

RC Primary Curriculum Map

		 RESPECT	 SELF-BELIEF	 PASSION	 DETERMINATION	 TEAMWORK	 HONESTY
		TERM 1 Autumn 1	TERM 2 Autumn 2	TERM 3 Spring 1	TERM 4 Spring 2	TERM 5 Summer 1	TERM 6 Summer 2
EYFS Reception <i>ME in PE</i> ✓ Self-Belief ✓ Curiosity ✓ Imagination ✓ Concentration	LESSON 1 Fundamentals Unit 1 <ul style="list-style-type: none"> • Movement experimentation • Body control & technique • Moving with speed & Changing direction safely • Moving with equipment or objects • Aiming, sending & receiving • Two handed catching • Stroking with feet 	Fundamentals Unit 1 <ul style="list-style-type: none"> • Movement experimentation • Body control & technique • Moving with speed & Changing direction safely • Moving with equipment or objects • Aiming, sending & receiving • Two handed catching • Stroking with feet 	Fundamentals Unit 2 <ul style="list-style-type: none"> • Speed control • Changing direction • Combining movements & actions • Mirror, lead & follow partners 	Fundamentals Unit 2 <ul style="list-style-type: none"> • Speed control • Changing direction • Combining movements & actions • Mirror, lead & follow partners 	Fundamentals Tennis Any Age (Age 4-7) <ul style="list-style-type: none"> • Changing direction & footwork • Ready position & recovery • Two handed & one handed throwing, catching & striking • How to hold a racket • Forehand, backhand pushing/striking • Aiming & striking 	Fundamentals Chance to Shine (Year 1 & 2) <ul style="list-style-type: none"> • Movement skills • Running & stopping • Throwing & catching • Bowling, feeding & striking 	
	LESSON 2 Gymnastics Unit 1 <ul style="list-style-type: none"> • Individual & whole body shapes • Developing body control • Linking shapes & movement • Recognise & use space • Perform basic gymnastic sequences • Watch others work • Handle & use low level apparatus safely 	Gymnastics Unit 2 <ul style="list-style-type: none"> • Learn & repeat basic core gymnastic balances, movement * travel • Link movements balance, movement & travel • Compose, remember & repeat short gymnastic sequences • Develop clear start & finish to sequences 	Dance Unit 1 <ul style="list-style-type: none"> • Copy steps & actions • Develop body control & coordination • Understand & work in unison • Compose remember & perform short dances • Link dance action to music 	Dance Unit 2 <ul style="list-style-type: none"> • Develop dance action, gesture & travel • Explore compositional ideas • Create dance motifs to music • Work with partners to create actions & motifs • Observe others & suggest ways to improve • Compose, remember & perform short dances 	*Fundamentals Athletic Activity <ul style="list-style-type: none"> • Link fundamental movement skills to athletic activities • Throwing for accuracy & distance • Running for speed & Relay running • Jumping for distance & height • Throwing actions 	*Fundamentals Athletic Activity <ul style="list-style-type: none"> • Link fundamental movement skills to athletic activities • Throwing for accuracy & distance • Running for speed & Relay running • Jumping for distance & height • Throwing actions 	
YEAR 1 <i>ME in PE</i> ✓ Self-Belief ✓ Gratitude ✓ Empathy ✓ Fairness ✓ Curiosity ✓ Imagination ✓ Concentration	LESSON 1 Fundamentals Unit 1 <ul style="list-style-type: none"> • Moving with control & safely at speed • Change direction & avoid others • Send/receive in a variety of ways with control including rolling, throwing, bouncing & kicking & catching/trapping 	Fundamentals Unit 1 <ul style="list-style-type: none"> • Moving with control & safely at speed • Change direction & avoid others • Send/receive in a variety of ways with control including rolling, throwing, bouncing & kicking & catching/trapping 	Fundamentals Unit 2 <ul style="list-style-type: none"> • Refine the skills of running & agility • Improve change of direction including side step • Improve throwing & catching • Throw & catch whilst moving • Perform fundamental skills in game related activity 	Fundamentals Unit 2 <ul style="list-style-type: none"> • Refine the skills of running & agility • Improve change of direction including side step • Improve throwing & catching • Throw & catch whilst moving • Perform fundamental skills in game related activity 	Fundamentals Tennis Any Age (Age 4-7) <ul style="list-style-type: none"> • Changing direction & footwork • Ready position & recovery • Two handed & one handed throwing, catching & striking • How to hold a racket • Forehand, backhand, volley & underarm service technique • Aiming & striking with accuracy 	Fundamentals Chance to Shine (Year 1 & 2) <ul style="list-style-type: none"> • Movement skills, changing direction, foot patterns with & without equipment • Special awareness • Underarm throwing for accuracy • Introduction to overarm throwing technique • Two handed, one handed catching & underarm feeding/bowling • Striking & fielding safely • Eye hand coordination • Striking a static & moving ball 	
