

Physical Education (PE)

Curriculum Principles

By the end of Year 6, a student of PE at Dixons Manningham Primary will:

- Have developed a secure foundation of basic movement, balance, co-ordination, flexibility and agility skills which allow students to apply these basic principles to a range of sports.
- Have a secure knowledge of how the body works in response to physical exercise and diet; being able to confidently articulate the changes which occur physiologically during a warm-up and cool down as well as the increased physical demands sport has on their body.
- Know the physical, mental and social benefits of lifelong participation in physical activity and have considered the negative impacts of a sedentary lifestyle.
- Have developed a knowledge of a secure range of Primary level sports and activities alongside leadership and team building skills which will allow them to make informed choices about future sports participation.

The sequence of knowledge is underpinned by the following strategic anchors:

- being able to talk about the changes to their body when exercising and explain why these changes occur
- lead appropriate warm up and cool downs for others
- utilise running, jumping, throwing and catching in isolation and combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- perform dances using a range of movement patterns and take leadership with designing personal routines alongside others
- develop secure flexibility, strength, balance and co-ordination, technique and control
- demonstrate team work and leadership skills across a variety of areas
- demonstrate secure communication skills with others across all areas of learning

The PE curriculum will address social disadvantage by addressing gaps in students' knowledge and skills:

- on the benefits of how physical activity positively impacts on health and well-being across all areas of life, not just during the time when active sports participation is taking place
- promote how being positively engaged with sport/physical activity can have a positive impact on other aspects of 'self', such as self-confidence, resilience, perseverance and relationship development
- PE will work closely with our Science and PSHCE curriculum topics in order to create a well-rounded, fully balanced learning experience which ties in knowledge across the curriculum areas for every key stage
- Extra-curricular activities, as well as active playtimes, will support to further promote a health and wellbeing

PE Curriculum Overview

EYFS

Cycle 1	Cycle 2	Cycle 3
<p>First PE</p> <p>Negotiate space and obstacles safely; with consideration for themselves and others. Demonstrate strength, balance and co-ordination. Move energetically, such as running, jumping, hopping, and skipping</p> <p>Dance</p> <p>Moving in time to happy and sad music Experiment with actions at different levels Experiment with different ways of moving Moving around as different characters or animals to the music</p>	<p>Ball skills</p> <p>Negotiate space and obstacles safely; with consideration for themselves and others. Demonstrate strength, balance and co-ordination. Move energetically, such as running, jumping, hopping, and skipping</p> <p>Gymnastics</p> <p>Can experiment with different shapes Experiment with different ways of rolling in small shape Experiment with different jumps Experiment with balancing on different body parts Moving along the floor in different ways like aliens sliding, rolling, stretching etc Show a start shape, middle and finishing shape (beginning of a sequence) Moving on and off apparatus safely</p>	<p>Multi-skills</p> <p>Experiment with different ways of balancing Experiment with different ways of moving ball with different body parts (co-ordination) Experiment with different ways of moving (agility) Working with friends in a team-taking turns</p> <p>Athletics</p> <p>Marching/running for co-ordination Experiment with different ways of throwing under/overarm Experiment with different ways of jumping- measuring with various objects Working with friends in a team – taking turns Leaping over cones, spots and throw down strips from standing</p>

