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PE Curriculum

PE Overview

	Autumn 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 	Athletics 	
Year 1	Dance 	Balance and Agility 	Gymnastics 	Throwing & Catching 	Athletics 	
Year 2	Dance 	Multi-skills 	Gymnastics 	Throwing & Catching 	Athletics 	Kickball 
					HRE 	OAA 
Year 3	Multi-Skills 	Rugby 	Netball 	OAA 	Rounders 	Cricket 
	Gymnastics 	HRE 	Dance 	Football 	Invictus 	Athletics 
Year 4	Football 	Netball 	Swimming/HRE 		Cricket 	
	Gymnastics 	Dance 			Athletics 	

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

EYFS

Autumn 1

Moving and travelling



- to move safely into space
- travel around in a variety of ways such as rolling, crawling, walking, jumping, running, hopping, skipping and climbing.
- Negotiate space and obstacles safely with consideration for themselves and others.

Autumn 2

Ball Skills



- Develop a range of ball skills

Spring 1

Gymnastics



- Develop body strength, co-ordination, balance and agility.
- Confidently and safely use a range of large apparatus indoors.

Spring 2

Dance



- Develop a more fluid style of moving with control and grace
- Combine different movements with ease and fluency.

Summer 1



Summer 2

Athletics



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

Year 1

	Autumn Term			
	Autumn 1		Autumn 2	
Overview	Dance 		Balance and Agility 	
Skills to be Learnt	<ul style="list-style-type: none"> • Move to music • Copy dance moves in unison • Change rhythm, speed, level and direction • Move with control and co-ordination • Link movements to show a mood, feeling or in response to a stimulus • Learn short, individual sequences to perform <ul style="list-style-type: none"> • Understand and demonstrate repetition in dance 		<ul style="list-style-type: none"> • Be able to start and stop running on command • Change direction while showing balance • Understand the difference between a sprint and a jog • Develop control of arm movements when running • Develop an understanding of how to play a game fairly and competitively • Listen to an adult and complete physical instructions • Copy balances and show 1,2,3 and 4 point balances • Develop control when balancing for longer than 3 seconds 	
Required Resources	<ul style="list-style-type: none"> ✓ Gym Mats ✓ Sound System ✓ Related Music 		<ul style="list-style-type: none"> ✓ Bibs ✓ Cones ✓ Variety of balls ✓ Gym Mats 	
Vocabulary	Unison	Rhythm	Sprint	Direction
	Beat	Direction	Instructions	Jog
	Sequence	Repeat	Rules	Point Balance
	Travel	Gesture	Competition	Fair Play
Location	Hall		Hall or KS2 playground	

Year 1

Spring Term

Spring 1

Spring 2

Overview

Gymnastics



Throwing and Catching



Skills to be Learnt

- | | |
|---|---|
| <ul style="list-style-type: none"> • Make body tense, relaxed, curled and stretched • Copy sequences and repeat them <ul style="list-style-type: none"> • Roll in different ways • Travel safely in different ways <ul style="list-style-type: none"> • Balance in different ways • 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 | <ul style="list-style-type: none"> • Move fluently, changing speed and direction easily and avoid collisions • Develop control and accuracy when throwing underarm • Develop fluency when catching solo and as a pair • Understand the concept of tracking a ball and being in line with its trajectory • Make good choices between types of throw • Understand the difference between throwing for distance and accuracy • Copy, watch and describe what others do and how they do it |
|---|---|

Required Resources

- ✓ Gym Mats
- ✓ Benches
- ✓ Climbing Frame
- ✓ Gym Tables

- ✓ Cones
- ✓ Variety of different balls
 - ✓ Balloons
 - ✓ Bean bags
- ✓ Targets (hoops/buckets)

Vocabulary

Tense	Relax	Balance	Travel	Speed	Collide
Curl	Routine	Point	Jump	Accuracy	Solo
Stretch	Apparatus	Hold	Pencil Roll	Pair	Throw
Sequence	Perform/ance	Pointed	Bunny Jumps	Distance	Coach

Location

Hall

Hall or KS2 Playground

Year 1

Summer Term 1 and 2

Athletics



Overview

Skills to be Learnt

Running

- Run a sprint (30m)
- Jump hurdles whilst running
- Understand how to start a race

Jumping

- Jump from a stationary position
- Understand how best to land when jumping

Throwing

- Understand how to throw for distance
- Using a side on position to gain distance when throwing

Required Resources

- ✓ Bean bags
- ✓ Cones
- ✓ Hoops
- ✓ Hurdles

Vocabulary

Sprint

Measure

Hurdle

Finish Line

Side On

Landing feet

Improve

Metres

Location

Field, KS2 Playground or Hall

Year 2

Autumn Term 1

Overview

Dance



Skills to be Learnt

- Move to music
- Copy dance moves in unison
- Change rhythm, speed, level and direction
- Move with control and co-ordination
- Link movements to show a mood, feeling or in response to a stimulus
- Learn short, individual sequences to perform
- Understand and demonstrate repetition in dance