	LESSON 2 Gymnastics Unit 1 <ul style="list-style-type: none"> • Jumping & leaping • Landing safely • Flight from low apparatus • Link jumping action to create short sequences • Link jumping, balance & movement to create short sequences on low level apparatus • Evaluate & improve their own & others performance 	Gymnastics Unit 2 <ul style="list-style-type: none"> • Rocking & rolling with control • Link rocking & rolling with actions & shapes • Develop smooth transitions • Rotation & body shape • Link rolling & rotation with actions • Create gymnastic sequences linking rocking, rolling, action & shapes with smooth transitions • Create, remember, evaluate & perform sequences 	Dance Unit 1 <ul style="list-style-type: none"> • Develop dance actions, gesture & travel • Use action words as stimulus for dance • Create & develop individual dance motifs to music • Explore & develop dance motifs with a partner • Stepping & spinning actions • Observe, evaluate & describe ways to improve • Create & perform short dances based on action words including travel & gesture 	Dance Unit 2 <ul style="list-style-type: none"> • Travel with control at different speeds, directions & levels • Use stimulus to create movement & travel • Link actions to music • Follow, mirror & lead a partner • Create, develop, refine, remember & perform individual & partner dances 	OAA Unit KS1 <ul style="list-style-type: none"> • Follow instructions, communicate with others & solve problems • Work with & direct others • Follow trails & use simple keys & maps • Develop teamwork skills 	Fundamentals Elevating Athletics (Age 5-7) <ul style="list-style-type: none"> • Travel with control, posture & balance • Starting, accelerating stopping, change direction & change of pace • Running in lanes or straight line • Jumping in response to instructions & for height & distance • Two footed & one footed jumping • Jumping combinations • Take off & landing safely & with control • Underarm & overarm throwing • Throwing for accuracy & distance 	
YEAR 2 <i>ME in PE</i> ✓ Self-Belief	LESSON 1 Fundamentals Unit 1 <ul style="list-style-type: none"> • Develop accurate throwing, bouncing & rolling 	Fundamentals Unit 1 <ul style="list-style-type: none"> • Develop accurate throwing, bouncing & rolling 	Fundamentals Unit 2 <ul style="list-style-type: none"> • Reinforce agility, balance & coordination 	Fundamentals Unit 2 <ul style="list-style-type: none"> • Reinforce agility, balance & coordination 	Fundamentals Tennis Any Age (Age 4-7) <ul style="list-style-type: none"> • Changing direction & footwork • Ready position & recovery 	Fundamentals Chance to Shine (Year 1 & 2)	

<ul style="list-style-type: none"> ✓ <i>Gratitude</i> ✓ <i>Empathy</i> ✓ <i>Fairness</i> ✓ <i>Curiosity</i> ✓ <i>Imagination</i> ✓ <i>Concentration</i> 		<ul style="list-style-type: none"> • Move at speed, into space & changing direction with control • Move with equipment • Balance & control in movement • Perform throwing, catching, receiving & striking skills in small, conditioned games or competitions • Observe, describe & improve throwing, catching, striking actions 	<ul style="list-style-type: none"> • Move at speed, into space & changing direction with control • Move with equipment • Balance & control in movement • Perform throwing, catching, receiving & striking skills in small, conditioned games or competitions • Observe, describe & improve throwing, catching, striking actions 	<ul style="list-style-type: none"> • Move in space, change direction, stop & start safely with control • Develop agility, balance & coordination in games • Throw & catch whilst moving • Pass, receive & dribble with control & accuracy 	<ul style="list-style-type: none"> • Move in space, change direction, stop & start safely with control • Develop agility, balance & coordination in games • Throw & catch whilst moving • Pass, receive & dribble with control & accuracy 	<ul style="list-style-type: none"> • Two handed & one handed throwing, catching & striking • How to hold a racket • Forehand, backhand, volley & underarm service technique • Aiming & striking with accuracy 	<ul style="list-style-type: none"> • Movement skills, changing direction, foot patterns with & without equipment • Underarm throwing & bowling for accuracy • Development of overarm throwing technique • Two handed, one handed catching & underarm feeding/bowling under pressure • Stopping & retrieving techniques • Striking & fielding safely • Striking a static & moving ball with accuracy into space
