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| **Physical Education Curriculum Intent**  In Portobello Primary it is our intent to nurture health and well-being and promote active participation and activity as a way of contributing to good physical and mental development. We recognise that establishing good physical activity behaviours as a child is vital. Children who are active are more likely to become active adults and therefore, continue to benefit from an active lifestyle throughout their life. We are passionate about building upon the children’s cultural capital, we teach them trust, responsibility, inclusion, equality, and respect. Firmly embedded within our curriculum is the education around healthy living and healthy lifestyle choices. Our school is a place where everyone is given an education that builds on their strengths and addresses their individual needs to ensure progression. We believe that all children should be able to achieve their full potential academically, socially, emotionally and physically. We organise our curriculum so our children are taught and are exposed to a wide range of competitive and non-competitive sports. It is our intention that all children have equal opportunity to take part in a range of sports and physical activities. We organise activities to ensure children are encouraged to participate in exercise throughout the day, as well as their discrete Physical Education lessons. We take pride in our Physical Education curriculum being delivered in a supportive environment, where effort as well as success is celebrated. We aim to ensure that the children’s experience of Physical Education is positive and motivating so they can develop in confidence and skill. The Olympic and Paralympic Values are important to us and these are promoted and reflected upon during and after physical activities. They remind the children they are united and provide them with immediate and appropriate celebratory feedback to each other. We intend for our Physical Education Curriculum to be progressive as children acquire skills across a wide range of sports and physical activities. Children develop physically at different rates, whether they are physically very able or require support with such skills, it is important that they are taught to use their surrounding environment to set their own goals and have the ambition to succeed in these on a personal level.  **Physical Education Curriculum Implementation**  In Portobello Primary we facilitate the best possible outcomes for all our children. We have an inclusive approach when delivering our diverse, broad and balanced curriculum and recognise the needs and strengths of all our individual children. All children will succeed in this curriculum area because of our bespoke approach to their learning requirements. Teachers are trained to use formative assessment accurately within lessons to ensure the provision of targeted support and challenge effectively. Where appropriate, adaptations are made to the curriculum in response to individual or groups of children. In lessons children are supported in a number of appropriate ways until they no longer require the scaffolded support and are then encouraged to progress their independence, to embed skills and fully develop their own potential and to ensure independent excellence is achieved. We ensure we promote, teach and celebrate diversity and equality though the delivery of the curriculum. We recognise the importance of retrieval and the impact that this has on learning for all our children to be able to remember and do more. Therefore, we ensure that sufficient time for high quality retrieval practise is firmly embedded into the teaching sequence. To strengthen their understanding and consolidate knowledge and skills we ask that retrieval practise takes place not just during the lesson but over time. Children actively participate in high quality rehearsal, summarising, analysing or application activities.  Physical Education at Portobello Primary is taught by Teachers and qualified Sports Coaches. All children have equal opportunity to take part in a wide range of sport and physical activities.  Each child receives two hours of Physical Education curriculum time on a weekly basis. Additionally, we ask for all children to engage in physical activity for at least sixty minutes each day. We also offer after school sporting clubs across the school year. Less active children are sometimes specifically invited to attend these. We have aligned our curriculum for Physical Education with the National Curriculum. Through our curriculum, we provide a carefully planned progression of skills and knowledge which are built upon year by year. Children participate in team games, develop and master group and individual skills and experience a variety of fundamental skills. They are taught to use age-appropriate equipment safely. Our Upper Key Stage Two children have access to swimming lessons. We have of course had to take into careful consideration how the pandemic has impacted this and have further developed our teaching progressions as we prioritised getting our children fit and active, which is crucial to their health and well-being. Our Physical Education curriculum would not be successful without the teaching staff being both skilled and confident. We therefore ensure we audit our teaching staff skills and teaching staff regularly and engage in suitable CPD where appropriate. This ensures they have the confidence and competence to offer the high-quality Physical Education and experiences we are passionate all our children receive.  **National Curriculum for Key Stage 1**  Pupils should be taught to:   * master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities * participate in team games, developing simple tactics for attacking and defending * perform dances using simple movement patterns   **National Curriculum for Key Stage 2**  Pupils should be taught to:   * use running, jumping, throwing and catching in isolation and in combination * play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending * develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] * perform dances using a range of movement patterns * take part in outdoor and adventurous activity challenges both individually and within a team * compare their performances with previous ones and demonstrate improvement to achieve their personal best.   All schools must provide swimming instruction either in key stage 1 or key stage 2.  In particular, pupils should be taught to:   * swim competently, confidently and proficiently over a distance of at least 25 metres * use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] * perform safe self-rescue in different water-based situations.   **Physical Education Curriculum Impact**  All children receive a broad and balanced Physical Education curriculum where they can develop their skills in a supportive environment. We equip our children with the necessary skills for the love of sport, many of whom enjoy competing. These children have the opportunity to compete against other schools throughout the school year. We know that through the delivery of our Physical Education curriculum and planned active sessions throughout the school day we are helping our children to stay physically and emotionally well or make improvements to their well-being and fitness. When our children are physically and mentally well it further drives their progress in all other areas of the curriculum. Our curriculum is the foundations for our children growing up to live happy and healthy lives where they can utilise the skills they have acquired and reap the benefits of being healthy and active.  **Supporting the development of Spiritual Moral Social Cultural Development**  Through the teaching of dance and gymnastics spiritual education is explored. We invite the children to be creative, use their imagination, display emotions and reflect.  In all our Physical Education lessons and the way we expect our children to behave during other active times in and around school, we teach our children about the etiquette of code of conduct. For example; a handshake before and after matches or applauding the opposition. It is instilled into children that they should abide by the rules and they understand the consequences of their actions. The concepts of self-discipline are essential. Children are taught, to achieve a high standard in sport they need to actively pursue that high standard by applying themselves. All physical activities have a wide range of physical and emotional benefits. Developing regular physical activity behaviours in childhood is crucial to continue this into adulthood. Games and dance enable the children to learn about cultures. We are passionate that the children develop an awareness and understanding about the world around them. Social education is firmly embedded during Physical Education lessons and other active times during the school day. There are opportunities for children to actively participate as a team or group, supporting the development of their co-operation, communication and commitment. In Portobello Primary we have a growth mindset approach firmly embedded in everything we do. Children understand that learning takes place over time and that they are required to make the most of all learning opportunities, mistakes are one part of this.  **Physical Education Curriculum Assessment and Monitoring**  Physical Education is monitored by the subject leaders throughout all year groups using a number of strategies including learning outcome moderations, observations of children, and discussions with teaching staff and children. Subject leaders also discuss Physical Education with the Senior Leadership Team termly and they complete a written report to Governors in Summer Term Two. Teaching staff are asked to complete a Basic Skill Assessment to identify gaps in fundamental movements, as well as Year Group Objectives Assessment using the GetSet4PE scheme and to track the attainment and progress of children against the National Curriculum objectives. Participation Trackers are completed to tracker the activity levels of our children and the amount who are accessing extra-curricular clubs as well as external clubs. At the end of each lesson children are provided with reflection time for them to self and peer assess against the learning objectives. |