Required Resources

- ✓ Gym Mats
- ✓ Sound System
- ✓ Related Music

Vocabulary

Unison

Rhythm

Direction

Sequence

Travel

Gesture

Location

Hall

Year 2

Autumn Term 2

Overview

Multi-Skills



Skills to be Learnt

- Show control when running and moving around a large space
 - Be able to start and stop running on command
 - Change direction while showing balance
 - Show hands to signal a readiness to catch
 - Be able to stop a ball
- Show an understanding for creating tactics
- Be able to react to what is seen and heard simultaneously

Required Resources

- ✓ Cones
- ✓ Bibs
- ✓ Bean bags
- ✓ Tennis balls
- ✓ Hoops

Vocabulary

Start

Stop

Ready Hands

Pause

Location

KS2 playground

Year 2

Spring Term 1

Overview

Gymnastics



Skills to be Learnt

- Make body tense, relaxed, curled and stretched
 - Copy sequences and repeat them
 - Roll in different ways
 - Travel safely in different ways
 - Balance in different ways
 - 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 Tables

Vocabulary

Tense	Relax	Balance	Travel	Squat
Curl	Routine	Point	Tuck Jump	Mirror/Match
Stretch	Apparatus	Hold	Pencil Roll	Dismount
Sequence	Perform/ance	Pointed	Bunny Jumps	Egg Roll

Location

Hall

Year 2

Spring Term 2

Overview

Throwing and Catching



Skills to be Learnt

- Move fluently, changing speed and direction easily and avoid collisions
 - Develop control and accuracy when throwing underarm
 - Develop fluency when catching solo and as a pair
- Understand the concept of tracking a ball and being in line with its trajectory
 - Make good choices between types of throw
- Understand the difference between throwing for distance and accuracy
- Copy, watch and describe what others do and how they do it

Required Resources

- ✓ Cones
- ✓ Variety of different balls
- ✓ Balloons
- ✓ Bean bags
- ✓ Targets (hoops/buckets)

Vocabulary



Speed	Collide
Accuracy	Solo
Pair	Throw
Distance	Coach

Location

KS2 playground



Year 2

Summer Term 1

Overview	Athletics 		Health Related Exercise 	
Skills to be Learnt	Running	<ul style="list-style-type: none"> • Run a sprint (45m) • Jump hurdles whilst running • Understand how to start a race 	<ul style="list-style-type: none"> • Understand what a pulse is • Understand that the heart beats faster while exercising • Be able to take part in a meditation session • Understand that there are different types of fitness • Understand what types of food are good for us • Be able to track fitness • Understand that continuous exercise will improve overall fitness 	
	Jumping	<ul style="list-style-type: none"> • Jump from a stationary position • Understand how best to land when jumping 		
	Throwing	<ul style="list-style-type: none"> • Understand how to throw for distance • Using a side on position to gain distance when throwing 		
Required Resources	<ul style="list-style-type: none"> ✓ Bean bags ✓ Cones ✓ Hoops ✓ Hurdles 		<ul style="list-style-type: none"> ✓ Cones ✓ 15 Tennis Balls ✓ 30 Fitness Testing Sheets ✓ Hoops 	
Vocabulary	Sprint	Measure	Pulse	Meditation
	Side On	Landing feet	Strength	Nutrition
	Hurdle	Finish Line	Muscle	Personal Best
	Improve	Metres	Sugar	Health
Location	Field		Hall	



Year 2

Summer Term 2

<p>Overview</p>	<p style="text-align: center;">Orienteering</p> 	<p style="text-align: center;">Kickball</p> 																
<p>Skills to be Learnt</p>	<ul style="list-style-type: none"> • Be able to name 4 points on a compass • Understand the importance of a key on a map • Show an understanding for reading a compass • Work collaboratively, showing communication with others • Work independently while problem solving • Be able to solve more complex problems 	<ul style="list-style-type: none"> • Develop an understanding for the rules of Kickball • Roll the ball with control and accuracy • Be able to make contact with a rolled ball • Aim and control ball kick • Make decisions of when to run or throw when fielding • Communicate with others while fielding affectively • Work collaboratively with others to achieve a common goal 																
<p>Required Resources</p>	<ul style="list-style-type: none"> ✓ Map of school grounds ✓ Bean Bags ✓ Hoops ✓ 15 compasses ✓ Cones 	<ul style="list-style-type: none"> ✓ Kickballs ✓ Cones ✓ Notepad for scoring 																
<p>Vocabulary</p>	<table border="1" style="width: 100%;"> <tr> <td>Compass</td> <td>North</td> </tr> <tr> <td>East</td> <td>South</td> </tr> <tr> <td>West</td> <td>Key</td> </tr> <tr> <td>Communication</td> <td>Determination</td> </tr> </table>	Compass	North	East	South	West	Key	Communication	Determination	<table border="1" style="width: 100%;"> <tr> <td>Roll</td> <td>Distance</td> </tr> <tr> <td>Posts</td> <td>Fielding</td> </tr> <tr> <td>Bowling</td> <td>Decision Making</td> </tr> <tr> <td>Common goal</td> <td>Accuracy</td> </tr> </table>	Roll	Distance	Posts	Fielding	Bowling	Decision Making	Common goal	Accuracy
Compass	North																	
East	South																	
West	Key																	
Communication	Determination																	
Roll	Distance																	
Posts	Fielding																	
Bowling	Decision Making																	
Common goal	Accuracy																	
<p>Location</p>	<p style="text-align: center;">Field and KS2 Playground</p>																	



