



Physical Education Curriculum and Skills Progression

At Barrow CE Primary School, we are dedicated to preparing our children to lead active, healthy and joyful lives, guided by our Christian ethos and the message of *Matthew 5:16*: “**Let your light shine before others.**” We believe Physical Education plays a vital role in enabling every child to let their light shine—through perseverance, teamwork, confidence and a commitment to wellbeing.

In a world where sedentary lifestyles, technological dependence and unhealthy food choices are increasingly common, PE is more essential than ever. Establishing active and healthy habits early is crucial. We recognise that physical activity nurtures the whole child, supporting their physical, social, emotional and psychological development (National Institute for Health and Care Excellence, 2009). By providing children with the skills to remain active for life and the knowledge to make positive choices, we aim to empower them to flourish and live life in all its fullness.

P.E Implementation

At Barrow, we deliver high-quality teaching and learning opportunities across the four areas of our PE curriculum: Games, Gymnastics, Dance and Athletics. Our approach reflects our Christian values, encouraging children to shine through resilience, teamwork and respect. Prior learning is always considered, and opportunities for practice and revision are built into lessons to deepen knowledge, skills and understanding. Key assessment questions are woven into each teaching sequence, enabling teachers to check understanding regularly and revisit concepts where needed.

Each lesson introduces or builds upon a specific skill, which is then applied in an activity that promotes enjoyment and participation. In KS2, PE learning journeys allow pupils to reflect on their own development, celebrating the personal progress that helps their individual light shine.

Beyond lessons, children take part in a wide range of enriching physical opportunities including inter-school sports festivals, Sports Day, adventurous activity residentials in Key Stage 2 and a variety of extra-curricular clubs. We ensure all pupils are active for at least 30 minutes each day through breaktime play, access to outdoor equipment, forest school sessions, active brain breaks and movement-based learning across the curriculum.

P.E Impact

Each area of learning is carefully mapped against progression documents to ensure pupils develop strong, detailed knowledge and practical skills across the full breadth of the PE curriculum. Many units are themed with cross-curricular links, making learning memorable and enhancing engagement.

Our consistent and high-quality approach to teaching PE leads to improved outcomes in both skill and understanding. Through our whole-school commitment, we raise the profile of active, healthy living and empower children with the lifelong habits needed to maintain wellbeing. In line with *Matthew 5:16*, we aim for every child to leave Barrow ready to let their light shine—confident, resilient and capable of living healthy, active lives.

	<u>Autumn</u>		<u>Spring 1</u>		<u>Summer 1</u>	
Acorn (Cycle A)	<u>Games</u> <i>(Throwing and Catching)</i>	<u>Dance</u> <i>(Starry Skies)</i>	<u>Gymnastics</u> <i>(Traditional Tales)</i>	<u>Dance</u> <i>(The seasons)</i>	<u>Athletics</u> <i>(Animal Olympics)</i>	<u>Games</u> <i>(Target Games)</i>
Acorn (Cycle B)	<u>Games</u> <i>(Throwing and Catching)</i>	<u>Dance</u> <i>(Toys)</i>	<u>Gymnastics</u> <i>(Landscapes)</i>	<u>Dance</u> <i>(Plants)</i>	<u>Athletics</u> <i>(Sports Day)</i>	<u>Games</u> <i>(Bat and Ball)</i>
Willow Year 3/4 (Cycle A)	<u>Gymnastics</u> <i>(Shape and Balance; Ancient Egypt)</i>	<u>Invasion Games</u> <i>(Hockey)</i>	<u>Dance</u> <i>Carnival of the Animals)</i>	<u>Net and Wall Games</u> <i>(Badminton)</i>	<u>Athletics</u>	<u>Striking and Fielding</u> <i>(Cricket)</i>
Willow Year 3/4 (Cycle B)	<u>Invasion Games</u> <i>(Football)</i>	<u>Gymnastics</u> <i>(Movement)</i>	<u>Net and Wall Games</u>	<u>Dance</u> <i>(Rainforest)</i>	<u>Striking and Fielding</u>	<u>Athletics</u>
Willow Year 5/6 (Cycle A)	<u>Invasion Games</u> <i>(Basketball)</i>	<u>Gymnastics</u> <i>(Shape and Balance; Space)</i>	<u>Net and Wall Games</u> <i>(Tennis)</i>	<u>Dance</u> <i>(World War II)</i>	<u>Striking and Fielding</u> <i>(Rounders)</i>	<u>Athletics</u>
Willow Year 5/6 (Cycle B)	<u>Gymnastics</u> <i>(Movement)</i>	<u>Invasion Games</u> <i>(Netball)</i>	<u>Dance</u> <i>(Through the Decades)</i>	<u>Net and Wall Games</u> <i>(Volleyball)</i>	<u>Athletics</u>	<u>Striking and Fielding</u> <i>(Games)</i>

