a pulse is and	
	the rule	s of Tag Rugby	begin to find	d it independently	
		e good ball handling ing with the ball		d that the heart r while exercising	
		receive the ball ndard pass)		o take part in a ition session	
	choices to	decision making benefit the team	<ul> <li>Understand that there are different types of fitness</li> </ul>		
Skills to be Learnt	(e.g.	pass or run)	foods have di	d that different fferent nutritional value	
				me some important the human body	
				ack fitness through ten means	
				<ul> <li>Understand that continuous exercise will improve overall fitness</li> </ul>	
	✓ 30 pair	rs Rugby Tags	<b>√</b> (	Cones	
Required	✓ 30 Rugb	y Balls (size 4)	✓ 15 Te	ennis Balls	
Resources	Resources  ✓ Cones  ✓ Bibs		<ul><li>✓ 30 Fitness Testing Sheets</li><li>✓ Hoops</li></ul>		
	Try Line	Tag	Pulse	Meditation	
Vocabulary	Weave	Dodge	Strength	Nutrition	
	passs	Ball Handling	Muscle	Continuous Exercise	
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		Year	3		
		Spring	Term 1		
Overview	Dan	ce	Netball		
Skills to be Learnt	Improvise freely, translating ideas from a stimulus into movement  Share and create phrases with a partner and in small groups Repeat, remember and perform these phrases in a dance  Use dance to communicate an idea  Lead when working with a partner or group Ensure that dance is rehearsed and purposeful Work with rhythm using a variety of musical stimulus Learn group dances  Understand and demonstrate unison and begin to understand canon in dance		<ul> <li>Develop an understanding for the rules of Netball</li> <li>Pass effectively using a variety of techniques (chest, shoulder and bounce pass)</li> <li>Send and receive a pass whilst moving</li> <li>Develop the skill of shooting in to a target</li> <li>Shoot whilst under pressure from a defender</li> <li>Begin to pivot legally while holding the ball</li> <li>Understand which opponent to mark and maintain concentration</li> </ul>		
Required Resources	✓ Gym Mats ✓ Sound System ✓ Related Music		✓ 15 Netballs ✓ 4 Hoops/Targets ✓ Bibs ✓ Cones		
	Improvise	Lead	Pivot	Chest pass	
Vocabulary	Partner	Group	Shoulder Pass	Bounce Pass	
	Phrase	Rehearse	Thirds	Offside	
			Center Pass	Court	
Location	Ha	II	KS2 Play	ground	

Spring Term 2   Football   Orienteering			Year	3	
Develop an understanding for the rules of football     Dribble with the ball in front of the body     Stop the ball     Pass the ball accurately with the inside of the foot     Use an appropriate technique while shooting at a target     Aim for corners when shooting     Tackle an opponent while they are dribbling      Tackle an opponent while they are dribbling      Toones     Sequired Resources      Corner     Foul     Compass     North     Goal Kick     Dribbling      Develop an understanding for compass     Work collaboratively, showing communication with others     Work independently while problems solving     Be able to solve more complex problems     Year Bags     Hoops     Yocabulary     Toones     Cornes     Foul     Compass     North     East     South     Inside Foot     Penalty Area			Spring '	Term 2	
the rules of football  Dribble with the ball in front of the body  Stop the ball  Pass the ball accurately with the inside of the foot  Use an appropriate technique while shooting at a target  Aim for corners when shooting  Tackle an opponent while they are dribbling  Tackle an opponent while they are dribbling  Toolems  Toolems  Amapof school grounds  Bean Bags  Hoops  Hoops  Hoops  Hoops  Tis compasses  Corner  Foul  Compass  North  Goal Kick  Dribbling  Dribble with the ball in front of the body  Show an understanding for reading a compass  Work collaboratively, showing communication with others  Work independently while problem solving  Be able to solve more complex  Pasan Bags  Hoops  Hoops  Connes  Connes  Connes  Connes  Conpass  North  Foul  Toolems  North  Foul  Toolems  North  Tiside Foot  Penalty Area  West  Key	Overview	Foo	tball	Orient	eering
Required Resources  Cones Pop up goals  Corner  Corner  Foul Compass North  Goal Kick Dribbling East South  Vocabulary  Inside Foot Penalty Area  West Key		<ul> <li>the rules of football</li> <li>Dribble with the ball in front of the body</li> <li>Stop the ball</li> <li>Pass the ball accurately with the inside of the foot</li> <li>Use an appropriate technique while shooting at a target</li> <li>Aim for corners when shooting</li> <li>Tackle an opponent while they</li> </ul>		<ul> <li>Understand a ke</li> <li>Show an unreadir</li> <li>Work collab communication</li> <li>Work index prob</li> <li>Be able to se</li> </ul>	the importance of y on a map  Inderstanding for a compass  Foratively, showing ation with others  Expendently while lem solving  Tolve more complex
Vocabulary       Goal Kick     Dribbling     East     South       Inside Foot     Penalty Area     West     Key	· ·	✓ Cones ✓ Bibs		✓ Bean Bags ✓ Hoops ✓ 15 compasses	
	Vocabulary	Goal Kick Inside Foot	Dribbling Penalty Area	East West	South Key
Location KS2 Playground or Field Field and KS2 Playground	Location		ound or Field	Field and KS	2 Playground