Year 3

Autumn Term 1

Overview	Gymnastics 			Multi-Skills 	
Skills to be Learnt	<ul style="list-style-type: none"> • Combine action, balance and shape • Improve the quality of my actions (inc rolls), body shapes, travelling and balances • Create gymnastic sequences that meet a set of conditions • Adapt sequences to suit different types of apparatus • Include a change in speed and direction within my movements <ul style="list-style-type: none"> • Describe and evaluate the effectiveness and quality of a performance (including how strength and suppleness affect performance) • Recognise how performances have improved • Describe own and others' work, making simple judgments about the quality of performances and suggest ways they could be improved 			<ul style="list-style-type: none"> • Show control when running and moving around a medium space • Be able to start and stop running on command quickly • Change direction in multiple ways while showing balance • Show hands and call to signal a readiness to catch • Be able to stop a ball when fielding • Show an understanding of the importance for creating tactics • Be able to react to what is seen and heard simultaneously 	
Required Resources	<ul style="list-style-type: none"> ✓ Gym Mats ✓ Benches ✓ Climbing Frame ✓ Gym Tables 			<ul style="list-style-type: none"> ✓ Cones ✓ Bibs ✓ Bean bags ✓ Tennis balls ✓ Hoops 	
Vocabulary	Adapt Sequence	Quality	Unison	Dodge	Tactics
	Body Shape	Strength	Suppleness	Run	Jog
	Create Sequence	Canon	Teddy Roll	Sprint	Fielding
Location	Hall			KS2 Playground	



Year 3

Autumn Term 2

<p>Overview</p>	<p>Rugby</p> 	<p>Health Related Exercise</p> 		
<p>Skills to be Learnt</p>	<ul style="list-style-type: none"> • Develop an understanding for the rules of Tag Rugby • Demonstrate good ball handling when moving with the ball • Pass and receive the ball (standard pass) • Develop decision making choices to benefit the team (e.g. pass or run) 	<ul style="list-style-type: none"> • Understand what a pulse is and begin to find it independently • Understand that the heart beats faster while exercising • Be able to take part in a meditation session • Understand that there are different types of fitness • Understand that different foods have different nutritional value • Be able to name some important muscles in the human body • Be able to track fitness through written means • Understand that continuous exercise will improve overall fitness 		
<p>Required Resources</p>	<ul style="list-style-type: none"> ✓ 30 pairs Rugby Tags ✓ 30 Rugby Balls (size 4) ✓ Cones ✓ Bibs 	<ul style="list-style-type: none"> ✓ Cones ✓ 15 Tennis Balls ✓ 30 Fitness Testing Sheets ✓ Hoops 		
<p>Vocabulary</p>	<p>Try Line</p>	<p>Tag</p>	<p>Pulse</p>	<p>Meditation</p>
	<p>Weave</p>	<p>Dodge</p>	<p>Strength</p>	<p>Nutrition</p>
	<p>passs</p>	<p>Ball Handling</p>	<p>Muscle</p>	<p>Continuous Exercise</p>
<p>Location</p>	<p>Field or KS2 Playground</p>		<p>Hall/MUGA</p>	



Year 3

Spring Term 1

Overview	<p style="text-align: center;">Dance</p> 	<p style="text-align: center;">Netball</p> 		
Skills to be Learnt	<ul style="list-style-type: none"> • 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 <ul style="list-style-type: none"> • Ensure that dance is rehearsed and purposeful • Work with rhythm using a variety of musical stimulus <ul style="list-style-type: none"> • Learn group dances • Understand and demonstrate unison and begin to understand canon in dance 	<ul style="list-style-type: none"> • Develop an understanding for the rules of Netball • Pass effectively using a variety of techniques (chest, shoulder and bounce pass) • Send and receive a pass whilst moving • Develop the skill of shooting in to a target <ul style="list-style-type: none"> • Shoot whilst under pressure from a defender • Begin to pivot legally while holding the ball • Understand which opponent to mark and maintain concentration to restrict possession 		
Required Resources	<ul style="list-style-type: none"> ✓ Gym Mats ✓ Sound System ✓ Related Music 	<ul style="list-style-type: none"> ✓ 15 Netballs ✓ 4 Hoops/Targets <ul style="list-style-type: none"> ✓ Bibs ✓ Cones 		
Vocabulary	Improvise	Lead	Pivot	Chest pass
	Partner	Group	Shoulder Pass	Bounce Pass
	Phrase	Rehearse	Thirds	Offside
			Center Pass	Court
Location	Hall		KS2 Playground	