Autumn 1

Acorn – Multi Skills; Throwing and Catching	Willow – Year 3&4 – Gymnastics; Ancient Egypt	Willow – Year 5&6 – Basketball
<ul style="list-style-type: none"> Roll a ball forward, with some success 	<ul style="list-style-type: none"> Use pictures of ancient Egyptian icons to help them create shapes with their body 	<ul style="list-style-type: none"> Dribble with the ball using some elements of the correct technique
<ul style="list-style-type: none"> Stop a ball rolled over a short distance, using two hands 	<ul style="list-style-type: none"> Hold a balance on three and four-points of their body 	<ul style="list-style-type: none"> Occasionally look up with dribbling with the ball
<ul style="list-style-type: none"> Throw a beanbag underarm 	<ul style="list-style-type: none"> Say what is good about their own and others' performances 	<ul style="list-style-type: none"> Use elements of the correct technique to pass the ball over a range of distances
<ul style="list-style-type: none"> Use an underarm throw to throw a beanbag over a short distance 	<ul style="list-style-type: none"> Work with a partner, listening to and sharing ideas 	<ul style="list-style-type: none"> Sometimes combine dribbling and passing at a walking pace
<ul style="list-style-type: none"> Use two hands when attempting to catch a beanbag or large ball 	<ul style="list-style-type: none"> Think of some ideas for hieroglyphic shapes and balances and show some control when forming them 	<ul style="list-style-type: none"> Sometimes move around the court using an effective technique without a ball but find it more challenging when a ball is introduced
<ul style="list-style-type: none"> Sometimes successfully catch using two hands 	<ul style="list-style-type: none"> Choose some linking actions and movements to create a gymnastics partner routine 	<ul style="list-style-type: none"> Know the rules for pivoting and sometimes perform this skill, using the correct footwork
<ul style="list-style-type: none"> Sometimes use techniques to help with catching 	<ul style="list-style-type: none"> Demonstrate good technique and show some control when performing 	<ul style="list-style-type: none"> Occasionally combine more than one skill such as dribbling and pivoting, at a walking pace
<ul style="list-style-type: none"> Using two hands, sometimes catch a beanbag or ball that someone has thrown 	<ul style="list-style-type: none"> Choose some movements, shapes and balances to create a group gymnastics routine to retell the key points of the creation story 	<ul style="list-style-type: none"> Use at least one technique while dribbling to protect the ball from a defender to keep possession
<ul style="list-style-type: none"> Sometimes throw an object accurately to someone so that they can catch it 	<ul style="list-style-type: none"> Use technique, strength flexibility and control to hold four-point balances on their own and with a partner, including counterbalances 	<ul style="list-style-type: none"> Know what to do when an opposition player is in possession of the ball and sometimes adopt elements of the defensive stance when marking
<ul style="list-style-type: none"> Use two hands to bounce a large ball on the floor 	<ul style="list-style-type: none"> Combine some elements of movement, shape and balance to create a routine as part of a group 	<ul style="list-style-type: none"> Know how to man-to-man mark and sometimes do this with success
<ul style="list-style-type: none"> Use two hands to sometimes catch a large ball as it bounces off the floor 	<ul style="list-style-type: none"> Keep in time with the music and create some ideas to reflect the theme 	<ul style="list-style-type: none"> Attempt to get free from a defender, sometimes with success

<ul style="list-style-type: none">• Use simple tactics with guidance	<ul style="list-style-type: none">• Gymnastics is a series of movements that include balancing, rolling and jumping	<ul style="list-style-type: none">• Evaluate my own performance, with support
		<ul style="list-style-type: none">• Understand and sometimes use attacking and defending skills and tactics to contribute towards the success of your team
		<ul style="list-style-type: none">• Understand what being part of a team involves

Autumn 2

Acorn – Dance; Starry Skies	Willow – Year 3&4 – Hockey	Willow – Year 5&6 Gymnastics; Shape and Balance - Space
<ul style="list-style-type: none"> Move freely to music 	<ul style="list-style-type: none"> With support, hold the hockey stick correctly for pushing and stopping the ball 	<ul style="list-style-type: none"> Follow instructions to create shapes using rhythmic gymnastics ribbon and their body
<ul style="list-style-type: none"> Dance in the wider space 	<ul style="list-style-type: none"> Push the ball with some accuracy, using elements of the correct technique 	<ul style="list-style-type: none"> Explain how earth orbits the Sun and the Moon orbits the Earth and demonstrate this through shape and movement.
<ul style="list-style-type: none"> Move fast or slow 	<ul style="list-style-type: none"> Stop and control the ball effectively, using elements of the correct technique 	<ul style="list-style-type: none"> Hold a balance on two, three and four points of my body
<ul style="list-style-type: none"> Move fast or high 	<ul style="list-style-type: none"> Use elements of the correct body position for forehand dribbling with some efficiency 	<ul style="list-style-type: none"> Link some movements and balances to tell a story and begin to vary elements for effect
<ul style="list-style-type: none"> Move an object 	<ul style="list-style-type: none"> Keep some control of the ball while dribbling 	<ul style="list-style-type: none"> Work with a partner, listening to and sharing ideas
<ul style="list-style-type: none"> Make a spikey shape 	<ul style="list-style-type: none"> Change direction with the ball with some control at a walking pace 	<ul style="list-style-type: none"> Demonstrate some body tension, strength and elements of the correct technique to hold some part-weight partner balances
<ul style="list-style-type: none"> Make a low shape 	<ul style="list-style-type: none"> Begin to use the correct technique for the Indian dribble with stationary and on the move 	<ul style="list-style-type: none"> Create star, stuck, straddle and pike shapes on different pieces of apparatus
<ul style="list-style-type: none"> Follow a pathway 	<ul style="list-style-type: none"> Dribble past a passive defender or opponent at a walking pace 	<ul style="list-style-type: none"> Link some movements and balances to tell a story and begin to vary elements for effect
<ul style="list-style-type: none"> Jump 	<ul style="list-style-type: none"> Use elements of the correct technique for tackling safely with some success 	<ul style="list-style-type: none"> Work in a group, listening to and sharing ideas
<ul style="list-style-type: none"> Copy movements 	<ul style="list-style-type: none"> Know and carry out some of the rules for tackling safely 	<ul style="list-style-type: none"> Think of and plan some rhythmic gymnastics, shapes, balances and movements that fit a space theme
<ul style="list-style-type: none"> Work on your own 	<ul style="list-style-type: none"> Use different hockey skills in a game with some success 	<ul style="list-style-type: none"> Hold individual two-, three- and four-point balances and part weight balances as part of a routine.
<ul style="list-style-type: none"> Use expressions to communicate feelings 	<ul style="list-style-type: none"> Demonstrate some accuracy when aiming for a target a short distance away 	<ul style="list-style-type: none"> Create a star, tuck, straddle and pike shapes as part of a routine
<ul style="list-style-type: none"> Say how you or someone else moves 	<ul style="list-style-type: none"> Know how to take a penalty shuffle and learn how to do this successfully 	<ul style="list-style-type: none"> Perform some appropriate linking actions and movements to structure and link elements of a routine