<p>Dance (Indoor)</p> <p>Listen to the music and begin to move in time to it</p> <p>Perform basic dance movements</p> <p>Perform dance movements showing some levels</p> <p>Perform basic dance travelling movements e.g. stepping, skipping, jumping</p> <p>Perform simple dance moves with some control</p> <p>Ball Skills / Invasion Games (Outdoor)</p> <p>Catch/receive a ball safely.</p> <p>Pass a ball with some control (using either hands, feet or object)</p> <p>Introducing footwork e.g. stopping and freezing in adapted games, landing on spots with two feet</p> <p>Move into a space in a game, looking to throw/pass the ball to someone in a space</p> <p>Follow an opponent in a game/adapted game</p> <p>Scoring in a variety of ways- into hoops, goals or targets</p> <p>Begin to develop tactics for attacking and defending.</p> <p>Children begin to learn rules of adapted games.</p> <p>They learn that rules are there to keep you safe and encourage fair play</p> <hr/> <p>Gymnastics (Indoor)</p> <p>Can perform various shapes</p> <p>Perform basic jump (straight jump, Star jump)</p> <p>Perform a tuck rock and a tuck roll and rocket roll with pointed toes</p> <p>Perform a simple balance holding for 3 seconds</p> <p>Perform a bunny hop- hands first then feet</p> <p>Perform a basic sequence (roll, jump and roll)</p> <p>Moving on and off apparatus with control</p> <p>Ball Games / Invasion Games (Outdoor)</p> <p>Catch/receive a ball safely.</p> <p>Pass a ball with some control (using either hands, feet or object)</p> <p>Introducing footwork e.g. stopping and freezing in adapted games, landing on spots with two feet</p> <p>Move into a space in a game, looking to throw/pass the ball to someone in a space</p> <p>Follow an opponent in a game/adapted game</p> <p>Scoring in a variety of ways- into hoops, goals or targets</p> <p>Begin to develop tactics for attacking and defending.</p> <p>Children begin to learn rules of adapted games.</p> <p>They learn that rules are there to keep you safe and encourage fair play</p>	<p>Yoga (Indoor)</p> <p>Experiment with different Yoga poses both static and moving</p> <p>Begin short relaxation games</p> <p>Create different sun shapes with their body</p> <p>Challenge themselves to make up their own animal poses</p> <p>Listen to the Yoga story and create poses</p> <p>Football Fundamentals (Outdoor)</p> <p>Explore stopping a ball with different parts of the body</p> <p>Experiment kicking the ball with feet to a partner</p> <p>Move a bean bag/ball on the floor using inside of foot Fox and rabbits game.</p> <p>Object of the game is to move away from the rabbit onto a spot (finding a space)</p> <p>Shooting into a target on the floor</p> <p>Introducing fun games e.g. Player in the middle, defending hoops (beginnings of attacking, defending)</p> <hr/> <p>Dance (Indoor)</p> <p>Listen to the music and begin to move in time to it</p> <p>Perform basic dance movements</p> <p>Perform dance movements showing some levels</p> <p>Perform basic dance travelling movements e.g. stepping, skipping, jumping</p> <p>Perform simple dance moves with some control</p> <p>Rugby Fundamentals (Outdoor)</p> <p>Follow a partner to steal their bib - introducing tag games</p> <p>Passing an object to another child</p> <p>Move with different objects in their hands</p> <p>Trying to get around a static player in a coned area</p> <p>Scoring points with beanbag treasure in a simple hoop invasion game</p> <p>Fun game getting past the fish (defender) in a small area. Fish (defender) trying to get the tails</p>	<p>Gymnastics (Indoor)</p> <p>Can perform various shapes</p> <p>Perform basic jump (straight jump, Star jump)</p> <p>Perform a tuck rock and a tuck roll and rocket roll with pointed toes</p> <p>Perform a simple balance holding for 3 seconds</p> <p>Perform a bunny hop- hands first then feet</p> <p>Perform a basic sequence (roll, jump and roll)</p> <p>Moving on and off apparatus with control</p> <p>Kwik Cricket (Outdoor)</p> <p>Rolling and stopping a ball with one/two hands</p> <p>Throw and catch a ball with some control</p> <p>Bowl underarm towards a target</p> <p>Hit a ball off a tee using various bats Play a modified game hitting off a tee Small-sided adapted games.</p> <p>Begin to develop tactics for striking and fielding</p> <hr/> <p>Multi-skills (Indoor)</p> <p>Balance on lines with control and use equipment to balance on various parts of the body</p> <p>Changing direction with some control (agility)</p> <p>Co-ordinating body whilst beginning to move with equipment</p> <p>Co-operate, compete and challenge themselves as a team in various games</p> <p>Athletics (Outdoor)</p> <p>Running/ pumping arms at various speeds</p> <p>Throw a variety of objects with some accuracy</p> <p>Jumping, bending knees and pushing off – being competitive to improve distance as a pair</p> <p>Co-operate and compete in a team in various running games.</p> <p>Leaping over throw down strips and low hurdles when moving</p>