Year 3

Spring Term 2

Overview	<p style="text-align: center;">Football</p> 	<p style="text-align: center;">Orienteering</p> 		
Skills to be Learnt	<ul style="list-style-type: none"> • Develop an understanding for the rules of football • Dribble with the ball in front of the body <ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Be able to name 4 points on a compass • Understand the importance of a key on a map • Show an understanding for reading a compass • Work collaboratively, showing communication with others • Work independently while problem solving • Be able to solve more complex problems 		
Required Resources	<ul style="list-style-type: none"> ✓ 30 Footballs (size 4) ✓ Cones ✓ Bibs ✓ Pop up goals 	<ul style="list-style-type: none"> ✓ Map of school grounds ✓ Bean Bags ✓ Hoops ✓ 15 compasses ✓ Cones 		
Vocabulary	<p style="text-align: center;">Corner</p>	<p style="text-align: center;">Foul</p>	<p style="text-align: center;">Compass</p>	<p style="text-align: center;">North</p>
	<p style="text-align: center;">Goal Kick</p>	<p style="text-align: center;">Dribbling</p>	<p style="text-align: center;">East</p>	<p style="text-align: center;">South</p>
	<p style="text-align: center;">Inside Foot</p>	<p style="text-align: center;">Penalty Area</p>	<p style="text-align: center;">West</p>	<p style="text-align: center;">Key</p>
	<p style="text-align: center;">Half Way Line</p>	<p style="text-align: center;">Goal Line</p>	<p style="text-align: center;">Communication</p>	<p style="text-align: center;">Determination</p>
Location	<p style="text-align: center;">KS2 Playground or Field</p>		<p style="text-align: center;">Field and KS2 Playground</p>	

Year 3

Summer Term 1

<p>Overview</p>	<p>Rounders</p> 	<p>Invictus</p> 		
<p>Skills to be Learnt</p>	<ul style="list-style-type: none"> • Develop an understanding for the rules of Rounders • Understand the different ways a fielder can stop the ball (Long/short barrier and catching) while stationary • Throw overarm to a designated base <ul style="list-style-type: none"> • Begin to make good and effective decisions when fielding • Throw and catch with accuracy and control • Bowl underarm to a set height • Become more familiar with the rounders bat and how to hold it 	<ul style="list-style-type: none"> • Develop ability to solve problems • Develop ability to engage in new activities fairly • Begin to understand obstacles facing people on a day-to-day basis <ul style="list-style-type: none"> • Give instructions that help others • Listen carefully to instructions <ul style="list-style-type: none"> • Work collaboratively to overcome a problem • Utilise new skills in competitive situations 		
<p>Required Resources</p>	<ul style="list-style-type: none"> ✓ Rounders Bats ✓ Batting Tees ✓ Hoops ✓ 15 Tennis Balls ✓ Cones 	<ul style="list-style-type: none"> ✓ Goalball ✓ Boccia Set ✓ Old bed sheets ✓ Blindfolds ✓ Bibs ✓ Hoops ✓ Cones 		
<p>Vocabulary</p>	<p>Bases</p>	<p>Backstop</p>	<p>Teamwork</p>	<p>Perseverance</p>
<p></p>	<p>Bowler</p>	<p>Fielding</p>	<p>Disability</p>	<p>Collaborative</p>
<p></p>	<p>Overarm</p>	<p>Underarm</p>	<p>Competitive</p>	<p>Paralympics</p>
<p>Location</p>	<p>Field</p>		<p>Hall or KS2 Playground</p>	

Year 3

Summer Term 2

Overview

Cricket



Athletics



Skills to be Learnt

- Develop an understanding of the values of Cricket
 - Hold a bat correctly
- Catch the ball at a variety of heights and speeds
 - Move and gather a ball on the ground using an appropriate method
- Throw the ball for distance
 - Hold the ball showing good technique
 - Begin to bowl in a straight line
 - Keep bowling arm straight during action

Running

- Run a relay with fluent baton changes
- Jump hurdles whilst running
- Understand the importance of different body positions when running

Jumping

- Jump from a stationary position
- Understand how best to land when jumping
- Learn the basics of the triple jump in isolation

Throwing

- Chest pass for distance using the correct technique
- Understand 45° is key to throw for distance

Required Resources

- ✓ Quick Cricket sets
- ✓ Cones
- ✓ Bibs
- ✓ 15 wind/tennis balls

- ✓ Bean bags
- ✓ Cones
- ✓ Hoops
- ✓ Hurdles
- ✓ Netballs
- ✓ Batons

Vocabulary

Stumps	Underarm	Relay	Hurdle
Overarm	Caught Out	Stationary	Hop
Wicket	Wicket Keeper	Skip/Step	Baton
		Chest Pass	Change Over