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		Summer	Term 1			
Overview	Roun	ders	In	victus <b>Å</b>		
Skills to be Learnt	<ul> <li>Understand <ul> <li>a fielder of (Long/sh catching)</li> </ul> </li> <li>Throw overant</li> <li>Begin to effective of the catching of</li></ul>	understanding for s of Rounders  the different ways can stop the ball ort barrier and while stationary  rm to a designated base  make good and decisions when fielding  atch with accuracy d control  rm to a set height  e familiar with the and how to hold it	<ul> <li>Develop of new at a second of the people of the p</li></ul>	ability to solve problems  ability to engage in activities fairly  aderstand obstacles ple on a day-to-day basis  ructions that help others  fully to instructions  ollaboratively to ome a problem  skills in competitive situations		
Required Resources	<ul> <li>✓ Rounders Bats</li> <li>✓ Batting Tees</li> <li>✓ Hoops</li> <li>✓ 15 Tennis Balls</li> <li>✓ Cones</li> </ul>		✓ Goalball ✓ Boccia Set ✓ Old bed sheets ✓ Blindfolds ✓ Bibs ✓ Hoops ✓ Cones			
Vocabulary	Bases Bowler Overarm	Backstop Fielding Underarm	Teamwork Disability Competitive	Perseverance  Collaborative  Paralympics		
Location		Field	•	KS2 Playground		

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	Summer Term 2				
Overview	Cric	ket <b>2</b>	Athletics		
	<ul> <li>the valu</li> <li>Hold a be</li> <li>Catch the be</li> </ul>	understanding of es of Cricket oat correctly all at a variety of and speeds	Running	<ul><li>Jump hur</li><li>Understa</li><li>of differ</li></ul>	y with fluent baton changes dles whilst running and the importance ent body positions hen running
Skills to be Learnt	the gro appropr	gather a ball on ound using an riate method ball for distance	<ul> <li>Jump from a stational position</li> <li>Understand how best to when jumping</li> <li>Learn the basics of the triple jump in isolation</li> </ul>		position nd how best to land nen jumping the basics of the
	<ul><li>Begin to be</li><li>Keep bowli</li></ul>	all showing good chnique owl in a straight line ng arm straight ng action	Throwing	using the • Underst	pass for distance correct technique tand 45° is key to w for distance
Required Resources	✓ Quick	✓ Quick Cricket sets ✓ Cones ✓ Bibs ✓ 15 wind/tennis balls		✓ Bean bags ✓ Cones ✓ Hoops ✓ Hurdles ✓ Netballs	
Vocabulary	Stumps Overarm Wicket	Underarm Caught Out Wicket Keeper	✓ Batons  Relay Hurdle  Stationary Hop  Skip/Step Baton  Chest Pass Change Over		Hurdle Hop
Location	KS2 Playgro	ound/Field		Fiel	