| **Year 1** |
| **Autumn 1 unit 1** – Fundamentals |
| **New Words We Will Use and Understand**  Run, stop, space, jump, balance, skip, fast, hop, slow, direction, land, safely |
| **What We Will Remember**  - To know how to balance, show stability and how to land safely  - To know how the body moves differently when running at different speeds  - To know how to change direction and perform dodging actions  - To know how to jump, hop and skip  - To know how to demonstrate coordination and combination jumps |
| **What We Can Do**  Look ahead when you land  Show hopping and jumping movements with soft, bent knees  Move your feet to change direction  Push off in a new direction, staying balanced  Land on the balls of your feet to stay balanced  Swing your arms to help you move forwards  Bend your knees to jump and land |
| **Additional Learning Opportunities**  Multi-skills activities and festivals through Cluster Secondary school |
| **Autumn 1 unit 2 –** Fitness |
| **New Words We Will Use and Understand**  Running, co-ordination, stamina, strength, agility, balance, breathing, muscles |
| **What We Will Remember**  - How exercise makes you feel  - How exercise can make you strong and healthy  - How exercise links to breathing and the brain  - How exercise helps my muscles  - How daily exercise is important |
| **What We Can Do**  Notice how your breathing changes during exercise  Describe how exercise makes my body feel  Notice how your heartbeat changes during exercise  Consider how your muscles feel after exercise  Describe why exercise is important |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Autumn 2 unit 1 –** Ball skills |
| **New Words We Will Use and Understand**  Multi-skills activities and festivals through Cluster Secondary school  Personal challenges in class/golden time |
| **What We Will Remember**  - To know how to develop control and coordination when dribbling a ball with hands and feet  - To know how to accurately roll a ball  - To know how to accurately throw a ball towards a target  - To know how to catch a ball with two hands  - To know how to track a ball that is coming towards me |
| **What We Can Do**  Use soft touches to keep good control, keep the ball close  Use wide fingers to move and control the ball  Use different parts of the foot  Face body and target arm towards the target  Release the ball when your fingertips are pointing at your target  Keep eyes on the ball or target  Use a ready position with knees bent, feet shoulder width apart  Keep eyes on the ball |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Autumn 2 unit 2 –** Sending and receiving |
| **New Words We Will Use and Understand**  Roll, kick, track, throw, catch, take turns, communication |
| **What We Will Remember**  - To know how to develop rolling and throwing a ball towards a target  - To know how to track and receive a rolling ball  - To know how to send and receive a ball with your feet  - To know how to develop throwing and catching skills over different distances  - To know how to apply sending and receiving skills to small games |
| **What We Can Do**  Finish with your hand where you want the ball to go  Check the receiver is looking before you pass  Watch the ball and get body behind it  Place your foot behind the ball to cushion it  Use two hands and wide fingers to catch the ball  Watch the ball as it comes towards you  After you have passed the ball move to a new space  Send the ball into space away from fielders |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Spring 1 unit 1 –** Dance |
| **New Words We Will Use and Understand**  Move, copy, shape, space, safely, around, travel, sideways, forwards, backwards, counts, pose, level, slow, fast, balance |
| **What We Will Remember**  - To know how to use counts of 8 to move in time  - To know how to explore pathways in dance  - To know how to create my own dance using actions, pathways and counts  - To know how to explore speed and actions in dance  - To know how to copy, remember and repeat actions |
| **What We Can Do**  Count evenly to the beat  Use clear actions  Use levels to make your dance look interesting  Change direction and speed to make dance look interesting  Discuss and share ideas with a partner to create ideas  Use clear actions and expressions |
| **Additional Learning Opportunities**  Watch different dance routines, look for inspiration from films and music videos |
| **Spring 1 unit 2 –** Target games |
| **New Words We Will Use and Understand**  Aim, target, underarm, overarm, accuracy, distance, technique |
| **What We Will Remember**  - To know how to develop underarm throwing towards a target  - To know how to develop throwing for accuracy  - To know how to develop underarm and overarm throwing for distance  - To know how to select the correct throwing technique for each situation  - To know how to identify a good throwing technique |
| **What We Can Do**  Keep eyes on the target  Opposite hand to point at the target  Keep eyes on the target  Time the release of the throw  Face your body side-on  Start with the ball or beanbag at your ear  Opposite leg to throwing arm forwards |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Spring 2 unit 1 –** Invasion games |
| **New Words We Will Use and Understand**  Dodging, defence, attack, possession, interception |
| **What We Will Remember**  **-**To know the role of attackers and defenders  - To know who to pass to and why when playing against a defender  - To know how move towards a goal with the ball  - To know how to move into space and show an awareness of defenders  - To know how to stay with a player when defending |
| **What We Can Do**  Keep the ball close to your feet using soft touches  Push the ball slightly ahead of you when dribbling at speed  Use the inside of the foot to pass the ball  Look at where your teammate is before passing  Move away from the defender and into space  Move towards the goal you are aiming at |
| **Additional Learning Opportunities**  Cluster events against other schools, taster sessions delivered by secondary school staff from LLOBA |
| **Spring 2 unit 2 –** Gymnastics |
| **New Words We Will Use and Understand**  Straight, barrel, straight, forward, balance, shape, jump, sequence |
| **What We Will Remember**  - To know how to explore travelling movements  - To know how to develop quality when performing and linking shapes  - To know how to develop stability and control when performing balances and shape jumps  - To know how to develop technique in the barrel, straight and forward roll  - To know how to link gymnastics actions to create a sequence |
| **What We Can Do**  Use different parts of the body  Use high and low levels to travel  Squeeze and tense your muscles to maintain control  Hold your balance for 5 seconds  Bend knees when landing  Look ahead when landing |
| **Additional Learning Opportunities**  External coaches running extra-curricular clubs |
| **Summer 1 unit 1 –** Striking and fielding |
| **New Words We Will Use and Understand**  Striking, fielding, target, opponent, batter, bowler |
| **What We Will Remember**  **-** To know how to develop underarm throwing and catching and put this into small sided games  **-** To know how to strike a ball with my hand and equipment  - To know how to retrieve a ball when fielding  - To know how to get a batter out  - To know how to develop decision making and understand how to score points |
| **What We Can Do**  Use two hands to collect the ball  Watch the ball when it is coming towards you  Step forwards with the opposite foot to throwing hand  Strike the ball using the centre of the racket or bat  Get in front of the ball |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Summer 1 unit 2 –** Invasion games |
| **New Words We Will Use and Understand**  Dodging, defence, attack, possession, interception, dribbling, space |