Location

KS2 Playground/Field

Field

Year 4

Autumn Term 1

Overview

Football



Gymnastics



Skills to be Learnt

- 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

- Combine action, balance and shape
- Improve the quality of my actions (inc rolls), body shapes, travelling and balances
- Create gymnastic sequences that meet a set of conditions
- Adapt sequences to suit different types of apparatus
- Include a change in speed and direction within my movements
 - Describe and evaluate the effectiveness and quality of a performance (including how strength and suppleness affect performance)
- Recognise how performances have improved

Describe own and others' work, making simple judgments about the quality of performances and suggest ways they could be improved

Required Resources

- ✓ 30 Footballs (size 4)
 - ✓ Cones
 - ✓ Bibs
- Pop up goals

- ✓ Gym Mats
 - ✓ Benches
 - ✓ Climbing Frame
- Gym Tables

Vocabulary

Corner	Foul	Create Sequence	Quality	Unison
Goal Kick	Dribbling	Body Shape	Strength	Suppleness
Inside Foot	Penalty Area	Adapt Sequence	Canon	Teddy Roll
Half Way Line	Goal Line			

Location

KS2 Playground or Field

Hall

Year 4

Autumn Term 2

Overview

Netball



Dance



Skills to be Learnt

- Develop an understanding for the rules of Netball
- Pass effectively using a variety of techniques (chest, shoulder and bounce pass)
- Send and receive a pass whilst moving
- Develop the skill of shooting in to a target
- Shoot whilst under pressure from a defender
- Begin to pivot legally while holding the ball
- Understand which opponent to mark and maintain concentration to restrict possession

- 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

Required Resources

- ✓ 15 Netballs
- ✓ 4 Hoops/Targets
- ✓ Bibs
- ✓ Cones

- ✓ Gym Mats
- ✓ Sound System
- ✓ Related Music

Vocabulary

Pivot	Chest pass	Improvise	Lead
Shoulder Pass	Bounce Pass	Partner	Group
Thirds	Offside	Phrase	Rehearse
Center Pass	Court	Unison	Canon

Location

KS2 Playground

Hall

Year 4

Spring Term 1 and 2

Overview

Swimming



Skills to be Learnt

Content delivered by Tewkesbury High School's qualified swimming teachers

- Develop pool safety skills and confidence in and around water
- Travel vertically and horizontally (with the aid of floats)
 - Practise a push and glide
- Develop kicking action on front and back
- Develop safe entry and exit of a pool
- Learn to float and submerge in water
 - Show breath control
 - Tread water

Select a stroke suitable for an intended purpose

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.

Vocabulary

Front crawl	Backstroke	Breaststroke	Deep End	Shallow End
Submerge	Float	Vertically	Horizontally	Push and Glide

Location



Tewkesbury High School

HRE on outdoor gym equipment



Year 4

Summer Term 1 and 2

Overview	Cricket 		Athletics 		
Skills to be Learnt	<ul style="list-style-type: none"> • Develop an understanding of the values of Cricket • Hold a bat correctly • Begin to place shots strategically 		Running <ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Jump hurdles whilst running • Run a relay using a baton • Understand the roll arms play when running for speed • Understand the importance of pace when running a variety of distances 	
	<ul style="list-style-type: none"> • Catch the ball at a variety of heights and speeds • Gather a bouncing ball • Move and gather a ball on the ground using long barrier • Throw the ball for distance 			Jumping <ul style="list-style-type: none"> • 	<ul style="list-style-type: none"> • Develop technique of a 1 to 2 foot jump for distance • Begin to understand the fundamentals of the triple jump • Understand the importance of momentum when jumping for distance
	<ul style="list-style-type: none"> • Hold the ball showing good technique • Begin to bowl in a straight line • Keep bowling arm straight during action 				Throwing <ul style="list-style-type: none"> •
Required Resources	<ul style="list-style-type: none"> ✓ Quick Cricket sets ✓ Cones ✓ Bibs 15 wind/tennis balls 		<ul style="list-style-type: none"> ✓ Hurdles ✓ 6 batons ✓ Measuring tape ✓ 15 Bean bags ✓ Foam Javelins ✓ Shot putts/Tennis Balls Stopwatches 		
Vocabulary	Stumps	Underarm	Hurdle	Relay	
	Overarm	Caught Out	Pace	Hop	
	Wicket	Wicket Keeper	Skip	Putt	
			Throw	Endurance	
location	Field and KS2 Playground		Field/ KS2 Playground		