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<p>Dance (Indoor)</p> <p>Move in time to the music showing some expression Perform dance movements with control Perform dance movements showing a variety of levels Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing Remember simple dance steps, perform with control in time to the music</p> <p>Ball Skills (Outdoor)</p> <p>Introduce a various passes (hands/feet/object) continuing to develop control of pass Adapted games - developing thought process of footwork rule e.g. superhero ball e.g. no running with the ball Move into a space to catch/receive a ball. Pass the ball to someone in a space Follow/mark an opponent and trying to win (intercept) the ball Scoring in a variety of ways and begin to use in a game situation Develop tactics for attacking and defending Play adapted games-learning different rules. Encouraging fair play and respect</p> <p>-----</p>	<p>Yoga (Indoor)</p> <p>Can perform shapes with a strong body and control Perform jumps (straight, star, tuck jump) with control and a strong body Perform a tuck rock, tuck roll, forward roll and dish/arch roll Perform a balance on one or more parts of body Perform a bunny hop – hands flat with straight arms Perform a sequence on apparatus– (roll, jump and balance) Moving on and off apparatus with strong body and control</p> <p>Football Fundamentals (Outdoor)</p> <p>Stopping a ball with the sole and inside of feet Pass the ball to a partner P,P,P, Plant, Pass Point to help with accuracy Dribble the ball with the inside of feet, keeping the ball close to their body- dribble into a space Improve tackling by using adapted games-introduce intercepting play Scoring in a variety of ways and begin to use in a game situation Begin to include some basic tactics for attacking and defending in conditioned games Play an adapted and conditioned games 5v5</p> <p>-----</p>	<p>Gymnastics (Indoor)</p> <p>Can perform shapes with a strong body and control Perform jumps (straight, star, tuck jump) with control and a strong body Perform a tuck rock, tuck roll, forward roll and dish/arch roll Perform a balance on one or more parts of body Perform a bunny hop – hands flat with straight arms Perform a sequence on apparatus– (roll, jump and balance) Moving on and off apparatus with strong body and control</p> <p>Kwik Cricket (Outdoor)</p> <p>Roll and stop a ball with control/accuracy Throw underarm with some accuracy and catch a ball Bowl underarm towards a target with control and accuracy Begin to hold the bat in correct position and hit a ball off a tee Play a modified game encouraging teamwork when fielding Small-sided games using various types of equipment. Develop tactics for striking and fielding</p> <p>-----</p>
<p>Gymnastics (Indoor)</p> <p>Can perform shapes with a strong body and control Perform jumps (straight, star, tuck jump) with control and a strong body Perform a tuck rock, tuck roll, forward roll and dish/arch roll Perform a balance on one or more parts of body Perform a bunny hop – hands flat with straight arms Perform a sequence on apparatus– (roll, jump and balance) Moving on and off apparatus with strong body and control</p> <p>Ball Games (Outdoor)</p> <p>Introduce a various passes (hands/feet/object) continuing to develop control of pass Adapted games - developing thought process of footwork rule e.g. superhero ball e.g. no running with the ball Move into a space to catch/receive a ball. Pass the ball to someone in a space Follow/mark an opponent and trying to win (intercept) the ball Scoring in a variety of ways and begin to use in a game situation Develop tactics for attacking and defending Play adapted games-learning different rules. Encouraging fair play and respect</p>	<p>Dance (Indoor)</p> <p>Move in time to the music showing some expression Perform dance movements with control Perform dance movements showing a variety of levels Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing Remember simple dance steps, perform with control in time to the music</p> <p>Tag Rugby (Outdoor)</p> <p>Tag a player when facing your partner - raise hand and call "Tag" Move with the ball, holding it with hands-chest height Pass the ball sideways- with smile technique Dodge around a defender in a small area Scoring a try in an adapted game- focus placing ball down with 2 hands and staying on feet Small-sided games using various types of equipment. Develop tactics for attacking and defending</p>	<p>Multi-skills (Indoor)</p> <p>Balance on low equipment with good control Changing direction quickly with good balance and control (agility) Co-ordinating body whilst beginning to move at different speeds with various equipment Complete challenges as a team in various running/obstacle games and working to improve performance</p> <p>Athletics</p> <p>Using arms and keeping head still when exploring running patterns Throw in correct stance 'Usain Bolt position' Use arms to improve jumping technique – beating their own score Compete in a team in various running/obstacle games and working together to improve team performance Leaping over hurdles beginning to compete against self and others</p>