<ul style="list-style-type: none"> • Say if you like some music or a dance 	<ul style="list-style-type: none"> • Sometimes use attacking and defending skills to contribute towards the success of their team 	<ul style="list-style-type: none"> • Vary speed levels and dynamics to create effects in a routine
<ul style="list-style-type: none"> • Understand the safe techniques for jumping 	<ul style="list-style-type: none"> • Know and follow some of the basic rules for hockey and suggest improvements with support 	<ul style="list-style-type: none"> • Say what is good about my own and others' performances
		<ul style="list-style-type: none"> • Gymnastics is a sport that includes physical exercises requiring balance, strength, flexibility and coordination

Spring 1 – Cycle A

Acorn – Gymnastic; Traditional Tales	Willow – Year 3&4 – Dance; Carnival of the Animals	Willow – Year 5&6 - Tennis
<ul style="list-style-type: none"> • Show a star, straight and tuck shape with your body and hold it still 	<ul style="list-style-type: none"> • Move in canon with a partner 	<ul style="list-style-type: none"> • Show some ability to maintain control of a ball on a racket while moving
<ul style="list-style-type: none"> • Choose two contrasting balances with support and perform them 	<ul style="list-style-type: none"> • Mimic an animal's movement 	<ul style="list-style-type: none"> • At times, successfully catch and control a ball on their racket
<ul style="list-style-type: none"> • Copy the movements of others to travel and balance in different ways 	<ul style="list-style-type: none"> • Imitate a lion's action to music 	<ul style="list-style-type: none"> • Occasionally move my feet to attempt to improve my position for catching a ball
<ul style="list-style-type: none"> • Create a simple sequence with support, repeating movements if necessary 	<ul style="list-style-type: none"> • Show awareness of control when performing 	<ul style="list-style-type: none"> • Grip and hold the tennis racket correctly when hitting a forehand
<ul style="list-style-type: none"> • Perform a log or egg roll with some control 	<ul style="list-style-type: none"> • Mimic the actions of a kangaroo in a partner dance 	<ul style="list-style-type: none"> • Demonstrate knowledge of how and when to get into the ready position but may sometimes need reminding
<ul style="list-style-type: none"> • Perform a straight jump and land safely 	<ul style="list-style-type: none"> • Match the speed of my dance to the speed of the music 	<ul style="list-style-type: none"> • Use the forehand stroke with some shots landing on the opposition's side of the court
<ul style="list-style-type: none"> • Follow a structure to perform a simple sequence 	<ul style="list-style-type: none"> • Recognise the timing of the sounds in a piece of music 	<ul style="list-style-type: none"> • Explain an advantage and disadvantage of one of the backhand techniques
<ul style="list-style-type: none"> • Watch a partner's sequence and give one example of a movement that they saw 	<ul style="list-style-type: none"> • Work in a group to move my body in time with the music 	<ul style="list-style-type: none"> • Occasionally use the correct technique for the double-handed backhand
<ul style="list-style-type: none"> • Perform a front support and hold your body in this position for a few seconds 	<ul style="list-style-type: none"> • Deliberately use at least two different dance techniques in my dances 	<ul style="list-style-type: none"> • Hit a backhand stroke at a targeted area
<ul style="list-style-type: none"> • Answer some prompt questions to evaluate a sequence that you have watched 		<ul style="list-style-type: none"> • Sometimes achieve an appropriate overhead ball toss when in a service stance
<ul style="list-style-type: none"> • Remember and perform a simple sequence with some repeated movements 		<ul style="list-style-type: none"> • Use a developing service stroke to strike a ball overhead with a racket
<ul style="list-style-type: none"> • Talk about your learning by identifying what new skills you have learnt and what skills you have practised 		<ul style="list-style-type: none"> • Hit a serve towards a target area
		<ul style="list-style-type: none"> • At times, hit a ball before it bounces using the volley technique
		<ul style="list-style-type: none"> • At times, play a short or long volley

		<ul style="list-style-type: none"> • Use the ready position between shots, to prepare themselves for the next volley
		<ul style="list-style-type: none"> • Understand some of the basic rules in tennis and know how to keep score
		<ul style="list-style-type: none"> • Use one or more of the stroke techniques learnt in this unit to take part in a rally
		<ul style="list-style-type: none"> • Serve the ball using the underarm technique
		<ul style="list-style-type: none"> • Evaluate my performance, with support