| **What We Will Remember**  **-**To know who to pass to and why when playing against a defender  - To know how to support a teammate to stay in possession  - To know how to move towards a goal with the ball  - To know how to move into space and show an awareness of defenders  - To know how to stay with a player when defending |
| **What We Can Do**  Keep the ball close to your feet using soft touches  Push the ball slightly ahead of you when dribbling at speed  Use the inside of the foot to pass the ball  Look at where your teammate is before passing  Move away from the defender and into space  Move towards the goal you are aiming at |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Summer 2 unit 1 –** Net and wall games |
| **New Words We Will Use and Understand**  Space, position, opponent, racket, control, sending, accurate, target, tactics |
| **What We Will Remember**  - To know how to defend space using a ready position  - To know how to play against an opponent and keep the score  - To know how to develop racket and ball control  - To know how to develop sending a ball using a racket  - To know how to develop hitting a ball over a net |
| **What We Can Do**  Feet hip width apart and knees bent  Say the score out loud  Hold the racket towards the bottom of the handle  Keep the ball in the centre of the racket face  Use small movements to hit the ball  Move your feet to the ball |
| **Additional Learning Opportunities**  Events at cluster secondary school against other primary schools |
| **Summer 2 unit 2 –** Athletics |
| **New Words We Will Use and Understand**  Speed, power, strength, accuracy, accurate, distance, balance, agility, coordination, leaping |
| **What We Will Remember**  - How to move at different speeds over different distances  - How to develop balance  - How to develop agility and coordination  - How to develop hopping, jumping and leaping for distance  - How to develop throwing for distance and accuracy |
| **What We Can Do**  Run using opposite leg to arm  Take big strides for running faster  Use slower pace for long distance  Jump and land with soft knees  Push off to change direction  Swing arms forward when jumping  Throw with a balance stance |
| **Additional Learning Opportunities**  Multi-skills/sports/athletics events at cluster secondary school against other primary schools |

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| **Year 2** |
| **Autumn 1 unit 1** – Health and Fitness |
| **New Words We Will Use and Understand**  Stamina, balance, coordination, continuous, strong, pace, race, speed, jog, steady, sprint |
| **What We Will Remember**  - To know how to run for longer periods of time without stopping  - To know how to develop coordination and timing when jumping  - To know how to develop stamina and agility  - To know how to explore exercises that use your own body weight  - To know how to develop balance and coordination (alongside agility) |
| **What We Can Do**  Time jumps with the rope  Don’t start running too quickly to be able to run for longer  Turn then jump  Bend down low and push off quickly to change direction  Keep head up  Use arms to help you move quickly |
| **Additional Learning Opportunities**  Athletics activities, multi-sport events are cluster secondary school, sports day, school games day |
| **Autumn 1 unit 2 –** Ball skills |
| **New Words We Will Use and Understand**  Distance, overarm, underarm, receive, send, accurate, target |
| **What We Will Remember**  - To know how to develop coordination when rolling and stopping a ball  - To know how to develop technique and control when dribbling a ball with your feet  - To know how to develop technique and control when kicking a ball  - To know how to develop technique and control when throwing and catching  - To know how to develop technique and control when dribbling a ball with your hands |
| **What We Can Do**  Bend down low to roll the ball accurately  Let go of the ball when your hand is aiming at the target  Keep eyes on the ball  Move feet towards the ball  Use soft touches with your feet  Keep ball close to your feet  Use the inside of the foot to kick the ball |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Autumn 2 unit 1 –** Sending and receiving |
| **New Words We Will Use and Understand**  Target, send, track, receive, partner, opponent |
| **What We Will Remember**  - To know how to roll a ball towards a target  - To know how to track and receive a ball  - To know how to be able to stop, send and receive a ball with your feet  - To know how to develop throwing and catching skills  - To know how to send and receive a ball with a racket |
| **What We Can Do**  Bend down low to roll the ball accurately  Let go of the ball when your hand is aiming at the target  Keep eyes on the ball  Place foot behind the ball to cushion it  Get body behind the ball  Use two hands and wide fingers to catch the ball  Pull the ball into your body |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Autumn 2 unit 2** – Target games |
| **New Words We Will Use and Understand**  Aim, target, underarm, overarm, accuracy, distance |
| **What We Will Remember**  - To know how much power to apply when aiming at a target  - To know how to score in different target games using an overarm throw  - To understand how to score in different target games when kicking  - To know how to develop striking a target  - To know how to hit a moving target |
| **What We Can Do**  Point your arm/foot in the direction of the target  Use the correct amount of force depending on how close the target is  Consider the height and speed of the moving target  Use different types of throws |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Spring 1 unit 1** – Target Games (2) |
| **New Words We Will Use and Understand**  Expression, pathway, direction, perform, dynamics |
| **What We Will Remember**  - To know how much power to apply when aiming at a target  - To know how to score in different target games using an overarm throw  - To understand how to score in different target games when kicking  - To know how to develop striking a target  - To know how to hit a moving target |
| **What We Can Do**  Point your arm/foot in the direction of the target  Use the correct amount of force depending on how close the target is  Consider the height and speed of the moving target  Use different types of throws |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Spring 1 unit 2** – Invasion games |
| **New Words We Will Use and Understand**  Dodging, defence, attack, possession, interception |
| **What We Will Remember**  - To know what being in possession means and support teammates to do this  - To know how to use a variety of skills to score goals  - To know how to develop skills to stop an opponent scoring a goal  - To know how to gain possession of the ball  - To develop an understanding of marking an opponent |
| **What We Can Do**  Keep the ball close to your body to keep possession  Look up and around to see teammates and opponents  Control the ball when shooting  Be ready and react quickly  Keep your eyes on the ball  Stand sideways so you can see the attacked and the ball |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Spring 2 unit 1** – Invasion games |
| **New Words We Will Use and Understand**  Dodging, defence, attack, possession, interception |
| **What We Will Remember**  - To know how to use a variety of skills to score goals  - To know how to develop skills to stop an opponent scoring a goal  - To know how to gain possession of the ball  - To know how to mark an opponent  **-** To know how to apply simple tactics for attacking and defending |
| **What We Can Do**  Keep the ball close to your body to keep possession  Look up and around to see teammates and opponents  Control the ball when shooting  Be ready and react quickly  Keep your eyes on the ball  Stand sideways so you can see the attacked and the ball |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Spring 2 unit 2** – Team building |
| **New words we will use and understand**  Teamwork, communication, planning, solve, effective, trust |
| **What we will remember**  - To know how to communicate in a small group to solve problems  - To know how to create a plan with a group to solve challenges  - To know how to communicate effectively and develop trust  - To know how to work as a group to solve problems  - To know how to work with a group to copy and create a basic map |
| **What We Can Do**  Listen carefully to rules and instructions  Make a plan before you start  Make sure all children have a role in the group  Discuss all ideas and decide on how to solve the problems  Reflect on what went well and what could be improved on  Use short clear instructions when guiding others |
| **Additional Learning Opportunities**  Extra-curricular links to other subjects such as Maths, humanities. Solving conflict and building friendships in PSHE activities and during the school day. |
| **Summer 1 unit 1** – Striking and fielding |
| **New Words We Will Use and Understand**  Striking, fielding, target, opponent, batter, bowler, track retrieve |