Year 5

Autumn Term 1+2

Overview

Swimming



Skills to be Learnt

Content delivered by Tewkesbury High School's qualified swimming teachers

- Develop pool safety skills and confidence in and around water
- Travel vertically and horizontally (with the aid of floats)
 - Practise a push and glide
- Develop kicking action on front and back
- Develop safe entry and exit of a pool
- Learn to float and submerge in water
 - Show breath control
 - Tread water
- Select a stroke suitable for an intended purpose

Vocabulary

Front crawl

Backstroke

Breaststroke

Deep End

Shallow End

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

HRE on outdoor gym equipment



Year 5

Spring Term 1

Overview

Football



Dance



Skills to be Learnt

- Develop an understanding for the rules of football
- Continue to become more fluent when dribbling in different directions
 - Stop the ball
 - Pass the ball accurately
- Pass the ball so that the ball is off the ground
- Use an appropriate technique while shooting at a target
- Aim for corners when shooting
- Tackle an opponent while they are dribbling

- Work on movements and refine them
- Compose dances in a creative and imaginative way
- Dance showing clarity, fluency, accuracy and consistency
- Develop imaginative dances in a specific style
- Choose a variety of music, style and dance (choreography)
 - Choreograph individual and group dances
- Understand and demonstrate unison and canon in dance

Required Resources

- ✓ 30 Footballs (size 4)
- ✓ Cones
- ✓ Bibs
- ✓ Pop up goals

- ✓ Gym Mats
- ✓ Sound System
- ✓ Related Music

Vocabulary

Corner	Foul	Compose	Choreograph
Goal Kick	Dribbling	Clear	Fluent
Inside Foot	Penalty Area	Accurate	Consistent
Half Way Line	Goal Line	Unison	Canon



Location

Field or KS2 Playground

Hall

Year 5

Spring Term 2

Overview	<p style="text-align: center;">Rugby</p> 	<p style="text-align: center;">Hockey</p> 		
Skills to be Learnt	<ul style="list-style-type: none"> • 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 style="list-style-type: none"> • Develop an understanding for the rules of Hockey • Understand the different parts of the stick • Dribble the ball with the open and reverse side of the stick with control and accuracy in open and closed scenarios • Develop accuracy and control when selecting a push pass • Strike the ball accurately into a target using a push shot • Stop the ball fluently using the correct technique 		
Required Resources	<ul style="list-style-type: none"> ✓ 30 pairs Rugby Tags ✓ 30 Rugby Balls (size 4) ✓ Cones ✓ Bibs 	<ul style="list-style-type: none"> ✓ 30 Hockey Sticks ✓ 30 Hockey Balls/Tennis Balls ✓ Cones ✓ Bibs ✓ Pop up goals 		
Vocabulary	Tag	Try Line	Dribble	Flick
	Dodge	Weave	Obstruction	Feint
	Ball Handling	Pop Pass	Clear	Cross
	Square On	Offside	Jab Tackle	Open/Reverse Side
Location	Field or KS2 Playground		Playground	

Year 5

Summer Term 1

Overview

Tennis



Athletics



✓ Skills to be Learnt

- Grip the racket correctly
- Develop ability to be able to make contact with the ball (regardless of direction)
- Develop a knowledge of basic tennis rules (including court layout)
 - To serve underarm (cross-court) successfully
 - To be able to return a serve within court dimensions
 - To understand how to rally
 - Develop number of shots completed within a rally

Running

- Jump hurdles while running
- Run a relay using a baton
- Understand the roll arms play when running for speed

Jumping

- Develop technique of a 1 to 2 foot jump for distance
- Begin to understand the fundamentals for the triple jump
- Understand the importance of momentum when jumping for distance

Throwing

- Throw a javelin using correct technique
- Throw a shot putt using correct technique
- Understand the difference between a putt and a throw
- Understand how to stay safe during throwing events

Required Resources

- ✓ Tennis Rackets
- ✓ Tennis Nets
- ✓ Tennis Balls
- ✓ Cones

- ✓ Hurdles
- ✓ 6 batons
- ✓ Measuring tape
- ✓ 15 Bean bags/ shot putts
- ✓ Foam Javelins
- ✓ Stopwatches

Vocabulary

Serve	Rally	Hurdle	Relay
Grip	Volley	Momentum	Triple Jump
Court	Ace	Trajectory	Putt
Backhand	Forehand	Throw	Personal Best