	LESSON 2	Gymnastics Unit 1 <ul style="list-style-type: none"> • Point balances with control • Perform balances showing different contact points • Transfer weight between balances/stillness with control • Create, remember & perform gymnastic sequences showing smooth links between balance/stillness, actions & travel 	Gymnastics Unit 2 <ul style="list-style-type: none"> • Explore & refine balance, shapes & actions • Demonstrate a variety of balance, shape & action on the floor & low level apparatus • Explore the use of different levels • Show different levels in performance on the floor & low level apparatus • Create, remember & improve longer gymnastic sequences showing a variety of balance, shape, actions & levels on the floor & low level apparatus 	Dance Unit 1 <ul style="list-style-type: none"> • Copy, create, develop, combine imaginative dance actions & travel in short dances • Create motifs & dances to a theme • Observe partners & provide feedback • Develop a whole dance to tell a story • Perform with expression, feeling & good technique 	Dance Unit 2 <ul style="list-style-type: none"> • Explore, select, link & perform imaginative & contrasting dance movements from stimuli • Copy, remember & perform taught movement phrases • Select & perform a variety of dance actions showing changes in speed & level • Develop the use of gesture & travel • Create, select & explore movements to express feelings • Create, develop & perform dances showing feelings of friendship between characters 	OAA Unit KS1 <ul style="list-style-type: none"> • Follow instructions, communicate with others & solve problems • Work with & direct others • Follow trails & use simple keys & maps • Develop teamwork skills 	Fundamentals Elevating Athletics (Age 5-7) <ul style="list-style-type: none"> • Travel with control, posture & balance • Starting, accelerating stopping, change direction & change of pace • Running in lanes or straight line • Jumping in response to instructions & for height & distance • Two footed & one footed jumping • Jumping combinations • Take off & landing safely & with control • Underarm & overarm throwing • Throwing for accuracy & distance
YEAR 3 <i>ME in PE</i> <ul style="list-style-type: none"> ✓ <i>Self-Belief</i> ✓ <i>Gratitude</i> ✓ <i>Empathy</i> ✓ <i>Fairness</i> ✓ <i>Curiosity</i> ✓ <i>Imagination</i> ✓ <i>Concentration</i> 	LESSON 1	Games Unit 1 Ball Handling <ul style="list-style-type: none"> • Improve accuracy & consistency of throwing & catching • Throw & catch in a variety of ways & on the move • Improve ball handling skills & control whilst travelling • Apply & develop a range of ball handling skills in small games • Scoring & shooting • Play games showing an awareness of space & team mates • Observe & evaluate handling skills 	Games Unit 2 Ball Handling <ul style="list-style-type: none"> • Improve accuracy & consistency of throwing & catching • Throw & catch in a variety of ways & on the move • Improve ball handling skills & control whilst travelling • Apply & develop a range of ball handling skills in small games • Scoring & shooting • Play games showing an awareness of space & team mates • Observe & evaluate handling skills 	OAA Unit KS1 <ul style="list-style-type: none"> • Develop communication & cooperation & trust skills through problem solving • Understand safe practice & recognise hazards • Discuss actions, listen too & give instructions • Follow & design a range of trails • Understand, read, orientate & follow a simple map 	Games Tennis Any Age (Age 7-9) <ul style="list-style-type: none"> • Changing direction & footwork • Ready position & recovery • Two handed & one handed throwing, catching & striking • Racket familiarisation & control • Forehand, backhand, volley & underarm service technique • Aiming & striking with accuracy • Individual & partner rallying • Cooperative rally • Conditioned competitive rallying & games 	Games Unit 3 Striking/Fielding <ul style="list-style-type: none"> • Refine underarm throwing & develop overarm throwing • Observe, evaluate & suggest what needs to be practiced to improve throwing actions • Introduce fielding, receiving/stopping techniques • Grip hold & swing a bat to Strike from a batting tee • Aiming whilst striking/batting • Use a range of skills in small sided games to hit, field & throw • Understand, score & develop tactics in small sided games 	Games Chance to Shine (Year 3 & 4) <ul style="list-style-type: none"> • Running between wickets • Throwing, bowling, fielding & batting under pressure • Underarm & overarm bowling with line & length • Striking a static & moving ball • Bat control & manipulation • Hitting accuracy & placement • Playing competitive conditioned games • Decision making & selecting & applying the appropriate skills in games