| **What We Will Remember**  - To know how to track a rolling ball and collect it  - To know how to develop accuracy in underarm throwing and consistency in catching  - To know how to develop accuracy in overarm throwing to send a ball over a greater distance  - To know how to develop striking for distance and accuracy  - To know how to develop decision making when under pressure and to get a batter out |
| **What We Can Do**  Move your feet in line with the ball  Bring the ball into your body  Meet the ball with hands out ready to catch  Keep your eyes on the ball  Look at where the batter and fielders are before hitting or running |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Summer 1 unit 2** – Net and Wall |
| **New Words We Will Use and Understand**  Tactics, continuously target, opponent, court, defend, attack |
| **What We Will Remember**  - To know how to use a racket  - To know how to develop placing an object  - To know how to use the ready position to defend space on court  - To know how to return a ball with hands and then a racket  - To know how to win a point |
| **What We Can Do**  Use the ready position  Go back to the centre after hitting the ball  Watch the ball carefully  Move quickly  Hold the racket with a relaxed grip  Send the ball into spaces away from your opponent |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Summer 2 unit 1** – Athletics |
| **New Words We Will Use and Understand**  Speed, power, strength, accuracy |
| **What We Will Remember**  -To know how to develop the sprinting action  -To know how to jump for height  -To know how to jump for distance  -To know how to throw for distance  -To know how to throw for accuracy |
| **What We Can Do**  Balance when running  Run on the balls of your feet  Take big strides when running fast  Bend knees to push off  Soft knees when landing from a jump  Swing and drive arms up to take off |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school |
| **Summer 2 unit 2 –** Gymnastics |
| **New Words We Will Use and Understand**  Straight, barrel, tuck, pike, straddle sequence |
| **What We Will Remember**  -To know how to perform gymnastics shapes and link them together  -To know how to use shapes to create balances  -To know how to link travelling actions and balances using apparatus  -To know how to develop different shapes, take offs and landings when performing jumps  -To know how to develop rolling and sequence building (develop sequence work on apparatus) |
| **What We Can Do**  Hold shapes for 5 seconds  Squeeze and tense muscles to keep control  Change levels in the sequence  Use different body parts to travel on |
| **Additional Learning Opportunities**  External coaches running extra-curricular clubs |
| **Summer 2 unit 3 –** Dance |
| **New Words We Will Use and Understand**  Move, copy, shape, space, safely, around, travel, sideways, forwards, backwards, counts, pose, level, slow, fast, balance |
| **What We Will Remember**  -To know how to use counts of 8 to move in time  -To know how to explore pathways in dance  -To know how to create my own dance using actions, pathways and counts  -To know how to explore speed and actions in dance  -To know how to copy, remember and repeat actions |
| **What We Can Do**  Use counts of 8  Use different shapes and levels  Mirror movements with your partner  Match movements with your partner  Use clear actions  Use expression  Show change in speed  Show stillness when holding shapes |
| **Additional Learning Opportunities**  Watch different dance routines, look for inspiration from films and music videos |

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| **Year 3** |
| **Autumn 1 unit 1 –** Tag Rugby |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, consecutive, possession |
| **What We Will Remember**  - To know how to develop throwing, catching and running with the ball  - To know how to develop an understanding of tagging rules  - To know how to begin to use the ‘forward pass’ and ‘offside’ rules  - To know how to dodge a defender and move into space when running towards the goal  - To know how to develop defending skills in a game situation |
| **What We Can Do**  Hold the long sides of the ball  Create a W shape with your hands on the ball  Watch the ball carefully  Do not hold onto your own tags  Pass the ball if you have been tagged  Only pass the ball backwards or to the side of you |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 1 unit 2** – Health and Fitness |
| **New Words We Will Use and Understand**  Coordination, personal, technique, agility, stamina, continuous |
| **What We Will Remember**  - To know how to develop awareness of what the body can do  - To know how to develop speed and strength  - To know how to develop coordination and agility  - To know how to develop balance  - To know how to develop stamina |
| **What We Can Do**  Run on the balls of your feet  Complete exercises slowly and with control  Keep elbows bent  Watch the ball or beanbag and move your hands ready to catch it  Use small steps to change direction  Focus on something still to help you balance  Breathe steadily  Pace yourself when running longer distances |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 1** – Basketball |
| **New Words We Will Use and Understand**  Interception, protective, opponent, defend, attack, travelling, possess |
| **What We Will Remember**  - To know how to develop the attacking skill of dribbling  - To know how to develop protective dribbling against an opponent  - To know how to develop the bounce and chest pass and decide when to use them  - To know how to develop tracking and defending an opponent  - To know how to develop the technique for the set shot |
| **What We Can Do**  Use wide fingers to control the ball  Push the ball back down to the ground  Turn your body to create barrier between you and the ball  Balance with your feet shoulder width apart  Look at the target  Follow throw with your hand  Follow the double dribble, contact and travelling rules |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 2 –** Handball |
| **New Words We Will Use and Understand**  Grip, attack, interception, opponent, defend, possession |
| **What We Will Remember**  - To know how to throw and catch when on the move  - To know how to move towards a goal or away from a defender  - To know how to develop accuracy when shooting  - To know how to apply individual and team defending skills  - To know how to change direction and speed to lose a defender and move into space |
| **What We Can Do**  Use soft hands when catching  Direct the ball where you want it to go  Use steps to help you generate power  Run onto the ball to intercept it  Communicate with your teammates  Face the direction you want to move in  Dribble away from defenders |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 1 –** Hockey |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - To know how to send a ball with a push pass  - To know how to receive a ball  - To know how to dribble using the reverse dribble  - To know how to move into space after passing a ball  - To know how to use an open stick tackle to gain possession |
| **What We Can Do**  Keep the stick low to the ground to trap the ball  Push the ball when passing, step forward with opposite foot to hand  Keep your head up  Only use the flat side of the hockey stick  Move into space away from defenders  Dribble towards the goal |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 2** – Gymnastics |
| **New Words We Will Use and Understand**  Extension, body tension, momentum, rotate |
| **What We Will Remember**  -To know how to create interesting point and patch balances  -To know how to step into shape jumps with control  -To know how to develop the straight, barrel and forward roll  -To know how to transition smoothly in and out of balances  -To know how to create a sequence with matching and contrasting actions and shapes, incorporating equipment |
| **What We Can Do**  Hold balances for 5 seconds  Use different levels  Land with knees bent and looking straight ahead  Move in and out of balances smoothly  Combine rolls, jumps, balances and travelling movements  Use strong body tension |
| **Additional Learning Opportunities**  External coaches running extra-curricular clubs |
| **Spring 2 unit 1** – Dance |
| **New Words We Will Use and Understand**  Stimulus, dynamics, formations, canon, unison, shape, relationships |
| **What We Will Remember**  -To know how to move in unison with a partner  -To know how to move in contact with a partner or interact with a partner  -To know how to link appropriate actions to show ideas  - To remember, repeat and create actions to show an idea  -To know how to share ideas of actions and dynamics to create a dance |
| **What We Can Do**  Use counts of 8  Use opposites such as forwards and backwards or up and down  Use space around you  Use clear actions  Use changes of timing  Work with your partner to share ideas |
| **Additional Learning Opportunities**  Watch different dance routines, look for inspiration from films and music videos |
| **Spring 2 unit 2** – Netball (1) |
| **New Words We Will Use and Understand**  Interception, possession, defence, attack, conceding |