Location

KS2 Playground

Field

Year 5

Summer Term 2

Overview	<p style="text-align: center;">Cricket</p> 	<p style="text-align: center;">Basketball</p> 																
Skills to be Learnt	<ul style="list-style-type: none"> • Develop an understanding of the values and rules of Cricket <ul style="list-style-type: none"> • Hold a bat correctly • Place shots away from fielder • Catch the ball at a variety of heights and speeds • Move and gather a ball on the grounds using long barrier <ul style="list-style-type: none"> • Throw the ball accurately • Hold the ball showing good technique • Bowl in a straight line 	<ul style="list-style-type: none"> • Develop an understanding for the rules of Basketball <ul style="list-style-type: none"> • Dribble legally in various directions in open and closed scenarios • Increase accuracy and control of a variety of pass types (chest, bounce or javelin) • Send and receive the ball while stationary and moving • Shoot in to target using the correct technique in open and closed scenarios • Defend using the correct stance 																
Required Resources	<ul style="list-style-type: none"> ✓ Quick Cricket sets ✓ Cones ✓ Bibs ✓ 15 wind/tennis balls ✓ Field 	<ul style="list-style-type: none"> ✓ 15 Basketballs ✓ 4 Hoops/Targets ✓ Bibs ✓ Cones 																
Vocabulary	<table border="1" style="width: 100%;"> <tr> <td>Bowl</td> <td>Grip</td> </tr> <tr> <td>Boundary</td> <td>Four</td> </tr> <tr> <td>Wicket</td> <td>Six</td> </tr> <tr> <td>Stumps</td> <td>Stumped</td> </tr> </table>	Bowl	Grip	Boundary	Four	Wicket	Six	Stumps	Stumped	<table border="1" style="width: 100%;"> <tr> <td>Double Dribble</td> <td>Chest Pass</td> </tr> <tr> <td>Bounce Pass</td> <td>Javelin Pass</td> </tr> <tr> <td>Assist</td> <td>Backboard</td> </tr> <tr> <td>Lay Up</td> <td>Man to Man</td> </tr> </table>	Double Dribble	Chest Pass	Bounce Pass	Javelin Pass	Assist	Backboard	Lay Up	Man to Man
Bowl	Grip																	
Boundary	Four																	
Wicket	Six																	
Stumps	Stumped																	
Double Dribble	Chest Pass																	
Bounce Pass	Javelin Pass																	
Assist	Backboard																	
Lay Up	Man to Man																	
Location	<p style="text-align: center;">Field</p>	<p style="text-align: center;">KS2 Playground</p>																

Year 6

Autumn Term 1

Overview

Netball



Dance



Skills to be Learnt

- Develop an understanding for the rules of Netball
- Pass effectively using a variety of techniques (chest, shoulder and bounce pass)
- Send and receive a pass whilst moving and/or under pressure
- Further develop the skill of shooting in to a target
- Shoot whilst under pressure from a defender
- Use movement to create space and receive a pass
- Pivot legally while holding the ball
- Understand which opponent to mark and maintain concentration to restrict possession

- Work on movements and refine them
- Compose dances in a creative and imaginative way
- Dance showing clarity, fluency, accuracy and consistency
- Develop imaginative dances in a specific style
- Choose a variety of music, style and dance (choreography)
- Choreograph individual and group dances
- Understand and demonstrate unison and canon in dance

Required Resources

- ✓ 15 Netballs
- ✓ 4 Hoops/Targets
- ✓ Bibs
- ✓ Cones

- ✓ Gym Mats
- ✓ Sound System
- ✓ Related Music

Vocabulary

Pivot	Chest pass	Compose	Choreograph
Shoulder Pass	Bounce Pass	Clear	Fluent
Thirds	Offside	Accurate	Consistent
Center Pass	Court	Unison	Canon

Location

KS2 Playground

Hall

Year 6

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

- Develop an understanding for the rules of Basketball
 - Dribble legally in various directions in open and closed scenarios
- Increase accuracy and control of a variety of pass types (chest, bounce or javelin)
- Send and receive the ball while stationary and moving
- Shoot in to target using the correct technique in open and closed scenarios
- Defend using the correct stance
 -

Required Resources

- ✓ 30 pairs Rugby Tags
- ✓ 30 Rugby Balls (size 4)
 - ✓ Cones
 - ✓ Bibs

- ✓ 15 Basketballs
- ✓ 4 Hoops/Targets
 - ✓ Bibs
 - ✓ Cones

Vocabulary

Tag	Try Line	Double Dribble	Chest Pass
Dodge	Weave	Bounce Pass	Javelin Pass
Ball Handling	Pop Pass	Assist	Backboard
Square On	Offside	Lay Up	Man to Man

Location

Field or KS2 Playground

MUGA

Year 6

Spring Term 1

Overview

Hockey



Gymnastics



Skills to be Learnt

- Develop an understanding for the rules of Hockey
- Understand the different parts of the stick
- Dribble the ball with the open and reverse side of the stick with control and accuracy in open and closed scenarios
- Develop accuracy and control when selecting a push pass
- Strike the ball accurately into a target using a push shot
- Stop the ball fluently using the correct technique

- Make complex or extended sequences
- Ensure movements are accurate, clear and consistent
- Link sequences to specific timings during partner/group work
- Perform actions, shapes and balances consistently and fluently
- Combine and perform gymnastic actions, shapes, travel and balances more fluently and effectively across a variety of apparatus
- Perform consistently to different audience sizes
- Evaluate own and others' work, giving constructive feedback about the quality of movements