Spring 2 – Cycle A

Acorn – Dance; Seasons	Willow – Year 3&4 – Badminton	Willow – Year 5&6 – Dance; WWII
<ul style="list-style-type: none"> Make different shapes with my body as I travel, jump and spin 	<ul style="list-style-type: none"> Use a badminton racket to carry a shuttlecock 	<ul style="list-style-type: none"> Describe some types of dances that were popular during the wartime period
<ul style="list-style-type: none"> Say what is good about a partner's performance 	<ul style="list-style-type: none"> Use a forehand or backhand grip to control a balloon 	<ul style="list-style-type: none"> Perform basic steps from the Charleston, Lambeth Walk and Lindy Hop
<ul style="list-style-type: none"> Perform a simple action in unison with a partner 	<ul style="list-style-type: none"> Use a forehand or backhand grip to strike a balloon or shuttlecock 	<ul style="list-style-type: none"> Describe how my performance has improved over the lesson and unit
<ul style="list-style-type: none"> Use ideas from previous learning independently 	<ul style="list-style-type: none"> Begin to use a badminton racket to hit a shuttlecock in a particular direction 	<ul style="list-style-type: none"> Create my own dance motif to represent a theme or tell part of a story
<ul style="list-style-type: none"> Copy and repeat actions with some prompting 	<ul style="list-style-type: none"> Strike a shuttlecock in different ways, altering the distance the shuttlecock travels 	<ul style="list-style-type: none"> Work with others to choreograph effective routines
<ul style="list-style-type: none"> Show some awareness off the beat when dancing 	<ul style="list-style-type: none"> Use running and chasse steps to move around a space 	
<ul style="list-style-type: none"> Change the speed of my movements in response to a percussion instrument 	<ul style="list-style-type: none"> Adopt the ready position but may need reminding 	
<ul style="list-style-type: none"> Respond to questions about my own performance 	<ul style="list-style-type: none"> Attempt a badminton serve with some success 	
	<ul style="list-style-type: none"> Attempt a rally with a partner 	
	<ul style="list-style-type: none"> Attempt an attacking shot during a rally 	
	<ul style="list-style-type: none"> Position myself in a defensive stance when prompted 	
	<ul style="list-style-type: none"> Perform a block shot using a balloon 	
	<ul style="list-style-type: none"> Compete in a badminton game 	
	<ul style="list-style-type: none"> Attempt to use attacking and defensive shots 	
	<ul style="list-style-type: none"> Evaluate own performance in a badminton game 	

Summer 1 – Cycle A

Acorn – Animal Olympics	Willow – Year 3&4 – Athletics	Willow – Year 5&6 – Rounders
<ul style="list-style-type: none"> Bend my knees before jumping 	<ul style="list-style-type: none"> Execute a range of fundamental movement skills with some control and efficiency 	<ul style="list-style-type: none"> Hold and swing a rounders bat correctly in order to connect with a bowled ball
<ul style="list-style-type: none"> Give praise to a partner when they are successful 	<ul style="list-style-type: none"> Apply the movement skills of running, jumping and throwing in games 	<ul style="list-style-type: none"> Bowl a rounders ball using the correct technique in order to reach the batter
<ul style="list-style-type: none"> Bring my arm backwards before throwing forwards 	<ul style="list-style-type: none"> Identify what two (or more) different parts of my body should be doing when sprinting and practice these actions 	<ul style="list-style-type: none"> Catch a ball accurately when it is thrown towards me
<ul style="list-style-type: none"> Keep practising to achieve greater accuracy 	<ul style="list-style-type: none"> Apply some elements of the technique for sprinting effectively 	<ul style="list-style-type: none"> Accurately throw a ball overarm and underarm in the right direction
<ul style="list-style-type: none"> Run at different paces 	<ul style="list-style-type: none"> Sustain my sprinting pace for a short distance, such as 40m 	<ul style="list-style-type: none"> Use a range of tactics during a game when instructed and explain how these will benefit the overall strategy
<ul style="list-style-type: none"> Finish the course even if I am feel tired and need to slow down my pace 	<ul style="list-style-type: none"> Describe some of the main features of the down sweep technique for passing and receiving the baton 	
<ul style="list-style-type: none"> Turn my body to face the new direction in which they will run 	<ul style="list-style-type: none"> Use some elements of the down sweep technique in a relay race 	
<ul style="list-style-type: none"> Consider how the hare would feel trying to escape 	<ul style="list-style-type: none"> Sometimes work well as part of a team 	
<ul style="list-style-type: none"> Bend my knees to take off 	<ul style="list-style-type: none"> Combine a variety of two or more jumps 	
<ul style="list-style-type: none"> Show equality through taking turns, as suggested by an adult 	<ul style="list-style-type: none"> Execute the standing triple jump technique with some control and efficiency, jumping a fair distance 	
<ul style="list-style-type: none"> Follow instructions to take part in athletics activities 	<ul style="list-style-type: none"> With support, work with others in standing triple jump, to jump and measure successfully 	
<ul style="list-style-type: none"> Take inspiration from several choices 	<ul style="list-style-type: none"> With support, identify and describe how to perform a pull throw 	
	<ul style="list-style-type: none"> Execute some elements of the pull throw technique, with some control and efficiency 	

	<ul style="list-style-type: none"> • Throughout the lesson, show some improvement when throwing for distance and accuracy 	
	<ul style="list-style-type: none"> • Use and apply some elements of the correct technique for their chosen event in a competitive situation 	
	<ul style="list-style-type: none"> • With support, identify good technique and suggest one area for improvement 	
	<ul style="list-style-type: none"> • With support, adjust their performance to try achieve my personal best 	
	<ul style="list-style-type: none"> • Work as part of a team in a combined athletics event 	