| **What We Will Remember**  - To know how to pass and move towards a goal  - To know how to play within the footwork rule  - To know how to use movement skills to lose a defender  - To know how to defend an opponent to try to win the ball  - To know how to develop the shooting action |
| **What We Can Do**  Use two hands to catch  Footwork - Do not lift your landing foot and then place it back down  Move towards the goal  Change direction and speed to lose a defender  Stay close to the attacker, in between attacker and the ball  Shooting – hold the ball high above your head, start with feet shoulder width apart |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 2 unit 3 –** Hockey (2) |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - To know how to send a ball with a push pass  - To know how to receive a ball  - To know how to dribble using the reverse dribble  - To know how to move into space after passing a ball  - To know how to use an open stick tackle to gain possession |
| **What We Can Do**  Keep the stick low to the ground to trap the ball  Push the ball when passing, step forward with opposite foot to hand  Keep your head up  Only use the flat side of the hockey stick  Move into space away from defenders  Dribble towards the goal |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 1 unit 1** – Cricket |
| **New Words We Will Use and Understand**  Fielders, batters, striking, tracking, bowling |
| **What We Will Remember**  -To know how to use an overarm throw  -To know how to bowl underarm  -To know how to grip the bat and develop the batting technique  -To know how to field and ball using a two-handed pick up and short barrier  -To know how to use the overarm bowling technique |
| **What We Can Do**  Step forward with the opposite foot to throwing arm  Point your throwing hand in the direction of your target after release  Make a ‘V’ using thumb and forefinger in line with the spine of the bat  Watch the ball as it is bowled to you |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 1 unit 2** – Netball (2) |
| **New Words We Will Use and Understand**  Interception, possession, defence, attack, conceding |
| **What We Will Remember**  - To know how to pass and move towards a goal  - To know how to play within the footwork rule  - To know how to use movement skills to lose a defender  - To know how to defend an opponent to try to win the ball  - To know how to develop the shooting action |
| **What We Can Do**  Use two hands to catch  Footwork - Do not lift your landing foot and then place it back down  Move towards the goal  Change direction and speed to lose a defender  Stay close to the attacker, in between attacker and the ball  Shooting – hold the ball high above your head, start with feet shoulder width apart |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 1 –** Athletics |
| **New Words We Will Use and Understand**  Power, speed, strength, vertical, progressive |
| **What We Will Remember**  - To know how to develop the sprinting technique and improve on your personal best  - To know how to develop change over in relay events  - To know how to develop jumping techniques in a range of approaches and take off positions  - To know how to throw for distances and accuracy  - To know develop officiating and performing skills |
| **What We Can Do**  Spring on the balls of your feet  Move your arms quickly to develop speed  Communicate with teammates for an effective baton changeover  Bend your knees when jumping for balance and control  Look straight ahead  Transfer weight from back to front leg when throwing  Step forward as your throw to develop power |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 2** - Tennis |
| **New Words We Will Use and Understand**  Opponent, consecutive, forehand, backhand, outwit |
| **What We Will Remember**  -To know how to develop racket and ball control  -To know how to return the ball using forehand groundstroke  - To know how to take part in a rally using a forehand stroke  - To know how to develop a two handed backstroke  - To know how to play against an opponent (learn to score) |
| **What We Can Do**  Use a strong wrist to hold the racket  Use the centre of the racket to hit the ball  Move your feet to the ball  Watch the ball as it is coming to you  Use two hands to help with control  Think of where you could hit the ball to make it hard for your opponent to return it |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |

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| **Year 4** |
| **Autumn 1 unit 1 –** Tag Rugby |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, consecutive, possession |
| **What We Will Remember**  - To know how to throw, catch and run with the ball  - To know how to use tagging rules  - To know how to use the ‘forward pass’ and ‘offside’ rules  - To know how to dodge a defender and move into space when running towards the goal  - To know how to use defending skills in a game situation |
| **What We Can Do**  Hold the long sides of the ball  Create a ‘W’ shape with your hands on the ball  Watch the ball carefully  Do not hold onto your own tags  Pass the ball if you have been tagged  Only pass the ball backwards or to the side of you |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 1 unit 2 –** Health and Fitness |
| **New Words We Will Use and Understand**  Coordination, personal, technique, agility, stamina, continuous |
| **What We Will Remember**  - To know how to develop awareness of what the body can do  - To know how to develop speed and strength  - To know how to develop coordination and agility  - To know how to develop balance  - To know how to develop stamina |
| **What We Can Do**  Run on the balls of your feet  Complete exercises slowly and with control  Keep elbows bent  Watch the ball or beanbag and move your hands ready to catch it  Use small steps to change direction  Focus on something still to help you balance  Breathe steadily  Pace yourself when running longer distances |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 1** – Basketball |
| **New Words We Will Use and Understand**  Interception, protective, opponent, defend, attack, travelling, possess |
| **What We Will Remember**  - To know how to develop the attacking skill of dribbling  - To know how to develop protective dribbling against an opponent  - To know how to develop the bounce and chest pass and decide when to use them  - To know how to develop tracking and defending an opponent  - To know how to develop the technique for the set shot |
| **What We Can Do**  Use wide fingers to control the ball  Push the ball back down to the ground  Turn your body to create barrier between you and the ball  Balance with your feet shoulder width apart  Look at the target  Follow throw with your hand  Follow the double dribble, contact and travelling rules |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 2 –** Handball |
| **New Words We Will Use and Understand**  Grip, attack, interception, opponent, defend, possession |
| **What We Will Remember**  - To know how to throw and catch when on the move  - To know how to move towards a goal or away from a defender  - To know how to develop accuracy when shooting  - To know how to apply individual and team defending skills  - To know how to change direction and speed to lose a defender and move into space |
| **What We Can Do**  Use soft hands when catching  Direct the ball where you want it to go  Use steps to help you generate power  Run onto the ball to intercept it  Communicate with your teammates  Face the direction you want to move in  Dribble away from defenders |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 1 –** Hockey |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - To know how to send a ball with a push pass  - To know how to receive a ball  - To know how to dribble using the reverse dribble  - To know how to move into space after passing a ball  - To know how to use an open stick tackle to gain possession |
| **What We Can Do**  Keep the stick low to the ground to trap the ball  Push the ball when passing, step forward with opposite foot to hand  Keep your head up  Only use the flat side of the hockey stick  Move into space away from defenders  Dribble towards the goal |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 2 –** Basketball (2) |
| **New Words We Will Use and Understand**  Interception, protective, opponent, defend, attack, travelling, possess |
| **What We Will Remember**  - To know how to develop the attacking skill of dribbling  - To know how to develop protective dribbling against an opponent  - To know how to develop the bounce and chest pass and decide when to use them  - To know how to develop tracking and defending an opponent  - To know how to develop the technique for the set shot |
| **What We Can Do**  Use wide fingers to control the ball  Push the ball back down to the ground  Turn your body to create barrier between you and the ball  Balance with your feet shoulder width apart  Look at the target  Follow throw with your hand  Follow the double dribble, contact and travelling rules |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 3 –** Gymnastics |