Required Resources

- ✓ 30 Hockey Sticks
- ✓ 30 Hockey Balls/Tennis Balls
- ✓ Cones
- ✓ Bibs
- ✓ Pop up goals

- ✓ Gym Mats
- ✓ Benches
- ✓ Climbing Frame
- ✓ Gym Tables

Vocabulary

Dribble	Flick	Forward Roll	Dis/mount
Obstruction	Feint	Backward Roll	Stabilise
Clear	Cross	Constructive	Extension
Jab Tackle	Open/Reverse Side	Partner Balance	Timing

Location

KS2 Playground

Hall

Year 6

Spring Term 2

<p>Overview</p>	<p>Tennis</p> 		<p>HRE</p> 	
<p>Skills to be Learnt</p>	<ul style="list-style-type: none"> • Grip the racket correctly • Develop ability to be able to make contact with the ball (regardless of direction) • Develop a knowledge of basic tennis rules (including court layout) • To serve underarm (cross-court) successfully • To be able to return a serve within court dimensions • To understand how to rally ✓ Develop number of shots completed within a rally 		<ul style="list-style-type: none"> • Develop knowledge of how food and drink consumed affects our body • Develop ability to exercise to different intensities • Find their pulse independently and explain why heart rate increases • Develop ability to utilise knowledge and understanding of the body to improve peer's fitness • Understand that different foods have different nutritional value • Be able to track fitness through written means • Understand that continuous exercise will improve overall fitness 	
<p>Required Resources</p>	<ul style="list-style-type: none"> ✓ Tennis Rackets ✓ Tennis Nets ✓ Tennis Balls ✓ Cones 		<ul style="list-style-type: none"> ✓ Cones ✓ Speed bounce ✓ 30 Fitness Testing Sheets ✓ Tennis balls ✓ Mats 	
<p>Vocabulary</p>	Rally	Serve	Pulse	Personal trainer
	Volly	Grip	Strength	Nutrition
	Court	Ace	Muscle hypertrophy	Endurance
	Backhand	Forehand	Antagonistic pair	Fitness
<p>Location</p>	KS2 Playground		Hall/MUGA	

Year 6

Summer Term 1

Overview

Cricket



Athletics



Skills to be Learnt

- Develop an understanding of the values and rules of Cricket
 - Hold a bat correctly
 - Place shots away from fielder
- Use defensive shots when appropriate
- Catch the ball at a variety of heights and speeds
- Move and gather a ball on the grounds using long barrier
- Throw the ball accurately
 - Understand the terms off/leg side
- Hold the ball showing good technique
 - Bowl in a straight line
- Consider pitch and line when bowling

Running

- Jump hurdles whilst running
- Run a relay using a baton
- Understand the roll arms play when running for speed

Jumping

- Develop technique of a 1 to 2 foot jump for distance
- Begin to understand the fundamentals for the triple jump
- Understand the importance of momentum when jumping for distance

Throwing

- Throw a javelin using correct technique
- Throw a shot putt using correct technique
- Understand the difference between a putt and a throw
- Understand how to stay safe during throwing events

Required Resources

- ✓ Quick Cricket sets
- ✓ Cones
- ✓ Bibs
- ✓ 15 wind/tennis balls
- ✓ Field

- ✓ Hurdles
- ✓ 6 batons
- ✓ Measuring tape
- ✓ 15 Bean bags/ shot putts
- ✓ Foam Javelins
- ✓ Stopwatches

Vocabulary

Offside

Leg Side

Hurdle

Relay

Full Toss

Pitch

Momentum

Triple Jump

Drive

Crease

Trajectory

Putt

Duck

LBW

Throw

Personal Best

Location

Field/Playground

Field

Year 6

Summer Term 2

Overview

Rounders



Dance



Skills to be Learnt

- Understand the rules of Rounders
- Understand the different ways a fielder can stop the ball (Long/short barrier and catching) while stationary and moving
- Throw overarm to a designated base
 - Begin to make good and effective decisions when fielding
- Throw and catch with accuracy and control
- Bowl underarm to a set height
- Become more familiar with the rounders bat and how to hold it

- Work on movements and refine them
- Compose dances in a creative and imaginative way
- Dance showing clarity, fluency, accuracy and consistency
- Develop imaginative dances in a specific style
- Choose a variety of music, style and dance (choreography)
 - Choreograph individual and group dances
- Understand and demonstrate unison and canon in dance

Required Resources

- ✓ Rounders Bats
- ✓ Batting Tees
- ✓ Hoops
- ✓ 15 Tennis Balls
- ✓ Cones
- ✓ Bibs

- ✓ Gym Mats
- ✓ Sound System
- ✓ Related Music

Vocabulary

Bases	Backstop	Compose	Choreograph
Bowler	Fielding	Clear	Fluent
Overarm	Underarm	Accurate	Consistent
Rounder	Caught Out	Unison	Canon

Location

Field

Hall