Summer 2 – Cycle A

Acorn – Target Games	Willow – Year 3&4 – Cricket	Willow – Year 5&6 – Athletics
<ul style="list-style-type: none"> Change the speed of the ball I am rolling 	<ul style="list-style-type: none"> Attempt to move and position myself into a ball's pathway when attempting to make a catch 	<ul style="list-style-type: none"> Identify and show knowledge of some athletic events and techniques
<ul style="list-style-type: none"> Sometimes hit the target with a rolling ball 	<ul style="list-style-type: none"> Adapt my hand and body positioning when attempting to make different types of catches 	<ul style="list-style-type: none"> Practise existing basic running, throwing and jumping skills
<ul style="list-style-type: none"> Take part in games that involve rolling, including team games 	<ul style="list-style-type: none"> Understand the importance of keeping sight of the ball at all times 	<ul style="list-style-type: none"> Practise reaction times and investigate different sprint starts
<ul style="list-style-type: none"> Know how to carry out an underarm throw and can do this with some accuracy 	<ul style="list-style-type: none"> Throw a ball overarm using a learnt technique 	<ul style="list-style-type: none"> Show that I am beginning to develop my techniques for the most effective sprint start
<ul style="list-style-type: none"> Aim for a stationary target using an underarm throw with some accuracy and success 	<ul style="list-style-type: none"> Think about body positioning when throwing a ball as a target 	<ul style="list-style-type: none"> Develop my running techniques for sprinting showing some coordination and control
<ul style="list-style-type: none"> Work with others to design a game that involves throwing underarm 	<ul style="list-style-type: none"> Stop a ball rolling towards me at all times 	<ul style="list-style-type: none"> Demonstrate some stamina in order to maintain a sustained run
<ul style="list-style-type: none"> Know how to carry out an underarm throw, aiming for a moving target and can do this with some success and accuracy 	<ul style="list-style-type: none"> Stand correctly as a batsman, using some elements of the cricket bat grip to hold a bat 	<ul style="list-style-type: none"> Show some control, coordination and power when performing the standing vertical jump and measure the height jumped with support
<ul style="list-style-type: none"> Avoid being hit by a ball by using different techniques, including dodging, swerving and jumping, with some success 	<ul style="list-style-type: none"> Sometimes adopt the correct stance when facing a thrown or rolling ball 	<ul style="list-style-type: none"> Follow step-by-step instructions and copy a range of throwing techniques with some accuracy
<ul style="list-style-type: none"> Know how to play a game that involves aiming at a moving target and can take part. With some success at hitting a target 	<ul style="list-style-type: none"> Use the elements of forward defensive stroke, in appropriate circumstances, to protect the stumps from a ball that is travelling towards me 	<ul style="list-style-type: none"> Develop my ability to throw for both distance and accuracy
<ul style="list-style-type: none"> Know how to carry out an underarm throw, aiming for a target, and can do this with some success and accuracy 	<ul style="list-style-type: none"> Strike a ball, sometimes going in their chosen direction 	<ul style="list-style-type: none"> Compete against self and others and demonstrate some improvements to achieve my personal best
<ul style="list-style-type: none"> Know how to carry out an overarm throw, from distance and can do this with some success 	<ul style="list-style-type: none"> Sometimes adopt the correct positioning when playing attacking strokes 	<ul style="list-style-type: none"> Recognise when a skill or techniques has not always been performed effectively and begin to suggest ways to improve

<ul style="list-style-type: none"> • Sometimes choose the most appropriate throw to use based on the situation 	<ul style="list-style-type: none"> • Show an understanding of the different lines and lengths that a bowled ball can travel along the pitch 	
<ul style="list-style-type: none"> • Know how to kick a football for accuracy, aiming for a target, and can do this with some success 	<ul style="list-style-type: none"> • Attempt to bowl overarm, with a straight arm and the correct grip 	
<ul style="list-style-type: none"> • Know how to play a game that involves kicking at targets and can take part with some success 	<ul style="list-style-type: none"> • Make the ball bounce, directing it towards the general area of an intended target 	
<ul style="list-style-type: none"> • Use the different skills they have learnt in a range of different target games, with some success and proficiency 	<ul style="list-style-type: none"> • Take part in a Kwik Cricket game 	
<ul style="list-style-type: none"> • Know what a tactic is and, with support, can use them in a game 	<ul style="list-style-type: none"> • Show an understanding of teamwork and communication in a striking and fielding game 	
<ul style="list-style-type: none"> • Begin to display elements of teamwork in a game 		
<ul style="list-style-type: none"> • Evaluate my performance, with support 		

Autumn 1 – Cycle B

Acorn – Throwing and Catching	Willow – Year 3&4 – Football	Willow – Year 5&6 –
<ul style="list-style-type: none"> Roll a ball with some success 	<ul style="list-style-type: none"> Execute ball control skills with some control and success 	<ul style="list-style-type: none"> Describe the new movements learnt in the unit
<ul style="list-style-type: none"> React and stop a ball rolling using two hands 	<ul style="list-style-type: none"> Use elements of the correct technique for dribbling with a football, with some control and success 	<ul style="list-style-type: none"> Perform a recognisable movements, e.g a pike backwards roll that looks like a pike backwards roll
<ul style="list-style-type: none"> Roll a ball towards a target 	<ul style="list-style-type: none"> Stop the ball, after dribbling with it, with some success 	<ul style="list-style-type: none"> Describe how my performance has improved over the lesson
<ul style="list-style-type: none"> Throw underarm, using different objects with some control 	<ul style="list-style-type: none"> Use elements of the correct technique for passing a football, with some accuracy and success 	<ul style="list-style-type: none"> Link a series of different movements together to form a short routine
<ul style="list-style-type: none"> Throw underarm, using different objects, with some control 	<ul style="list-style-type: none"> Use elements of the correct technique for receiving a pass, with some control and success 	<ul style="list-style-type: none"> Practise and refine my own movements independently, showing awareness of others around me
<ul style="list-style-type: none"> Throw underarm towards a target 	<ul style="list-style-type: none"> Combine dribbling and passing with some success 	
<ul style="list-style-type: none"> Throw overarm, using different objects, with some control 	<ul style="list-style-type: none"> Give at least one reason why space and movement are important in football 	
<ul style="list-style-type: none"> Throw overarm for distance 	<ul style="list-style-type: none"> Use elements of the correct technique for dodging and can execute this with some success when trying to get free from a defender 	
<ul style="list-style-type: none"> Attempt to catch and object, using some of the correct techniques 	<ul style="list-style-type: none"> Sometime find and use space effectively to receive a pass, in order to support teammates 	
<ul style="list-style-type: none"> Attempt to move and position myself when trying to catch an object 	<ul style="list-style-type: none"> Give at least one fact about the job of a defender or the defending team in football 	
<ul style="list-style-type: none"> Catch different objects with occasional success 	<ul style="list-style-type: none"> Use elements of the correct technique for marking an opponent and can sometimes execute this with success in games and drills 	