| **New Words We Will Use and Understand**  Extension, body tension, momentum, inversion, pathways |
| **What We Will Remember**  -To know how to perform individual and partner balances  -To know how to keep control when landing rotation jumps  -To know how to perform the straight, barrel, forward and straddle roll  -To know how to develop strength in inverted movements  -To know how to develop partner sequence using apparatus |
| **What We Can Do**  Use strong body tension to hold balances with control  Bend your knees when landing and arms straight ahead  Look forward to maintain balance  Use momentum when rolling  Use different shapes, levels and pathways  Use a starting and finishing position |
| **Additional Learning Opportunities**  External coaches running extra-curricular clubs |
| **Spring 2 unit 1 –** Hockey (2) |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - To know how to send a ball with a push pass  - To know how to receive a ball  - To know how to dribble using the reverse dribble  - To know how to move into space after passing a ball  - To know how to use an open stick tackle to gain possession |
| **What We Can Do**  Keep the stick low to the ground to trap the ball  Push the ball when passing, step forward with opposite foot to hand  Keep your head up  Only use the flat side of the hockey stick  Move into space away from defenders  Dribble towards the goal |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 2 unit 2 –** Dance |
| **New Words We Will Use and Understand**  Stimulus, dynamics, formations, canon, unison, relationships |
| **What We Will Remember**  - Copy and create actions  - Choose actions which relate to a theme  - Develop a dance using matching and mirroring  - Learn and create dance moves to a certain theme  - Develop a dance using canon, formations and unison |
| **What We Can Do**  Change direction or pathway of actions  Choose actions which represent characters  Develop good timing and rhythm  Count with your partner using counts of 8  Use changes in group formation  Change level, direction, speed  Exaggerate movements |
| **Additional Learning Opportunities**  Watch different dance routines, look for inspiration from films and music videos |
| **Summer 1 unit 1 –** Netball |
| **New Words We Will Use and Understand**  Interception, possession, defence, attack, conceding |
| **What We Will Remember**  - To know how to pass and move towards a goal  - To know how to play within the footwork rule  - To know how to use movement skills to lose a defender  - To know how to defend an opponent to try to win the ball  - To know how to develop the shooting action |
| **What We Can Do**  Use two hands to catch  Footwork - Do not lift your landing foot and then place it back down  Move towards the goal  Change direction and speed to lose a defender  Stay close to the attacker, in between attacker and the ball  Shooting – hold the ball high above your head, start with feet shoulder width apart |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 1 unit 2 –** Cricket |
| **New Words We Will Use and Understand**  Fielders, batters, striking, tracking, bowling |
| **What We Will Remember**  -To know how to use an overarm throw  -To know how to bowl underarm  -To know how to grip the bat and develop the batting technique  -To know how to field and ball using a two-handed pick up and short barrier  -To know how to use the overarm bowling technique |
| **What We Can Do**  Step forward with the opposite foot to throwing arm  Point your throwing hand in the direction of your target after release  Make a ‘V’ using thumb and forefinger in line with the spine of the bat  Watch the ball as it is bowled to you |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 1 –** Tennis |
| **New Words We Will Use and Understand**  Opponent, consecutive, forehand, backhand, outwit |
| **What We Will Remember**  -To know how to develop the technique for hitting the ball using a forehand  -To know how to develop the technique for returning the ball using a forehand  -To know how to develop the backhand technique  -To know how to keep a continuous rally going  -To know how to use simple tactics to outwit an opponent |
| **What We Can Do**  Hit the ball when the racket face is facing your partner  Start with the racket low and then finishes high over your opposite shoulder  Move your feet to get in line with the ball  Hit the ball away from your opponent to make it hard for them to return it  Cover space on the court between you and your partner |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 2 –** Athletics |
| **New Words We Will Use and Understand**  Power, speed, strength, vertical, progressive |
| **What We Will Remember**  - To know how to develop stamina and an understanding of speed and pace in relation to distance  - To know how to develop power and speed in the sprinting technique  - To know how to jump for distance  - To know how to throw for distance  - To know how to develop a pull throw for distance and accuracy |
| **What We Can Do**  Run at a pace that you can maintain  Run faster at the end of the race  Alternate arms and legs to run with coordination  Sprint on the balls of your feet  Jump with control and balance by bending your knees  Look straight ahead  Transfer weight from back to front leg when throwing to create power |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |

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| **Year 5** |
| **Autumn 1 unit 1 –** Tag Rugby |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, possession, conceding |
| **What We Will Remember**  - To know attacking principles, understanding when to run and pass  - To know how to use forward pass and offside rules  - To know the tagging rules  - To know how to dodge to lose a defender  - To know how to defend to gain possession |
| **What We Can Do**  Look for space to move into  Pass if the defender comes towards you  Run with the ball if you have space to do so  Pass the ball behind you or to the side  Do not block your tags  Create a line of defence  Track the attacked to stop them running forwards |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 1 unit 2** – Health and fitness |
| **New Words We Will Use and Understand**  Co-ordination, personal, technique, agility, stamina, continuous |
| **What We Will Remember**  - To know how to develop an awareness of what the body is capable of  - To know how to use speed and stamina  - To know how to develop strength using body weight  - To know how to develop coordination and agility  - To know how to develop control whilst balancing |
| **What We Can Do**  Try your best at each station/activity  Maintain a steady breath  Run on the balls of your feet  Move your arms to develop speed  Complete exercises slowly and with control  Jumping – turn the rope then jump  Agility - Use lots of small steps rather than big steps |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 1** – Netball |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, possession, conceding |
| **What We Will Remember**  - To know how to develop passing and moving  - To know how to create and use space  - To know how to change direction and lose a defender  - To know how to defend ball side and know when to go for interceptions  - To know how to develop the shooting action further |
| **What We Can Do**  Move to a new space quickly after passing the ball  Use a change of speed and direction to lose a defender  Turn your hips to face the direction you want to run in  Keep finding new spaces to move into – to receive the ball or create space for others  Stay in front of your attacker  Shooting – hold the ball high above your head, bend you knees, flick your wrist at the end |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 2** – Basketball |
| **New Words We Will Use and Understand**  Interception, protective, opponent, defending, attacking possession |
| **What We Will Remember**  - To know how to use protective dribbling against an opponent  - To know how to move into and create space to support a teammate  - To know when to pass and when to dribble  - To know how to track an opponent and use defensive techniques to win the ball  - To know how to develop technique to increase accuracy when scoring |
| **What We Can Do**  Put your non-dribbling arm out to protect the ball from your opponent  Turn your body to create a barrier between the defender and the ball  Move into space to make it easier to score  Change pace and direction to lose opponents  Pass if you cannot beat the defender or if you can get the ball closer to the goal  Bend your knees to change direction at speed  Shooting – eyes looking at the target, follow through with your hand |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 1** – Hockey |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - To know to dribble to beat a defender  - To know how to send the ball using a push pass  - To know how to receive a ball with control  - To know how to move into space to support a teammate  - To know how to use an open stick (block) tackle and jab tackle to gain possession of the ball |