<p>Dance (Indoor)</p> <p>Collaborate to make a dance warm up Use a stimulus to create a dance Dance in unison with a partner Perform in canon with a group Use some different levels and pathways</p> <p>Basketball (Outdoor)</p> <p>Ball Awareness-moving ball around different parts of the body Dribbling and bouncing a ball in a variety of ways 'push not pat' Pass and receive a ball with some control Scoring into smaller targets Dodge in a conditioned game to get into a space, begin to apply some basic principles suitable for attacking Protecting the ball in an adapted game Introduce 3v3 mini basketball or an adapted game. Introduce tip off and key rules</p> <hr/> <p>Gymnastics (Indoor)</p> <p>Can perform a variety of shapes with good control Perform a straight jump with a half turn Perform a Teddy bear roll Perform Point and Patch balances Perform a bunny hop across a mat run and onto/across low benches and apparatus Perform a short sequence on mats (using levels directions control) Hopscotch on throw down feet-introduction to hurdle step onto apparatus</p> <p>Hockey: Quicksticks (Outdoor)</p> <p>Dribble the ball holding the stick in correct position Perform a pass and look for a space in an adapted game to receive the ball Pass and receive a ball with some control Begin to tackle a player safely- when stationary and moving Score whilst the ball is stationary. Adapted games to focus on accuracy Adapted games, with variations of rules, begin to apply some basic principles for attacking & defending</p>	<p>Yoga (Indoor)</p> <p>Perform more complex Yoga poses showing control and increased flexibility</p> <p>Sit in lotus pose relax and begin to focus on breathing in and out of nose Perform Cobra pose 2 (used in sun salutation) Improve on balance to perform swaying tree pose Collaborate to create a Yoga Fun Facts routine</p> <p>Football (Outdoor)</p> <p>Control a ball using inside, outside and sole of feet Pass the ball with inside of feet with accuracy. Pass the ball to someone in a space Dribble the ball, beginning to turn with some control (inside and outside hook) Defend making a tackle in isolation (a conditioned game) Shooting - Kick a stationary ball past a goal keeper Adapted games, begin to apply some basic principles for attacking & defending in small sided games Small sided games 6v6</p> <hr/> <p>Dance (Indoor)</p> <p>Collaborate to make a dance warm up Use a stimulus to create a dance Dance in unison with a partner Perform in canon with a group Use some different levels and pathways</p> <p>Tag Rugby (Outdoor)</p> <p>Tag another player, face on and keeping body position low to the ground Move with a ball in their hands using correct position Pass the ball backwards and sideways in isolation Move into a space to avoid a defender, through dodging techniques Beat a defender to score a try in various scoring zones Adapted games, with variations of rules, begin to apply some basic principles for attacking & defending</p>	<p>Gymnastics (Indoor)</p> <p>Can perform a variety of shapes with good control Perform a straight jump with a half turn Perform a Teddy bear roll Perform Point and Patch balances Perform a bunny hop across a mat run and onto/across low benches and apparatus Perform a short sequence on mats (using levels directions control) Hopscotch on throw down feet-introduction to hurdle step onto apparatus</p> <p>Rounders (Outdoor)</p> <p>Throw under/over arm and catch a ball with control and some accuracy Bowling a ball (between the batters knee and head) from a short distance Using various equipment to strike the ball with adapted bats e.g tennis racket, rounders bat Stop the ball using two hands and attempt a long barrier Adapted games, with variations of rules, begin to apply some basic principles, through striking and fielding</p> <hr/> <p>Multi-skills (Indoor)</p> <p>Balancing on various body parts while moving Agility focus -changing direction at speed Co-ordinate body to perform a combination of movements Complete a variety of fitness tests successfully and achieve a personal best</p> <p>Athletics (Outdoor)</p> <p>Begin to perform 'FAST' technique Throw a javelin/vortex using correct stance, rotating hips forward Perform a hop, step and jump (standing triple jump) in isolation and in combination Develop running for distance In warm ups Run and take off over obstacles at some speed Develop relay change over techniques</p>
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<p>Dance (Indoor) Cooperate to make a dance warm up and take on a leadership role Respond imaginatively to a stimulus Dance in unison with a partner/group performing a range of movement patterns Perform in canon showing a range of movement patterns Perform a variety of levels and pathways in a dance</p> <p>Basketball (Outdoor) Ball Awareness-moving ball around different parts of the body with control Dribbling and bouncing a ball with control and using either hand Pass and receive, stepping into the pass (chest and bounce pass) Scoring into a net/hoop in a small sided 3v3 basketball game Perform a jump and stride stop with a pivot Dodging around a player with the ball, focus on dodging into a space Protecting the ball - using the pivot to protect the ball. Begin to apply basic principles suitable for defending Introduce 4v4 or adapted game. Begin to use some additional rules e.g double dribble, travelling.