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		Autumn	Term 1			
	Foot	rball P		Gymnastics		
Overview	-3	•		13		
	•	understanding for es of football	• Improv	ine action, bala e the quality of ), body shapes,	my actions (inc	
	_	h the ball in front the body		balance	s	
	Stop the ball			te gymnastic se meet a set of co	•	
Skills to be Learnt	<ul> <li>Pass the ball accurately with the inside of the foot</li> </ul>		• Adap	Adapt sequences to suit different types of apparatus		
	Use an appropriate technique while shooting at a target		<ul> <li>Include a change in speed and direction within my movements</li> </ul>			
			<ul> <li>Describe and evaluate the effectiveness and quality of a</li> </ul>			
	Aim for corners when shooting		performance (including how strength and suppleness affect performance)			
	Tackle an opponent while they are dribbling		Recognise how performances have improved			
			making quality	pe own and othe simple judgmen of performance ney could be imp	its about the es and suggest	
Deguined	√ 30 Foo	tballs (size 4)	,	✓ Gym Ma ✓ Benche	ts	
Required Resources	<b>∨</b> ✓	Cones Bibs		<ul><li>✓ Benche</li><li>✓ Climbing Fr</li></ul>		
	Рор ир			Gym Tables		
	Corner	Foul	Create Sequence	Quality	Unison	
Vocabulary	Goal Kick	Dribbling	Body Shape	Strength	Suppleness	
	Inside Foot	Penalty Area	Adapt	Canon	Teddy Roll	
	Half Way Line	Goal Line	Sequence			
Location	KS2 Playgro	und or Field		Hall		

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		Autumn	Term 2	
Overview	Net	ball **	Dai	nce
Skills to be Learnt	<ul> <li>Develop an understanding for the rules of Netball</li> <li>Pass effectively using a variety of techniques (chest, shoulder and bounce pass)</li> <li>Send and receive a pass whilst moving</li> <li>Develop the skill of shooting in to a target</li> <li>Shoot whilst under pressure from a defender</li> <li>Begin to pivot legally while holding the ball</li> <li>Understand which opponent to mark and maintain concentration to restrict</li> </ul>		ideas from m • Share and cool a partner a • Repeat, reme these pho • Use dance to • Lead when partn • Ensure that and • Work with variety of • Learn • Understand unison and b	reely, translating n a stimulus into ovement reate phrases with nd in small groups ember and perform rases in a dance to communicate an idea n working with a her or group dance is rehearsed purposeful n rhythm using a musical stimulus group dances I and demonstrate egin to understand on in dance
Required Resources	✓ 15 Netballs ✓ 4 Hoops/Targets ✓ Bibs ✓ Cones		✓ Gym Mats ✓ Sound System ✓ Related Music	
	Pivot	Chest pass	Improvise	Lead
Vocabulany	Shoulder Pass	Bounce Pass	Partner	Group
Vocabulary	Thirds	Offside	Phrase	Rehearse
	Center Pass	Court	Unison	Canon
Location	KS2 Pla	yground	Н	all

		Ye	ar 4		
		Sprir	ng Term 1 a	and 2	
Overview			Swimming		
	Conten	t delivered by 1	Tewkesbury Higl teachers	n School's quali	fied swimming
	• [	Develop pool safet	y skills and confic	dence in and arour	nd water
	•	Travel vertically	and horizontally	(with the aid of f	loats)
		•	Practise a push ar	nd glide	
Skills to		<ul> <li>Develop</li> </ul>	kicking action on	front and back	
be Learnt		<ul> <li>Develo</li> </ul>	op safe entry and	exit of a pool	
		• Learn	to float and subm	erge in water	
		•	Show breath co	ntrol	
	Tread water				
		Select a strok	e suitable for an	intended purpo	se
Required Resources	Class teacher and teaching assistants to oversee behaviour whilst in the pool and changing. Please also spread around the pool and support the swimming teachers where possible. Previous teachers have offered to enter the pool. This is only advisable should you choose to and if there are enough adults to support changing.				
	Front crawl	Backstroke	Breaststroke	Deep End	Shallow End
Vocabulary	Submerge	Float	Vertically	Horizontally	Push and Glide
Location		Tewl	kesbury High Sc		
	t <sub>r</sub>	HRE	on outdoor gyn	n equipment	
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	Summer Term 1 and 2				
Overview	Cric	ket		Athle	tics
	<ul> <li>the value</li> <li>Hold a</li> <li>Begin t</li> <li>street</li> <li>Catch the b</li> </ul>	understanding of les of Cricket bat correctly o place shots ategically all at a variety of s and speeds	Running	<ul> <li>Run a</li> <li>Under play wh</li> <li>Unders of power</li> <li>Var</li> </ul>	urdles whilst running relay using a baton stand the roll arms en running for speed tand the importance ace when running a liety of distances
Skills to be Learnt	<ul> <li>Move and go ground us</li> </ul>	a bouncing ball  other a ball on the  ing long barrier  ball for distance	Jumping	foot jump for distance  Begin to understand the fundamentals of the triple jump  Understand the importance of momentum when jumping for distance	
	<ul><li>Begin to bow</li><li>Keep bowl</li></ul>	call showing good chnique Il in a straight line ing arm straight ing action	Throwing	<ul><li>Throw co</li><li>Underst</li><li>Underst</li></ul>	javelin using correct technique w a shot putt using rrect technique tand the difference in a putt and a throw and how to stay safe ig throwing events
Required Resources	✓ Quick	Cricket sets Cones Bibs tennis balls	✓ Hurdles ✓ 6 batons ✓ Measuring tape ✓ 15 Bean bags ✓ Foam Javelins ✓ Shot putts/Tennis Balls Stopwatches		oatons oring tape ean bags Javelins o/Tennis Balls
Vocabulary	Stumps Overarm	Underarm Caught Out		Hurdle Pace	Relay Hop
	Wicket	Wicket Keeper		Skip Throw	Putt Endurance
location	Field and KS2	2 Playground		Field/ KS2 F	Playground