| **What We Can Do**  Change direction to move around the defender  Keep the hockey stick lower than waist height  Step forward as you pass to give more power  Put the hockey stick low to the ground to create a barrier to stop the ball  Move into space towards your goal  Move to space where the defender is not between you and the ball  Time your tackle to win the ball |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 2** – Netball (2) |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, possession, conceding |
| **What We Will Remember**  - To know how to pass and move effectively  - To know how to create and use space effectively  - To know how to direction quickly to lose a defender  - To know how to defend ball side and know when to go for interceptions  - To know how to develop and improve the shooting action for accuracy |
| **What We Can Do**  Move to a new space quickly after passing the ball  Use a change of speed and direction to lose a defender quickly  Turn your hips to face the direction you want to run in  Keep finding new spaces to move into – to receive the ball or create space for others  Stay in front of your attacker, in between ball and goal  Shooting – hold the ball high above your head, bend you knees, flick your wrist at the end |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 2 unit 1** – Hockey (2) |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - To know how to dribble to beat a defender effectively  - To know how to send the ball using a push pass accurately  - To know how to receive a ball with control  - To know how to move into space to support a teammate  - To know how to use an open stick (block) tackle and jab tackle to gain possession of the ball |
| **What We Can Do**  Change direction to move around the defender quickly  Keep the hockey stick lower than waist height  Step forward as you pass to give more power  Put the hockey stick low to the ground to create a barrier to stop the ball  Move into space towards your goal  Move to space where the defender is not between you and the ball  Time your tackle to win the ball |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 1 unit 1 -** Cricket |
| **New Words We Will Use and Understand**  Fielders. continuous, striking, tracking, bowling |
| **What We Will Remember**  - To know how to throw and catch under pressure  - To know how to catch and react to get opponents out  - To know how to develop overarm bowling technique  - To know how to strike a ball using the correct batting technique  - To know how to develop a variety of fielding techniques and apply them to a game |
| **What We Can Do**  Bring the ball into your body when catching  Step forward with the opposite foot to throwing arm  Grip the bat with the dominant hand at the bottom  Track the ball to ensure you are in line with it  Use two hands to pick up the ball when fielding |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 1 unit 2 -** Gymnastics |
| **New Words We Will Use and Understand**  Inversion, symmetrical, asymmetrical, aesthetics, synchronisation |
| **What We Will Remember**  - To know how to perform symmetrical and asymmetrical balances  - To know how to develop straight, forward and backward rolls  - To know how to perform different methods of travelling, linking actions in canon and synchronisation  - To know how to perform matching and mirroring actions both on the floor and apparatus  - To know how to create a partner sequence using apparatus |
| **What We Can Do**  Use strong body tension to maintain control of balances and movements  Use momentum to help you roll  Canon – moving one after the other  Synchronisation – moving at the same time  Keep the same timings as your partner/group  Vary the level, speed and direction used in your sequence |
| **Additional Learning Opportunities**  External coaches running extra-curricular clubs |
| **Summer 2 unit 1** - Athletics |
| **New Words We Will Use and Understand**  Consistent, downsweep, upsweep, bounding, momentum, communicating ideas |
| **What We Will Remember**  - To know how to apply different speeds over varying distances  - To know how to develop fluency and coordination when running for speed  - To know how to develop technique in relay changeovers  - To know how to develop the technique and coordination in the triple jump  - To know how to throw with force, control and technique for distance |
| **What We Can Do**  Begin throws with a balance stance  Sprint on the balls of your feet  Take big strides  Hold the end of the baton to transfer smoothly  Show balance when taking off and landing from a jump  Bend your knees when taking off and land  Finish throws with your hand high  Transfer weight from back to front leg when throwing |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 2** – Tennis |
| **New Words We Will Use and Understand**  Opponent, consecutive, forehand, backhand, technique, accuracy |
| **What We Will Remember**  - To know to return the ball using a forehand groundstroke  - To know how to return the ball using a backhand groundstroke  - To know how to cooperate with a partner to keep a continuous rally  - To know how to use an underarm serve and understand the rules for serving  - To know how to use different strokes to outwit an opponent (inc. the volley) |
| **What We Can Do**  Move from the ready position to a sideways stance  Move your feet to get in line with the ball as it comes to you  Use two hands to help control the ball when hitting it with the racket  Hit the ball near to your partner so they can return it when having a rally/away from them to win a point  Return to the centre of the court to wait for the ball  Only throw the ball to head height when serving |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 3 – (To be taught during Health and Sports week) -** Dance |
| **New Words We Will Use and Understand**  Stimulus, dynamics, formations, unison, relationship, phrase |
| **What We Will Remember**  - To know how to create a dance using a random structure and perform actions showing quality and control  - To know how changing dynamics changes the appearance of performance  - To know how to use people and space to change how a performance looks  - To know how to copy and repeat movements in the style of rock and roll  - To know how to cooperate with a partner to copy and repeat actions in time with the music |
| **What We Can Do**  Use counts of 8 to stay in time  Use changes in level, direction and pathway  Use changes in formation, matching and mirroring  Use upbeat dynamics and facial expressions to make actions look like style of music  Use lively and quick dynamics in performance |
| **Additional Learning Opportunities**  Watch different dance routines, look for inspiration from films and music videos |

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| **Year 6** |
| **Autumn 1 unit 1 –** Tag Rugby |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, possession, conceding |
| **What We Will Remember**  - To know attacking principles, understanding when to run and pass  - To know how to use forward pass and offside rules  - To know the tagging rules  - To know how to dodge to lose a defender  - To know how to defend to gain possession |
| **What We Can Do**  Look for space to move into  Pass if the defender comes towards you  Run with the ball if you have space to do so  Pass the ball behind you or to the side  Do not block your tags  Create a line of defence  Track the attacked to stop them running forwards |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 1 unit 2** – Health and fitness |
| **New Words We Will Use and Understand**  Co-ordination, personal, technique, agility, stamina, continuous |
| **What We Will Remember**  - To know how to develop an awareness of what the body is capable of  - To know how to use speed and stamina  - To know how to develop strength using body weight  - To know how to develop coordination and agility  - To know how to develop control whilst balancing |
| **What We Can Do**  Try your best at each station/activity  Maintain a steady breath  Run on the balls of your feet  Move your arms to develop speed  Complete exercises slowly and with control  Jumping – turn the rope then jump  Agility - Use lots of small steps rather than big steps |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 1** – Netball |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, possession, conceding |
| **What We Will Remember**  - To know how to develop passing and moving  - To know how to create and use space  - To know how to change direction and lose a defender  - To know how to defend ball side and know when to go for interceptions  - To know how to develop the shooting action further |
| **What We Can Do**  Move to a new space quickly after passing the ball  Use a change of speed and direction to lose a defender  Turn your hips to face the direction you want to run in  Keep finding new spaces to move into – to receive the ball or create space for others  Stay in front of your attacker  Shooting – hold the ball high above your head, bend you knees, flick your wrist at the end |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Autumn 2 unit 2** – Basketball |