<ul style="list-style-type: none"> Bounce a ball on the spot and occasionally catch it 	<ul style="list-style-type: none"> Use elements of the correct technique for block tackling and can sometimes execute this skill with some success in games and drills 	
<ul style="list-style-type: none"> Bounce a ball to a partner, changing the height of the bounce 	<ul style="list-style-type: none"> Sometimes demonstrate defensive skills in a game with varying success 	
<ul style="list-style-type: none"> Use different skills I have learnt in a range of games, with some success 	<ul style="list-style-type: none"> Use elements of the correct technique when shooting with accuracy and can execute this skill with some success in drills 	
<ul style="list-style-type: none"> Evaluate my performance, with support 	<ul style="list-style-type: none"> Use elements of the correct technique when shooting with power and can execute this skill with some success in drills 	
	<ul style="list-style-type: none"> Talk about at least one element of fitness needed for football (strength, speed, agility, fitness) 	
	<ul style="list-style-type: none"> Take part in a football fitness drill, opting for mild exercises 	
	<ul style="list-style-type: none"> Use some basic football skills in a game 	
	<ul style="list-style-type: none"> Understand what being part of a team involves and sometimes demonstrates this skill 	
	<ul style="list-style-type: none"> Try to achieve my personal best, with support 	

Autumn 2 – Cycle B

Acorn – Dance; Toys	Willow – Year 3&4 – Gymnastics; Movement	Willow – Year 5&6 – Netball
<ul style="list-style-type: none"> Move freely to music 	<ul style="list-style-type: none"> Describe the new movements in this unit 	<ul style="list-style-type: none"> Catch a netball with two hand with some confidence and success
<ul style="list-style-type: none"> Move in the wider space 	<ul style="list-style-type: none"> Perform recognisable movements, e.g a forward roll that looks like a forward roll 	<ul style="list-style-type: none"> Use elements of the correct technique for the chest pass, with some success
<ul style="list-style-type: none"> Move in my personal space 	<ul style="list-style-type: none"> Describe how my performance has improved over the lesson 	<ul style="list-style-type: none"> Use elements of the correct techniques for the shoulder pass, with some success
<ul style="list-style-type: none"> Move fast and slow 	<ul style="list-style-type: none"> Link a series of different movements together to form a short routine 	<ul style="list-style-type: none"> Catch a netball with one and two hands with some confidence and success
<ul style="list-style-type: none"> Move high and low 	<ul style="list-style-type: none"> Practise and refine my own movements independently, showing awareness of others around them 	<ul style="list-style-type: none"> Use elements of the correct technique for the bounce pass, with some success
<ul style="list-style-type: none"> Move with light and heavy movements 		<ul style="list-style-type: none"> Use elements of the correct technique for the overhead pass, with some success
<ul style="list-style-type: none"> Pretend to move with an object 		<ul style="list-style-type: none"> Use more than one type of netball pass in a game situation
<ul style="list-style-type: none"> Copy and repeat movements 		<ul style="list-style-type: none"> Land in different ways without the ball and begin to coordinate catching the ball with different landings
<ul style="list-style-type: none"> Change movements when prompted 		<ul style="list-style-type: none"> Pivot using the correct footwork in activities that focus only on this skill and begin to combine the skill of pivoting with other learnt netball skills
<ul style="list-style-type: none"> Make a shape 		<ul style="list-style-type: none"> Understand the footwork rule and sometimes demonstrate their understanding in a game situation
<ul style="list-style-type: none"> Work on my own 		<ul style="list-style-type: none"> Move at different speeds and in different directions in specific drills to practise these skills
<ul style="list-style-type: none"> Use expressions to communicate feelings 		<ul style="list-style-type: none"> Apply some of the attacking movement skills they have learnt to outwit a defender with some success in a game
<ul style="list-style-type: none"> Describe movements 		<ul style="list-style-type: none"> Know how to mark an opposition player who is in possession of the ball (marking the ball) and sometimes adopt elements of the correct technique when doing this in a game

<ul style="list-style-type: none">• Roll		<ul style="list-style-type: none">• Know how to mark an opposition player who is not in possession of the ball (marking the player)
<ul style="list-style-type: none">• Say if I like some music or a movement		

Spring 1 – Cycle B

Acorn – Gymnastics; Landscapes and Cityscapes	Willow – Year 3&4 – Net and Wall Games: Fundamentals	Willow – Year 5&6 – Dance Through the Decades
<ul style="list-style-type: none"> Rock or roll in a curled shape or long shape 	<ul style="list-style-type: none"> Give examples of net and wall games and know what these types of games involve 	<ul style="list-style-type: none"> Perform simple dance movements-based om The Twist, such as twisting the hips
<ul style="list-style-type: none"> Make a simple shape and hold it 	<ul style="list-style-type: none"> Demonstrate some effective footwork during footwork drills, such as moving in different directions and changing direction 	<ul style="list-style-type: none"> Create and perform a dance that is inspired by movements from The Twist
<ul style="list-style-type: none"> Balance with support from a partner 	<ul style="list-style-type: none"> Understand the importance of good footwork, movement and positioning in net and wall games, including the ready position 	<ul style="list-style-type: none"> Perform simple dance movements based on disco moves, such as extending limbs
<ul style="list-style-type: none"> Step ontop a springboard 	<ul style="list-style-type: none"> Roll a ball underarm with some control and accuracy at a target 	<ul style="list-style-type: none"> Perform a series of simple dance movements based on hip-hop moves, such as jerky and freezing movements
<ul style="list-style-type: none"> Jump 	<ul style="list-style-type: none"> Use throwing and catching skills in games involving precision and accuracy with some success 	<ul style="list-style-type: none"> Perform a series of simple dance movements inspired by 1980's hip-hop moves
<ul style="list-style-type: none"> Take my weight on my hands and feet with my stomach pointing towards the ground and move on my hands and feet 	<ul style="list-style-type: none"> Control the ball using basic racket skills 	<ul style="list-style-type: none"> Perform a series of simple dance movements in unison, to show that they are inspired by elements of 90's dance moves
<ul style="list-style-type: none"> Copy a movement sequence of two movements 	<ul style="list-style-type: none"> Hit a ball along the ground with some accuracy using a tennis racket 	<ul style="list-style-type: none"> Perform a series of simple dance movements of actions that are linked to the lyrics of the song, showing that they are inspired by elements of 90's dance moves
<ul style="list-style-type: none"> Get into a plank position 	<ul style="list-style-type: none"> Know how to hit a ball using elements of a forehand technique and sometimes demonstrate this in a game, including using the correct grip 	<ul style="list-style-type: none"> Combine and perform simple dance movements taking inspiration from dance elements from different decades
<ul style="list-style-type: none"> Perform and describe my movements 	<ul style="list-style-type: none"> Sometimes hit a ball to land close to or in a target area 	<ul style="list-style-type: none"> Perform a series of simple dance movements in unison, with some consideration for how they link together and the types of moves that may be popular in a dance to become a dance craze