</p> <p>-----</p> <p>Gymnastics (Indoor) Can perform a variety of shapes with good control when performing various skills Perform various jumps and develop travelling across the mat Teddy bear roll with a partner/group in sequence with pointed toes Perform matching and mirroring balance routines on apparatus Perform a bunny hop onto a variety of apparatus with control Perform a short sequence on mats and apparatus showing levels, unison, and pointed toes Hopscotch across the floor to develop hurdle step onto low apparatus</p> <p>Quicksticks (Outdoor) Dribble and stop the ball with control Pass the ball over a longer distance with accuracy and power Perform a short pass and begin to move into a space and receive the ball with some control Tackle a player beginning to use the correct grip and positioning -bend knees, low to the ground. Develop shooting - at targets/goals. Beginning to score whilst the ball is moving Play adapted games, Children encouraged to think of tactics when attacking and defending</p>	<p>Yoga(Indoor) Perform more complex yoga poses developing core strength and good flexibility Begin to focus on breathing in more than one pose Perform individual poses to build up towards Sun Salutation e.g. tree, downward dog, Cobra Pose 2 To perform the challenge pose and swaying tree, with some control and fluency Collaborate to create a Yoga Fun Facts Routine and teach the routine to others</p> <p>Tag Rugby (Outdoor) Play a tag game whilst moving at speed, keeping close to an opponent Pass the ball backwards/ sideways with control whilst moving Move with control in a variety of directions holding the ball in the correct position Use speed and space to avoid a passive defender Beat a defender at speed to score a try in an isolated game situation Play adapted games, Children encouraged to think of tactics when attacking and defending</p> <p>-----</p> <p>Dance (Indoor) Cooperate to make a dance warm up and take on a leadership role Respond imaginatively to a stimulus Dance in unison with a partner/group performing a range of movement patterns Perform in canon showing a range of movement patterns Perform a variety of levels and pathways in a dance</p> <p>Football (Outdoor) Move body to correct position to stop and control a ball Pass the ball with inside of feet, whilst on the move Dribble the ball using inside, outside hook and drag back, beginning to accelerate Defend- moving forward to close down space to tackle in a conditioned game. Intercept a pass Shooting- Strike a moving ball (past a goal keeper) with some accuracy Encourage children to talk about tactics when attacking and defending Small sided games - up to 7v7</p>	<p>Gymnastics (Indoor) Can perform a variety of shapes with good control when performing various skills Perform various jumps and develop travelling across the mat Teddy bear roll with a partner/group in sequence with pointed toes Perform matching and mirroring balance routines on apparatus Perform a bunny hop onto a variety of apparatus with control Perform a short sequence on mats and apparatus showing levels, unison, and pointed toes Hopscotch across the floor to develop hurdle step onto low apparatus</p> <p>Rounders (Outdoor) Throw under/over arm over varying distances and catch a ball with control and accuracy Beginning to bowl from the correct bowling distance 7.5 metres Stepping into the hit when striking the ball with a rounders bat Long barrier moving into position to scoop up the ball Play adapted games, Children encouraged to think of tactics when striking and fielding</p> <p>-----</p> <p>Multi-skills (Indoor) Balancing confidently using various equipment and body parts Agility focus - changing direction at speed with good technique Co-ordinate body efficiently to perform a combination of movements or actions Complete a variety of fitness tests confidently and achieve a number of personal bests</p> <p>Athletics (Outdoor) Perform 'FAST' technique confidently when sprinting Throw a javelin/vortex with height and distance Perform a hop, step and jump (standing triple jump) Develop running for distance In warm ups, increasing with each lesson Pass a relay baton with control with a partner in adapted games Run and jump over hurdles with some speed and control</p>
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<p>Multi-skills (Indoor) In combination with different skills, can balance equipment while moving and coordinating another action Agility focus – change direction quickly and efficiently with equipment Agility focus – change direction quickly and efficiently with equipment Test and measure balance, agility and co-ordination confidently and accurately. Can compare their performances with previous ones and strive to achieve a personal best</p> <p>Basketball (Outdoor) Ball Awareness-copying a partner and moving with the ball Dribbling the ball, changing direction, and turning, using either hand Pass, receive and move with the ball (chest and bounce pass) Learn the BEEF technique when shooting in isolation and begin to use in a game situation Dribble the ball and perform the correct footwork when stopping Offensive play in a conditioned, game, beating your partner when dribbling a ball Defense techniques- (Gorilla) and begin to use the body to protect the ball in a conditioned game situation Begin to use techniques learned