Year 5					
		Aut	tumn Term :	l+2	
Overview			Swimming		
	Conten	t delivered by 1	Tewkesbury High teachers	n School's quali	fied swimming
	• Dev	velop pool safety	skills and confi	dence in and aro	und water
	• 1	ravel vertically	and horizontally	(with the aid of	floats)
		• P	Practise a push a	nd glide	
Skills to		• Develop	kicking action on	front and back	
be Learnt		<ul> <li>Develop</li> </ul>	o safe entry and	exit of a pool	
		• Learn t	o float and subm	nerge in water	
		•	Show breath co	ontrol	
			• Tread wate	er	
		• Select a stro	ke suitable for a	an intended purp	oose
Vocabulary	Front crawl	Backstroke	Breaststroke	Deep End	Shallow End
recapaiai y	Submerge	Float	Vertically	Horizontally	Push and Glide
Required Resources	Class teacher and teaching assistants to oversee behaviour whilst in the pool and changing. Please also spread around the pool and support the swimming teachers where possible. Previous teachers have offered to enter the pool. This is only advisable should you choose to and if there are enough adults to support changing.				
Location	Tewkesbury High School				
	14	HRE	on outdoor gyl	n equipment	

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		Spring	Term 1	
Overview	Foot	ball •	Da	nce
Skills to	• Continue the rule • Continue the fluent when differe • Sto • Pass the	inderstanding for its of football to become more ten dribbling in in the ball ball accurately so that the ball is	<ul> <li>Compose do and im</li> <li>Dance showing accuracy</li> <li>Develop image</li> </ul>	vements and refine them ances in a creative aginative way ing clarity, fluency, and consistency ginative dances in a cific style
be Learnt	<ul> <li>Off the ground</li> <li>Use an appropriate technique while shooting at a target</li> <li>Aim for corners when shooting</li> <li>Tackle an opponent while they are dribbling</li> </ul>		<ul> <li>Choose a variety of music, stylender and dance (choreography)</li> <li>Choreograph individual and group dances</li> <li>Understand and demonstrate unison and canon in dance</li> </ul>	
Required Resources	✓ 30 Footballs (size 4) ✓ Cones ✓ Bibs ✓ Pop up goals		✓ Gym Mats ✓ Sound System ✓ Related Music	
Vocabulary	Corner Goal Kick Inside Foot Half Way Line	Foul Dribbling Penalty Area Goal Line	Compose Clear Accurate Unison	Choreograph Fluent Consistent Canon
Location	Field or KS2			all