	<ul style="list-style-type: none"> • Throw a ball using a double-handed backhand throw with some accuracy 	<ul style="list-style-type: none"> • Perform simple movements from social media viral dances from the 2010's
	<ul style="list-style-type: none"> • Know how to hit a ball using elements of a backhand technique and sometimes demonstrate this in a game, including using the correct grip 	<ul style="list-style-type: none"> • Perform a series of simple dance movements in unison, with some consideration for how they may be popular on social media and go viral
	<ul style="list-style-type: none"> • Sometimes work as a team to keep a rally going 	
	<ul style="list-style-type: none"> • With support, explain what to do in different attacking and defending scenarios and why 	
	<ul style="list-style-type: none"> • Understand the importance of positioning to be able to return the ball and sometimes apply this in a game 	
	<ul style="list-style-type: none"> • Use some net and wall fundamentals to play a competitive net and wall-based game 	

Spring 2 – Cycle B

Acorn – Dance; Plants	Willow – Year 3&4 – Dance; Rainforest	Willow – Year 5&6 – Volleyball
<ul style="list-style-type: none"> Copy and repeat movements to form a simple motif 	<ul style="list-style-type: none"> Select from different movements to create a short dance inspired by the layers of the rainforest 	<ul style="list-style-type: none"> Can stand in the ready position
<ul style="list-style-type: none"> Perform some actions in unison and canon 	<ul style="list-style-type: none"> Use different levels in a dance 	<ul style="list-style-type: none"> Sometimes moves into position to strike the ball
<ul style="list-style-type: none"> Copy the movements and body shapes of others to represent a plant growing 	<ul style="list-style-type: none"> Perform suggested movements to represent rainforest weather 	<ul style="list-style-type: none"> Can use elements of the correct technique to dig a volleyball
<ul style="list-style-type: none"> Answer simple questions about the performance of others, with support 	<ul style="list-style-type: none"> Usually recall and perform movements 	<ul style="list-style-type: none"> Can strike a ball with my arm or hand
<ul style="list-style-type: none"> Copy movements of other members of the group 	<ul style="list-style-type: none"> Use the different speeds in a dance 	<ul style="list-style-type: none"> Use some elements of the correct technique to hit an underarm serve
<ul style="list-style-type: none"> Move my body showing some control 	<ul style="list-style-type: none"> Use movement phrases of different speeds, to create a dance that is inspired by the animals of the rainforest 	<ul style="list-style-type: none"> Can aim towards an intended target area
<ul style="list-style-type: none"> Combine given movements to create a dance based on plants 	<ul style="list-style-type: none"> Begin to use suggested dance vocabulary when prompted 	<ul style="list-style-type: none"> Can set the ball into the air
<ul style="list-style-type: none"> Create some appropriate body shapes and make some movements that show awareness of the music 	<ul style="list-style-type: none"> Begin to consider how to improve my dance when prompted 	<ul style="list-style-type: none"> Can aim the ball in an intended direction, with some level of accuracy
<ul style="list-style-type: none"> Copy the movements of others to represent different parts of a story 	<ul style="list-style-type: none"> Perform suggested movements and put them together to make movement phrases 	<ul style="list-style-type: none"> Can use dig or set shots to pass the ball, with some control
<ul style="list-style-type: none"> Answer questions about my performance with some support 	<ul style="list-style-type: none"> Link movement phrases together by a simply performing them one after another 	<ul style="list-style-type: none"> Use elements of the correct technique to spike the ball downwards and onto the opposite side of the court
<ul style="list-style-type: none"> Copy the movements of others to represent 	<ul style="list-style-type: none"> Answer any questions about my dance performance 	<ul style="list-style-type: none"> Jump upwards towards a set ball
		<ul style="list-style-type: none"> Attempt to use the correct footwork, including a jump, when spiking the ball
		<ul style="list-style-type: none"> Attempt to block or deflect a ball using two hands

		<ul style="list-style-type: none"> • Attempt to time my block of a volleyball, sometimes with success
		<ul style="list-style-type: none"> • Take part in a Newcomb ball game and show some elements of good sportsmanship
		<ul style="list-style-type: none"> • Show an understanding of teamwork and communication in a net and wall game
		<ul style="list-style-type: none"> • Attempts to use some learnt volleyball skills in a Newcomb ball match
		<ul style="list-style-type: none"> • Participate in a sitting volleyball game
		<ul style="list-style-type: none"> • Use different body parts to hit and strike a ball
		<ul style="list-style-type: none"> • Play as part of a team