in a game situation and to have an understanding of key rules</p> <hr/> <p>Gymnastics (Indoor) Can perform complex shapes with control and some flexibility Perform more complex jumps, tuck, pike and a scissor kick Perform a T-roll Perform symmetrical and asymmetrical balances Perform a ‘squat on and squat off’ on various apparatus Link skills to create a sequence with Fluency. Co-operate, communicate and collaborate with others To perform a hurdle step on the floor/springboard Cartwheel on the floor using various apparatus</p> <p>Quicksticks: Hockey (Outdoor) Dribbling the ball in different directions, keeping head up Pass the ball over a variety of distances with some accuracy and power, in a game situation Perform a pass with some control, accuracy and with movement into a space Begin to defend against an opponent in a game situation - tackling and marking Hit a moving ball with some accuracy and control into a goal Begin to use techniques learned in a game situation and to have an understanding of key rules</p>	<p>Yoga (Indoor) Perform complex Yoga poses with control, core strength and flexibility Perform a variety of poses using breathing techniques and use in relaxation time Remember and perform Sun Salutation (SS) Perform the extended poses- e.g. extended cat pose Collaborate in a group to create a Yoga routine of 7 poses</p> <p>Football (Outdoor) Control the ball using either foot when moving Pass the ball with inside, front or laces on the foot Dribble the ball using inside, outside hook and drag back beginning to accelerate Show good body position to defend and press in a 2v2 game Scoring using top of foot (laces)- aiming for corners of the goal Begin to use attacking and defending, techniques learned in a game situation In teams, begin to discuss tactics and how to work as a team (communicate and collaborate)</p> <hr/> <p>Dance (Indoor) Co-operate and collaborate to create a warm up displaying a variety of movement patterns Translate ideas from a stimulus showing control and fluency Dance in unison in a group keeping in time with each other Dance in canon showing good timing Perform using a variety of levels and using the space</p> <p>Tag Rugby (Outdoor) Tag more than one player using either hand whilst moving Choose different pathways to move with a ball in hands against an opponent Pass the ball and move (loop around a teammate) Introduce looping around your teammate- to try and trick an opponent Working as a team to score a try-supporting runs in practice Developing tactics for attacking e.g working as a team, supporting each other In teams discuss tactics of attacking e.g diagonal line when attacking In a team, discuss tactics of defending e.g make a wall or flat line as a team when defending</p>	<p>Gymnastics (Indoor) Can perform complex shapes with control and some flexibility Perform more complex jumps, tuck, pike and a scissor kick Perform a T-roll Perform symmetrical and asymmetrical balances Perform a ‘squat on and squat off’ on various apparatus Link skills to create a sequence with Fluency. Co-operate, communicate and collaborate with others To perform a hurdle step on the floor/springboard Cartwheel on the floor using various apparatus</p> <p>Rounders (Outdoor) Throw and catch the ball sometimes making the correct decisions in a game situation Introduce a donkey drop bowl Begin to hit the ball in different directions Field the ball using long barrier and attempting the run and scoop In a team, discuss tactics of striking and fielding</p> <hr/> <p>Dance (Indoor) Co-operate and collaborate to create a warm up displaying a variety of movement patterns Translate ideas from a stimulus showing control and fluency Dance in unison in a group keeping in time with each other Dance in canon showing good timing Perform using a variety of levels and using the space</p> <p>Athletics (Outdoor) React quickly and accelerate over short distances Throw a javelin/vortex/ tennis ball using correct stance, rotating hips forward with good height and distance Perform a variety of jumps (Long jump and triple jump) and measure for distance Develop pace when running longer distance Pass a relay baton with control and timing in a pairs change over Run and jump over hurdles with fluency</p>
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<p>Multi-skills (Indoor) Balance equipment on various body parts whilst moving or coordinating another body actions accurately Agility focus – can change direction at speed with balance and control whilst using various equipment Co-ordinate using both sides of the body with fluency to perform a combination of movements or actions Complete each test with fluency and accurately measure and record. Evaluate previous performance levels and demonstrate improvements to achieve their personal best</p> <p>Basketball (Outdoor) Ball Awareness-copying a partner and keeping control while moving the ball Dribbling the ball in various directions at speed Perform a variety of passes within a game with precision and control Using the BEEF technique in a competitive game situation with some success Dribble the ball and perform the correct footwork when stopping in a competitive game situation Offensive play using your team member to screen the ball in combination. Apply basic principles for attacking To apply defensive techniques in a competitive game situation. Apply basic principles for defending Use techniques learned and apply in a game situation. Children to officiate.