	LESSON 2	Gymnastics Unit 1 <ul style="list-style-type: none"> • Develop travel & balance actions and link to make gymnastic sequences • Developing & link arm action & patterns • Explore movement patterns • Create, remember & perform gymnastic sequences showing travel, balance, pathways, movement patterns & arm patterns 	Gymnastics Unit 2 <ul style="list-style-type: none"> • Introduction & development of rhythmic gymnastics • Explore, incorporate & develop the use of equipment in gymnastic sequences • Create, remember, perform & improve longer movement phrases with selected equipment showing changes in speed, level & direction 	Dance Unit 1 <ul style="list-style-type: none"> • Create, develop, refine & perform short movement phrases demonstrating different shapes, contrasting speeds & levels • Create & perform pair & group dances using stimuli & showing compositional principles • Observe, evaluate & comment on performance 	Dance Unit 2 <ul style="list-style-type: none"> • Create, develop, refine & perform short movement phrases demonstrating different shapes, contrasting speeds, levels & travel • Observe & evaluate performance • Develop & use dance vocabulary • Link small group motifs to create a whole class dance 	Athletics <ul style="list-style-type: none"> • Running at different paces, at speed & over barriers • Jumping for distance & height • Pulling, pushing & sling throwing actions • Improve personal performance in running, jumping & throwing • Measure & compare personal performance • Relay running • Experience competition 	Athletics Elevating Athletics (Age 7-9) <ul style="list-style-type: none"> • Walking & Running with good technique & posture • Adjusting pace smoothly & accelerating rapidly • Sprinting quickly over short distances as an individual & as part of a team • Running over obstacles • Jumping for height & distance • Introduction to long, triple & high (vertical) jump • Hope, step, jump combination • Introduction to run ups • Throwing & retrieving implements safely • Understanding of flight

							<ul style="list-style-type: none"> • Introduction to push, pull, sling & heave techniques
YEAR 4 ME in PE <ul style="list-style-type: none"> ✓ <i>Self-Belief</i> ✓ <i>Gratitude</i> ✓ <i>Empathy</i> ✓ <i>Fairness</i> ✓ <i>Curiosity</i> ✓ <i>Imagination</i> ✓ <i>Concentration</i> 	LESSON 1	Ball Games Unit 1 <ul style="list-style-type: none"> • Practice & improve dribbling, control & passing skills • Introduction to defending & tackling • Perform passing, dribbling & controlling skills accurately in small sided games • Understand when & where to pass • How to shoot & score • Work as a team to keep possession of the ball in games 	Ball Games Unit 1 <ul style="list-style-type: none"> • Practice & improve dribbling, control & passing skills • Introduction to defending & tackling • Perform passing, dribbling & controlling skills accurately in small sided games • Understand when & where to pass • How to shoot & score • Work as a team to keep possession of the ball in games 	Net Games <ul style="list-style-type: none"> • Ball & racket familiarisation • Hitting & moving a ball • Self-feed & strike a ball with accuracy • Strike a move a ball toward a partner, target or into space accurately • Ready position & recovery • Hit over a net into space & know where the ball is being hit • Rally over a net with a partner • Play games against a partner or pair 	OAA <ul style="list-style-type: none"> • Develop communication & cooperation & trust skills through problem solving • Understand safe practice & recognise hazards • Discuss actions, listen too & give instructions • Follow & design a range of trails • Understand, read, orientate & follow a simple map 	Games Tennis Any Age (Age 7-9) <ul style="list-style-type: none"> • Changing direction & footwork • Ready position & recovery • Two handed & one handed throwing, catching & striking • Racket familiarisation & control • Forehand, backhand, volley & underarm service technique • Aiming & striking with accuracy • Individual & partner rallying • Cooperative rally • Conditioned competitive rallying & games 	Games Chance to Shine (Year 3 & 4) <ul style="list-style-type: none"> • Running between wickets • Throwing, bowling, fielding & batting under pressure • Underarm bowling with line & length • Striking a static & moving ball • Bat control & manipulation • Hitting accuracy & placement • Playing competitive conditioned games • Decision making & selecting & applying the appropriate skills in games