Summer 1 – Cycle B

Acorn – Multi-Skills; Sports Day	Willow – Year 3&4 – Striking and Fielding	Willow – Year 5&6 – Athletics
<ul style="list-style-type: none"> Sprint in a straight line 	<ul style="list-style-type: none"> Catch a ball accurately 	<ul style="list-style-type: none"> Try to improve reaction speed through repetition
<ul style="list-style-type: none"> Change direction when sprinting 	<ul style="list-style-type: none"> Accurately throw or roll a ball at a target 	<ul style="list-style-type: none"> Use elements of the correct technique for the underarm throw, with some success
<ul style="list-style-type: none"> Balance an egg on a spoon 	<ul style="list-style-type: none"> Strike a stationary ball in an intended direction 	<ul style="list-style-type: none"> Demonstrate elements of an effective sprinting technique
<ul style="list-style-type: none"> Adopt an effective hold and body position during the egg and spoon race 	<ul style="list-style-type: none"> Begin to understand the importance of warming up 	<ul style="list-style-type: none"> Know how to pass and receive a baton using the down-sweep, and use this technique with some success in a relay race
<ul style="list-style-type: none"> Jump from two feet to two feet 	<ul style="list-style-type: none"> Begin to identify strengths and areas in which I could improve 	<ul style="list-style-type: none"> Demonstrate a degree of endurance and stamina to be able to run for longer distances
<ul style="list-style-type: none"> Jump a set distance, e.g from hoop to hoop 		<ul style="list-style-type: none"> Understand how to pace myself and can sometime do this in a race, including speeding up at the end
<ul style="list-style-type: none"> Stay in the sack for most of the race 		<ul style="list-style-type: none"> Sometimes use my preferred leg to lead with over the obstacles
<ul style="list-style-type: none"> Demonstrate the correct underarm throwing technique 		<ul style="list-style-type: none"> Demonstrate some coordination and fluency when hurdling but generally lack speed
<ul style="list-style-type: none"> Demonstrate the correct overarm throwing technique 		<ul style="list-style-type: none"> Demonstrate some elements of the different jumping techniques and work hard to improve on my personal best
<ul style="list-style-type: none"> Throw in the general direction of a given target 		<ul style="list-style-type: none"> Lead jumping activities with the support of their peers
<ul style="list-style-type: none"> Move a football using my feet 		<ul style="list-style-type: none"> Demonstrate some elements of the overhead heave throw technique and work hard to improve on their personal best
<ul style="list-style-type: none"> Stop a football with my feet and then decide where to move 		<ul style="list-style-type: none"> Use different throwing techniques for distance and accuracy
<ul style="list-style-type: none"> Move equipment between hoops with some help/direction 		
<ul style="list-style-type: none"> Jump across an agility ladder from two feet to two feet 		

<ul style="list-style-type: none">• Jump over a series of hurdles without knocking them over		
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Summer 2 – Cycle B

Acorn – Bat and Ball	Willow – Year 3&4 – Athletics	Willow – Year 5&6 – Striking and Fielding
<ul style="list-style-type: none"> Copy the correct grip for a racket 	<ul style="list-style-type: none"> Practise basic running, throwing and jumping skills 	<ul style="list-style-type: none"> Catch a ball accurately
<ul style="list-style-type: none"> Balance a beanbag on my racket 	<ul style="list-style-type: none"> Carry out up to two different jumps, with a safe landing 	<ul style="list-style-type: none"> Accurately throw or roll a ball at a target, using the overarm technique
<ul style="list-style-type: none"> Hit a bean bag forwards towards a target 	<ul style="list-style-type: none"> Use elements of the correct technique for underarm throwing with some control and accuracy 	<ul style="list-style-type: none"> Strike a bowled ball in an intended direction
<ul style="list-style-type: none"> Show some control when hitting a ball in a modified activity 	<ul style="list-style-type: none"> Identify and give feedback on one or two elements of the best running technique for sprinting 	<ul style="list-style-type: none"> Understand the importance of warming up
<ul style="list-style-type: none"> Watch a partner and give feedback with support 	<ul style="list-style-type: none"> Understand the terms lead leg and trail leg and practise using each one in isolation with elements of the correct technique 	<ul style="list-style-type: none"> Begin to identify strengths and areas in which I could improve
<ul style="list-style-type: none"> Cooperate with a partner to play a modified target game 	<ul style="list-style-type: none"> Practise maintaining an even stride pattern and lengths in specific drills and activities 	
<ul style="list-style-type: none"> Hold a cricket ball correctly when prompted and use it to control a ball along a drawn line 	<ul style="list-style-type: none"> Run with some coordination and rhythm over obstacles 	
<ul style="list-style-type: none"> Use a cricket bat to hit a ball towards a target 	<ul style="list-style-type: none"> Use elements of the correct technique for the standing log jump with some control 	
<ul style="list-style-type: none"> Use a cricket ball to hit a ball along the ground 	<ul style="list-style-type: none"> Jump a reasonable distance using a learnt technique 	
<ul style="list-style-type: none"> Follow instructions to take on different roles within a game 	<ul style="list-style-type: none"> Compare my jumping abilities with at least 3 animals 	
<ul style="list-style-type: none"> Use a cricket bat to hit a ball that has been rolled to them from a short distance 	<ul style="list-style-type: none"> Execute an underarm throw with some control and distance 	
<ul style="list-style-type: none"> Roll a ball accurately over a short distance and stop a rolled ball 	<ul style="list-style-type: none"> Execute an overarm throw with some control and distance 	

	<ul style="list-style-type: none">• With support, choose the best ball to use, depending on the situation	
	<ul style="list-style-type: none">• Identify and execute a one-handed push throw, with some accuracy, control and distance	
	<ul style="list-style-type: none">• Identify and execute a two-handed push throw, with some accuracy, control and distance	
	<ul style="list-style-type: none">• Show some improvement in my ability to throw for accuracy and distance	