</p> <hr/> <p>Gymnastics (Indoor) Can perform complex shapes when performing Sequences and skills with flexibility Perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps scissor kick and cat leap Side star roll, T-roll (with pointed toes), backwards roll Perform various balances counter balance and counter tension Perform a ‘squat on and squat off ‘apparatus with a run up (with or without a spring board) Compete in teams to win points with sequences and a vault competition Perform a hurdle step on the floor/springboard and onto apparatus Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand</p> <p>Quicksticks: Hockey (Outdoor) Dribble the ball at various speeds- both in isolation and a game situation Pass the ball over a variety of distances in attacking or defensive situations Pass and move into a space with accuracy, control and speed (in isolation/game situation) Begin to defend as an individual and communicate to defend as a team (marking and tackling) Hit a moving ball into a goal from different angles and sometimes with different levels of power Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending</p>	<p>Yoga (Indoor) Perform complex Yoga poses with good core strength, flexibility and balance for longer periods of time on each pose Perform all poses and remembering to use breathing technique when performing them in relaxation time Perform Sun Salutation (SS) and link to other Yoga moves Perform extended version of cat pose, dog pose and create their own extensions Collaborate in a group to create a Yoga routine- and create a sequence of moves like Sun Salutation</p> <p>Football (Outdoor) Move into space to receive the ball and control with either foot in a game Select the correct pass for various distances in a game situation Dribble the ball in a game situation around a defender Communicate with team when defending in a game -making interceptions, cover space To work as a team to score, shooting from various angles In a team, discuss tactics and how to win as a team (communicate and collaborate) Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending Understanding the positions and rules of the game</p> <hr/> <p>Dance (Indoor) Co-operate, communicate and collaborate with a group to make up a warm up with good rhythm and timing Translate ideas from a stimulus into movement showing expression, precision, control and fluency Dance in unison in a group showing good timing, energy and strength Dance in canon in a group showing good timing, energy and strength Use levels, travelling and space with timing and musicality</p> <p>Tag Rugby (Outdoor) Tag a player using either hand when moving at full speed in a game situation Dodge around a defender at speed with a ball in hands avoiding being tagged Bring in pass and loop into a game situation Looping around your teammate- to try and trick an opponent in game situation Working together as a team to score a try in a tag rugby game, e.g supporting diagonal runs Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending In a team, discuss tactics of attacking and defending (communicate and collaborate)</p>	<p>Gymnastics (Indoor) Can perform complex shapes when performing Sequences and skills with flexibility Perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps scissor kick and cat leap Side star roll, T-roll (with pointed toes), backwards roll Perform various balances counter balance and counter tension Perform a ‘squat on and squat off ‘apparatus with a run up (with or without a spring board) Compete in teams to win points with sequences and a vault competition Perform a hurdle step on the floor/springboard and onto apparatus Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand</p> <p>Kwik Cricket (Outdoor) Positioning in a modified game to field a ball (both throwing and stopping it) Making correct decisions with the type of throw to use in a modified game. Move body into a position to catch the ball Bowl (over/underarm) at a wicket in a game against a batter with some speed and control to hit the wicket In a competitive game begin to tactically hit/place a ball into a space Use techniques learned and apply in a game situation. Apply basic principles for attacking and defending In a team, discuss tactics of attacking and defending (communicate and collaborate)</p> <hr/> <p>Dance (Indoor) Co-operate, communicate and collaborate with a group to make up a warm up with good rhythm and timing Translate ideas from a stimulus into movement showing expression, precision, control and fluency Dance in unison in a group showing good timing, energy and strength Dance in canon in a group showing good timing, energy and strength Use levels, travelling and space with timing and musicality</p> <p>Athletics (Outdoor) Accelerate quickly with speed and control in movement – timed/competitive races Throw a javelin/vortex /shot put safely, with accuracy and power Perform a jump for distance, varying techniques to improve performance Pass a relay baton in competitive situations (timed) Develop long distance running- learning how to pace and show good technique Run and jump over hurdles with fluency and speed, improving time to achieve a personal best</p>
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