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	Spring Term 2				
Overview	Rug	lby	Hoc	key	
	•	understanding for s of Tag Rugby	•	understanding for es of Hockey	
	Demonstrate good ball handling when moving with the ball			nd the different of the stick	
<ul> <li>Pass and receive the ball (standard and pop pass)</li> <li>Skills to</li> <li>Develop decision making</li> </ul>		and reverse with contro	ball with the open side of the stick of and accuracy in closed scenarios		
De Learnt	choices to benefit the team (e.g. pass or run)  Use the correct stance while tagging an opponent (square on, low down)		Develop accuracy and control     when selecting a push pass		
			Strike the ball accurately into     a target using a push shot		
	being beh	the importance of ind the ball and om being offside	Stop the ball fluently using the correct technique		
Required Resources	✓ 30 pairs Rugby Tags ✓ 30 Rugby Balls (size 4) ✓ Cones ✓ Bibs		✓ 30 Hockey Sticks ✓ 30 Hockey Balls/Tennis Balls ✓ Cones ✓ Bibs		
	Tag	Try Line	Dribble	o up goals Flick	
	Dodge	Weave	Obstruction	Feint	
Vocabulary	Ball Handling	Pop Pass	Clear	Cross	
	Square On	Offside	Jab Tackle	Open/Reverse Side	
Location	Field or KS2	? Playground	Playgr	round	

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	Summer Term 1				
Overview	Tennis		Athletics		
✓ Skills to be Learnt	<ul> <li>Grip the racket correctly</li> <li>Develop ability to be able to make contact with the ball (regardless of direction)</li> <li>Develop a knowledge of basic tennis rules (including court layout)</li> <li>To serve underarm (crosscourt) successfully</li> <li>To be able to return a serve within court dimensions</li> <li>To understand how to rally</li> <li>Develop number of shots completed within a rally</li> </ul>		Throwing Jumping Running	<ul> <li>Run a r</li> <li>Unders play whe</li> <li>Develop 2 foot</li> <li>Begin fundame</li> <li>Underst of mome</li> <li>Throw cor</li> <li>Throw cor</li> <li>Underst betweer</li> <li>Under</li> </ul>	relay using a baton stand the roll arms in running for speed technique of a 1 to jump for distance to understand the entals for the triple jump rand the importance entum when jumping for distance we a javelin using rect technique a shot putt using rect technique rand the difference a putt and a throw stand how to stay during throwing events
Required Resources	✓ Tennis Rackets ✓ Tennis Nets ✓ Tennis Balls ✓ Cones			√ 6 √ Mea √ 15 Bean b √ Foa	Hurdles batons suring tape bags/ shot putts m Javelins vatches
Vocabulary	Serve Grip Court Backhand	Rally Volley Ace Forehand	1	Hurdle Momentum Trajectory Throw	Relay Triple Jump Putt Personal Best
Location	KS2 Pla	yground		Fie	

## Year 5

	Summer Term 2				
Overview	Cric	ket	Baske	tball	
Skills to be Learnt	<ul> <li>Develop an understanding of the values and rules of Cricket</li> <li>Hold a bat correctly</li> <li>Place shots away from fielder</li> <li>Catch the ball at a variety of heights and speeds</li> <li>Move and gather a ball on the grounds using long barrier</li> <li>Throw the ball accurately</li> <li>Hold the ball showing good technique</li> <li>Bowl in a straight line</li> </ul>		<ul> <li>Develop an understanding for the rules of Basketball</li> <li>Dribble legally in various directions in open and closed scenarios</li> <li>Increase accuracy and control of a variety of pass types (chest, bounce or javelin)</li> <li>Send and receive the ball while stationary and moving</li> <li>Shoot in to target using the correct technique in open and closed scenarios</li> <li>Defend using the correct stance</li> </ul>		
Required Resources	✓ Quick Cricket sets ✓ Cones ✓ Bibs ✓ 15 wind/tennis balls ✓ Field		✓ 15 Basketballs ✓ 4 Hoops/Targets ✓ Bibs ✓ Cones		
Vocabulary	Bowl Boundary Wicket Stumps	Grip Four Six Stumped	Double Dribble Bounce Pass Assist Lay Up	Chest Pass Javelin Pass Backboard Man to Man	
Location	Fie	eld	KS2 Play	ground	