	LESSON 2	Gymnastics Unit 1 <ul style="list-style-type: none"> • Explore balance action & the principles of balance to make balances harder or easier • Explore & develop transitions between balances performing balances at different levels & on small & large apparatus • Create, develop, remember & perform movement phrases on floor & apparatus showing transition in & out of balances 	Gymnastics Unit 2 <ul style="list-style-type: none"> • Rolling & rotation actions • Link & perform basic roll, turn, twisting & spin actions with control • Create, remember, improve & perform movement phrases showing rolling, ration & changes of direction • Incorporate changes of levels, speed & direction into movement phrases 	Dance Unit 1 <ul style="list-style-type: none"> • Create, remember, refine & perform movements phrases showing stillness, step patterns & pathways • Work with partners to create dance phrases • Show characters or animals through dance actions & dance phrases 	Dance Unit 2 <ul style="list-style-type: none"> • Develop & perform compositional principles of mirroring, unison, travel, changes of formation, action & reaction & contact work • Compose, remember & perform small group dances depicting sporting games & incorporating compositional principles of mirroring, unison, travel, changes of formation, action & reaction & contact work • Perform showing rhythm & timing 	Athletics <ul style="list-style-type: none"> • Refine sprinting, running for distance, jumping for distance, jumping for height technique • Refine pull, push & sling throwing technique • Perform as an athlete & an official in running, throwing & jumping event • Refine relay running technique, tactics & strategy • Participate in a multi-event athletics competition 	Athletics Elevating Athletics (Age 7-9) <ul style="list-style-type: none"> • Walking & Running with good technique & posture • Adjusting pace smoothly & accelerating rapidly • Sprinting quickly over short distances as an individual & as part of a team • Running over obstacles • Jumping for height & distance • Introduction to long, triple & high (vertical) jump • Hope, step, jump combination • Introduction to run ups • Throwing & retrieving implements safely • Understanding of flight • Introduction to push, pull, sling & heave techniques
YEAR 5 ME in PE <ul style="list-style-type: none"> ✓ <i>Self-Belief</i> ✓ <i>Gratitude</i> ✓ <i>Empathy</i> ✓ <i>Fairness</i> ✓ <i>Curiosity</i> ✓ <i>Imagination</i> ✓ <i>Concentration</i> 	LESSON 1	Games Unit 1 Netball <ul style="list-style-type: none"> • Perform ball handling skills & passing with control & improved consistency in games • Use a variety of passes & understand the footwork rule • Develop team skills of keeping possession & moving into space • Select & apply attacking & defending strategies in games • Accurately shoot to score points • Learn & understand the rules of Bee Netball 	Games Unit 1 Netball <ul style="list-style-type: none"> • Perform ball handling skills & passing with control & improved consistency in games • Use a variety of passes & understand the footwork rule • Develop team skills of keeping possession & moving into space • Select & apply attacking & defending strategies in games • Accurately shoot to score points • Learn & understand the rules of Bee Netball 	Games Unit 2 Football <ul style="list-style-type: none"> • Pass, receive, dribble, turn & intercept with increased control & accuracy • Shooting at a goal or target to score with placement & power • Develop tackling & tackle safety • Develop team play of passing to keep possession & moving into space • Practice & refine all skills learnt in game situations • Participate in a small sided tournament or festival 	OAA <ul style="list-style-type: none"> • Develop communication & cooperation & trust skills through problem solving • Understand safe practice & recognise hazards • Discuss actions, listen too & give instructions • Follow & design a range of trails • Understand, read, orientate & follow a simple map 	Games Tennis Any Age (Age 9-11) <ul style="list-style-type: none"> • Changing direction & footwork • Ready position & recovery • Two handed & one handed throwing, catching & striking • Racket familiarisation & control • Forehand, backhand, volley & overarm service technique • Aiming & striking with accuracy • Individual & partner rallying • Cooperative rally • Conditioned competitive rallying & games 	Games Chance to Shine (Year 5 & 6) <ul style="list-style-type: none"> • Running between wickets & backing up • Exploration of throwing, bowling, fielding & batting techniques under pressure • Underarm bowling with accurate line & length • Introduction & development of overarm bowling • Effective & consistent striking • Hitting accuracy & striking placement • Playing competitive conditioned games • Decision making & selecting & applying the appropriate skills in games • Creating & implementing fielding & batting tactics & strategies in games
	LESSON 2	Gymnastics Unit 1 <ul style="list-style-type: none"> • Exploration of press & go actions & shapes • Linking press & go to other transition actions to create, 	Gymnastics Unit 2 <ul style="list-style-type: none"> • Revisit a range of gymnastic actions & compositional ideas • Work with partners to create, develop, remember & perform 	Dance Unit 1 <ul style="list-style-type: none"> • Create dances based on themes & type of music • Explore movement phrases showing basic dance actions 	Dance Unit 2 <ul style="list-style-type: none"> • Copy repeat & explore rock 'n' roll hand/arm actions & steps • Explore travel to link hand/arm & step actions 	Athletics <ul style="list-style-type: none"> • Develop sprint start & finish technique • Refine distance running strategy 	Athletics Elevating Athletics (Age 9-12) <ul style="list-style-type: none"> • Running with speed & agility • Starting, reactions & acceleration techniques

		<ul style="list-style-type: none"> develop, remember & perform continuously moving phrases Create phrases showing variations in speed, level and direction Explore a range of apparatus & perform press & go & rebound actions on apparatus 	<ul style="list-style-type: none"> pairs sequences showing a variety of gymnastic actions, unison, canon & meeting & parting Explore, create & perform longer compositional sequences showing copying, contrasting & complimenting, speed, level, direction Evaluate, discuss & improve sequences 	<ul style="list-style-type: none"> including gesture, travel & stillness Give & receive feedback & use feedback to inform & improve performance Create, practice, refine, remember & perform whole dances 	<ul style="list-style-type: none"> Create & perform rock 'n' roll, twist & disco dance movements with a partner showing different levels, speed & direction. Use mirroring & matching to develop actions into a phrase Copy & repeat night fever motif & explore disco movements with canon Understand the characteristics of each dance style 	<ul style="list-style-type: none"> Develop jump approaches, take off & landing Develop hurdle technique Refine pull, push & sling throwing technique Refine relay running technique & strategy Develop personal performance as an athlete & official Experience a multi-event competition Compete, measure, record & compare performances 	<ul style="list-style-type: none"> Changing speed & pacing Sustained continues even paced running Relay changeovers Dynamic Jumping combinations with control Triple jump combination with control & balance Using run up's effectively to create distance & height Scissor vertical jump technique Conditioning exercises for running, jumping & throwing Dynamic push, sling & heave throwing Observation, analysis & feedback of techniques & tactics Working & competing in teams
YEAR 6 ME in PE <ul style="list-style-type: none"> ✓ <i>Self-Belief</i> ✓ <i>Gratitude</i> ✓ <i>Empathy</i> ✓ <i>Fairness</i> ✓ <i>Curiosity</i> ✓ <i>Imagination</i> ✓ <i>Concentration</i> 	LESSON 1	Games Unit 1 Hockey <ul style="list-style-type: none"> Use correct stance & grip Improve passing, receiving & moving with the ball Pass with accuracy over increasing distance & stop/control the ball with increased consistency Develop shooting technique Introduce & develop safe tackle technique Understand & implement the basic rules of hockey in games Apply passing, dribbling, receiving, intercepting & tackling skills in small sided games Observe & evaluate individual & team performance & effectiveness Compete in a quicksticks hockey competition or festival 	Games Unit 1 Hockey <ul style="list-style-type: none"> Use correct stance & grip Improve passing, receiving & moving with the ball Pass with accuracy over increasing distance & stop/control