| **New Words We Will Use and Understand**  Interception, protective, opponent, defending, attacking possession |
| **What We Will Remember**  - To know how to use protective dribbling against an opponent  - To know how to move into and create space to support a teammate  - To know when to pass and when to dribble  - To know how to track an opponent and use defensive techniques to win the ball  - To know how to develop technique to increase accuracy when scoring |
| **What We Can Do**  Put your non-dribbling arm out to protect the ball from your opponent  Turn your body to create a barrier between the defender and the ball  Move into space to make it easier to score  Change pace and direction to lose opponents  Pass if you cannot beat the defender or if you can get the ball closer to the goal  Bend your knees to change direction at speed  Shooting – eyes looking at the target, follow through with your hand |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 1** – Hockey |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - To know to dribble to beat a defender  - To know how to send the ball using a push pass  - To know how to receive a ball with control  - To know how to move into space to support a teammate  - To know how to use an open stick (block) tackle and jab tackle to gain possession of the ball |
| **What We Can Do**  Change direction to move around the defender  Keep the hockey stick lower than waist height  Step forward as you pass to give more power  Put the hockey stick low to the ground to create a barrier to stop the ball  Move into space towards your goal  Move to space where the defender is not between you and the ball  Time your tackle to win the ball |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 1 unit 2** – Netball (2) |
| **New Words We Will Use and Understand**  Interception, opponent, defend, attack, possession, conceding |
| **What We Will Remember**  - To know how to pass and move effectively  - To know how to create and use space effectively  - To know how to direction quickly to lose a defender  - To know how to defend ball side and know when to go for interceptions  - To know how to develop and improve the shooting action for accuracy |
| **What We Can Do**  Move to a new space quickly after passing the ball  Use a change of speed and direction to lose a defender quickly  Turn your hips to face the direction you want to run in  Keep finding new spaces to move into – to receive the ball or create space for others  Stay in front of your attacker, in between ball and goal  Shooting – hold the ball high above your head, bend you knees, flick your wrist at the end |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 2 unit 1** – Hockey (2) |
| **New Words We Will Use and Understand**  Interception, possession, opposition, defender, attacker, reverse |
| **What We Will Remember**  - To know how to dribble to beat a defender effectively  - To know how to send the ball using a push pass accurately  - To know how to receive a ball with control  - To know how to move into space to support a teammate  - To know how to use an open stick (block) tackle and jab tackle to gain possession of the ball |
| **What We Can Do**  Change direction to move around the defender quickly  Keep the hockey stick lower than waist height  Step forward as you pass to give more power  Put the hockey stick low to the ground to create a barrier to stop the ball  Move into space towards your goal  Move to space where the defender is not between you and the ball  Time your tackle to win the ball |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Spring 2 unit 2** – Health and fitness |
| **New Words We Will Use and Understand**  Co-ordination, personal, technique, agility, stamina, continuous |
| **What We Will Remember**  - To know how to develop awareness of what the body can do  - To know how to develop speed and strength  - To know how to develop coordination and agility  - To know how to develop balance  - To know how to develop stamina |
| **What We Can Do**  Run on the balls of your feet  Complete exercises slowly and with control  Keep elbows bent  Watch the ball or beanbag and move your hands ready to catch it  Use small steps to change direction  Focus on something still to help you balance  Breathe steadily  Pace yourself when running longer distances |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 1 unit 1** – Cricket |
| **New Words We Will Use and Understand**  Fielders. continuous, striking, tracking, bowling |
| **What We Will Remember**  - To know how to throw and catch under pressure  - To know how to catch and react to get opponents out  - To know how to develop overarm bowling technique  - To know how to strike a ball using the correct batting technique  - To know how to develop a variety of fielding techniques and apply them to a game |
| **What We Can Do**  Bring the ball into your body when catching  Step forward with the opposite foot to throwing arm  Grip the bat with the dominant hand at the bottom  Track the ball to ensure you are in line with it  Use two hands to pick up the ball when fielding |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 1 unit 2** – Gymnastics |
| **New Words We Will Use and Understand**  Inversion, symmetrical, asymmetrical, counter balance, counter tension |
| **What We Will Remember**  - To know how to perform the straddle, forward and backward roll  - To know how to develop counter balance and counter tension  - To know how to perform inverted movements with control (travel over apparatus using flight from hands)  - To know how to demonstrate progressions of a headstand and a cartwheel  - To know how to develop a group sequence using formations and apparatus |
| **What We Can Do**  Use momentum to help you roll  Use strong body tension to keep your shape and balance in different rolls  Move slowly in and out of balances  Create clear shapes and stable balances  Use height to perform more challenging jumps  Vary the level, direction, speed, timing and pathway  Engage core muscles for strong body tension and stability  Place hands on apparatus first then feet |
| **Additional Learning Opportunities**  External coaches running extra-curricular clubs |
| **Summer 2 unit 1** – Athletics |
| **New Words We Will Use and Understand**  Consistent, down sweep, upsweep, bounding, momentum, rotation, continuous pace, officiating |
| **What We Will Remember**  - To know how to cooperate with a partner to set a steady pace when running  - To know how to develop sprinting techniques  - To know how to develop power, control and technique for the triple jump  - To know how to develop power, force, control and accuracy when throwing for distance  - To know how to develop officiating skills of measuring, timing and recording |
| **What We Can Do**  Perform a consistent stride length when sprinting  Select and apply the best pace for the running event  Steady breathing  Link jumps showing control and balance  Transfer weight from back to front leg to throw for distance  Follow through with your hand in the direction of your throw |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 2** – Tennis |
| **New Words We Will Use and Understand**  Opponent, consecutive, forehand, backhand, technique, accuracy |
| **What We Will Remember**  - To know how to develop the forehand groundstroke  - To know how to develop the backhand groundstroke to return the ball  - To know how to develop the volley and understand when to use it  - To know how to develop accuracy of the underarm serve  - To know how to use the official scoring system |
| **What We Can Do**  Forehand - Make contact with the ball when your racket face is facing your target  Backhand -Turn your body so the back of your hand is showing  Volley – hit the ball in front with no swing, hit the ball in the centre of the racket  Underarm serve – only throw the ball to head height  Scores – agree scores after each point, apply correct rules |
| **Additional Learning Opportunities**  National fitness day, School Games Day, sports day.  Multi-skills activities and festivals through Cluster Secondary school  School tournaments and competitions ran by GSSP |
| **Summer 2 unit 3 -** Dance |
| **New Words We Will Use and Understand**  Stimulus, dynamics, formations, choreograph, relationship, contrasting |
| **What We Will Remember**  - To know how to copy and repeat a set dance phrase showing confidence in movements  - To know how to develop a dance idea while working with others  - To know how to develop changes in dynamics in response to the stimulus  - To know how to demonstrate a sense of rhythm and energy when performing  - To know how to perform a dance, showing awareness of timing, formations and direction |
| **What We Can Do**  Use loud, confident actions  Use counts of 8  Consider dynamics and facial expressions  Use clear movements and ensure they are in time with the beat of the music  Use actions to tell a story  Use canon and unison |
| **Additional Learning Opportunities**  Watch different dance routines, look for inspiration from films and music videos |