## Year 6

	Autumn Term 1				
Overview	Neth	oall 2	Dai	nce	
Skills to be Learnt	<ul> <li>Develop an understanding for the rules of Netball</li> <li>Pass effectively using a variety of techniques (chest, shoulder and bounce pass)</li> <li>Send and receive a pass whilst moving and/or under pressure</li> <li>Further develop the skill of shooting in to a target</li> <li>Shoot whilst under pressure from a defender</li> <li>Use movement to create space and receive a pass</li> <li>Pivot legally while holding the ball</li> <li>Understand which opponent to mark and maintain concentration</li> </ul>		<ul> <li>Compose do and impose do and impose a couracy</li> <li>Develop images spe</li> <li>Choose a variand dance</li> <li>Choreografico</li> <li>Choreografico</li> <li>Choreografico</li> </ul>	<ul> <li>Work on movements and refine them</li> <li>Compose dances in a creative and imaginative way</li> <li>Dance showing clarity, fluency, accuracy and consistency</li> <li>Develop imaginative dances in a specific style</li> <li>Choose a variety of music, style and dance (choreography)</li> <li>Choreograph individual and group dances</li> <li>Understand and demonstrate</li> </ul>	
Required Resources	to restrict possession  ✓ 15 Netballs  ✓ 4 Hoops/Targets  ✓ Bibs  ✓ Cones		√ Sou	ym Mats nd System ated Music	
Vocabulary	Pivot Shoulder Pass Thirds Center Pass	Chest pass Bounce Pass Offside Court	Compose Clear Accurate Unison	Choreograph Fluent Consistent Canon	
Location	KS2 Play	ground	Н	all	

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	Autumn Term 2				
Overview	Rugby		Basketball		
Skills to be Learnt	Develop an understanding for the rules of Tag Rugby  Demonstrate good ball handling when moving with the ball  Pass and receive the ball (standard and pop pass)  Develop decision making choices to benefit the team (e.g. pass or run)  Use the correct stance while tagging an opponent (square on, low down)  Understand the importance of being behind the ball and refrain from being offside		<ul> <li>Develop an understanding for the rules of Basketball</li> <li>Dribble legally in various directions in open and closed scenarios</li> <li>Increase accuracy and control of a variety of pass types (chest, bounce or javelin)</li> <li>Send and receive the ball while stationary and moving</li> <li>Shoot in to target using the correct technique in open and closed scenarios</li> <li>Defend using the correct stance</li> </ul>		
Required Resources	✓ 30 pairs Rugby Tags ✓ 30 Rugby Balls (size 4) ✓ Cones ✓ Bibs		✓ 15 Basketballs ✓ 4 Hoops/Targets ✓ Bibs ✓ Cones		
Vocabulary	Tag Dodge Ball Handling Square On	Try Line Weave Pop Pass Offside	Double Dribble Bounce Pass Assist Lay Up	Chest Pass Javelin Pass Backboard Man to Man	
Location	Field or KS2		MU		

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		Sprii	ng Term 1		
	Hocke	₽γ	Gymnast	ics	
Overview					
	•		Make complex	x or extended	
	· ·	understanding es of Hockey	·	ences	
		the different f the stick	<ul> <li>Ensure movement clear and</li> </ul>	consistent	
	·		<ul> <li>Link sequences to</li> </ul>	o specific timings	
	_	e ball with the everse side of	during partne	er/group work	
	the stick with control and			ns, shapes and	
Skills to	,	in open and scenarios	balances consistently and fluently		
<ul><li>be Learnt</li><li>Develop accuracy and</li></ul>		<ul> <li>Combine and perform gymnastic actions, shapes, travel and balances</li> </ul>			
	•	en selecting a	·	effectively across	
		h pass	a variety of apparatus		
	<ul> <li>Strike the l</li> </ul>	oall accurately	<ul> <li>Perform consistently to different</li> </ul>		
	=	et using a push	audience sizes		
			<ul> <li>Evaluate own and others' work,</li> </ul>		
	•	ball fluently		ve feedback about	
	_	ne correct hnique	the quality of movements		
		key Sticks		M - 4 -	
Required	✓ 30 Hockey Bo	alls/Tennis Balls	•	Mats ches	
Resources	√ <i>C</i> ·	ones Ribe	✓ Climbin		
	_	up goals	✓ Gym	Tables	
	Dribble	Flick	Forward Roll	Dis/mount	
	Obstruction	Feint	Backward Roll	Stabilise	
Vocabulary	Clear	Cross	Constructive	Extension	
	Jab Tackle	Open/Reverse Side	Partner Balance	Timing	
Location	KS2 Playg	round	Hall		