the ball with increased consistency Develop shooting technique Introduce & develop safe tackle technique Understand & implement the basic rules of hockey in games Apply passing, dribbling, receiving, intercepting & tackling skills in small sided games Observe & evaluate individual & team performance & effectiveness Compete in a quicksticks hockey competition or festival 	Games Unit 1 Tag Rugby <ul style="list-style-type: none"> Develop ball handling skills & passing & moving with the ball Introduce & develop the tag Evasion skills to beat defenders Run with the ball, keep possession & make effective passes in games Make decision on when to pass or run Pass backwards & run forwards Score tries correctly & develop attacking & defending strategies to apply in games Take part in a tag rugby competition or festival 	Games Unit 1 Tag Rugby <ul style="list-style-type: none"> Develop ball handling skills & passing & moving with the ball Introduce & develop the tag Evasion skills to beat defenders Run with the ball, keep possession & make effective passes in games Make decision on when to pass or run Pass backwards & run forwards Score tries correctly & develop attacking & defending strategies to apply in games Take part in a tag rugby competition or festival 	Games Tennis Any Age (Age 9-11) <ul style="list-style-type: none"> Changing direction & footwork Ready position & recovery Two handed & one handed throwing, catching & striking Racket familiarisation & control Forehand, backhand, volley & overarm service technique Aiming & striking with accuracy Individual & partner rallying Cooperative rally Conditioned competitive rallying & games 	Games Chance to Shine (Year 5 & 6) <ul style="list-style-type: none"> Running between wickets & backing up Exploration of throwing, bowling, fielding & batting techniques under pressure Underarm bowling with accurate line & length Introduction & development of overarm bowling Effective & consistent striking Hitting accuracy & striking placement Playing competitive conditioned games Decision making & selecting & applying the appropriate skills in games Creating & implementing fielding & batting tactics & strategies in games
	LESSON 2	Gymnastics Unit 1 <ul style="list-style-type: none"> Explore & link symmetrical body shapes & actions Create, develop, remember & perform symmetrical phrases on the floor & low level apparatus Explore & asymmetrical body shapes & actions Create, develop, remember & perform asymmetrical phrases on the floor & low level apparatus Combine symmetrical & asymmetrical actions & movements to create gymnastic phrases on the floor & low level apparatus Perform routines with a partner Create, develop, remember & perform more complex gymnastic sequences 	Gymnastics Unit 2 <ul style="list-style-type: none"> Explore stillness, partner work & small group work The use of partners, group stillness to create balance Incorporate the compositional ideas of unison & canon into routines Adapt pair & group stillness, balance & routines to incorporate a range of apparatus Create, develop, remember & perform more complex gymnastic sequences 	Dance Unit 1 <ul style="list-style-type: none"> Copy, repeat & develop gesture, travel, step patterns Explore compositional ideas of action/reaction, speed, levels, unison, mirroring & canon Link dance performance to a character, them or story Compose, develop, remember & perform phrases & dances showing a variety of dance actions & compositional ideas 	Dance Unit 2 <ul style="list-style-type: none"> Copy & repeat taught dance motifs Explore feelings & emotions through dance Create, develop, remember & perform movement phrases & dance based on a theme or to tell a story Explore compositional ideas of action/reaction, speed, levels, unison, mirroring & canon Understand & use dance terminology correctly Explore action/reaction & create contrasting movement phrases 	OAA <ul style="list-style-type: none"> Develop communication & cooperation & trust skills through problem solving Understand safe practice & recognise hazards Discuss actions, listen too & give instructions Follow & design a range of trails Understand, read, orientate & follow a simple map 	Athletics <ul style="list-style-type: none"> Develop knowledge of preparing for, participating in & recovering from training Develop knowledge of interval, circuit, continuous training Practice & refine running, relay, throwing & jumping techniques Develop personal performance as an athlete & official Experience a multi-event competition Compete, measure, record & compare performances