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		Sprin	g Term 2		
Overview	Ter	inis V	H	RE	
Skills to be Learnt	<ul> <li>Grip the racket correctly</li> <li>Develop ability to be able to make contact with the ball (regardless of direction)</li> <li>Develop a knowledge of basic tennis rules (including court layout)</li> <li>To serve underarm (crosscourt) successfully</li> <li>To be able to return a serve within court dimensions</li> <li>To understand how to rally</li> <li>Develop number of shots completed within a rally</li> </ul>		<ul> <li>Develop knowledge of how food and drink consumed affects our body</li> <li>Develop ability to exercise to different intensitities</li> <li>Find their pulse independently and explain why heart rate increases</li> <li>Develop ability to utilise knowledge and understanding of the body to improve peer's fitness</li> <li>Understand that different foods have different nutritional value</li> <li>Be able to track fitness through written means</li> <li>Understand that continuous exercise will improve overall fitness</li> </ul>		
Required Resources	✓ Tennis Rackets ✓ Tennis Nets ✓ Tennis Balls ✓ Cones		<ul> <li>✓ Cones</li> <li>✓ Speed bounce</li> <li>✓ 30 Fitness Testing Sheets</li> <li>✓ Tennis balls</li> <li>✓ Mats</li> </ul>		
Vocabulary	Rally Volly Court Backhand	Serve Grip Ace Forehand	Pulse Strength Muscle hypertrophy Antagonistic pair	Personal trainer Nutrition Endurance Fitness	
Location	KS2 Pla	yground	Hall/	MUGA	

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	Summer Term 1				
Overview	Cric	ket		Athle	etics
Skills to be Learnt	<ul> <li>Develop an understanding of the values and rules of Cricket</li> <li>Hold a bat correctly</li> <li>Place shots away from fielder</li> <li>Use defensive shots when appropriate</li> <li>Catch the ball at a variety of heights and speeds</li> <li>Move and gather a ball on the grounds using long barrier</li> <li>Throw the ball accurately</li> <li>Understand the terms off/leg side</li> <li>Hold the ball showing good technique</li> <li>Bowl in a straight line</li> </ul>		Throwing Jumping Running	<ul> <li>Jump hurdles whilst running</li> <li>Run a relay using a baton</li> <li>Understand the roll arms play when running for speed</li> <li>Develop technique of a 1 to 2 foot jump for distance</li> <li>Begin to understand the fundamentals for the triple jump</li> <li>Understand the importance of momentum when jumping for distance</li> <li>Throw a javelin using correct technique</li> <li>Throw a shot putt using correct technique</li> <li>Understand the difference between a putt and a throw</li> <li>Understand how to stay safe</li> </ul>	
	Consider pitch and line when bowling   Ouick Cricket sets			√ Hurdles	
Required Resources	✓ Quick Cricket sets ✓ Cones ✓ Bibs ✓ 15 wind/tennis balls ✓ Field		✓ 6 batons ✓ Measuring tape ✓ 15 Bean bags/ shot putts ✓ Foam Javelins ✓ Stopwatches		
Vocabulary	Offside Full Toss Drive Duck	Leg Side Pitch Crease LBW		Hurdle Momentum Trajectory Throw	Relay Triple Jump Putt Personal Best
Location	Field/Pla			Field	

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		Summer	Term 2	
Overview	Roun	ders	Da	nce
Skills to be Learnt	<ul> <li>Understand the rules of Rounders</li> <li>Understand the different ways a fielder can stop the ball (Long/short barrier and catching) while stationary and moving</li> <li>Throw overarm to a designated base</li> <li>Begin to make good and effective decisions when fielding</li> <li>Throw and catch with accuracy and control</li> <li>Bowl underarm to a set height</li> <li>Become more familiar with the rounders bat and how to hold it</li> </ul>		<ul> <li>Work on movements and refine them</li> <li>Compose dances in a creative and imaginative way</li> <li>Dance showing clarity, fluency, accuracy and consistency</li> <li>Develop imaginative dances in a specific style</li> <li>Choose a variety of music, style and dance (choreography)</li> <li>Choreograph individual and group dances</li> <li>Understand and demonstrate</li> </ul>	
Required Resources	<ul> <li>✓ Rounders Bats</li> <li>✓ Batting Tees</li> <li>✓ Hoops</li> <li>✓ 15 Tennis Balls</li> <li>✓ Cones</li> <li>✓ Bibs</li> </ul>		✓ Gym Mats ✓ Sound System ✓ Related Music	
Vocabulary	Bases Bowler Overarm Rounder	Backstop Fielding Underarm Caught Out	Compose Clear Accurate Unison	Choreograph Fluent Consistent Canon
Location	Field		Hall	