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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 landShow hopping and jumping movements with soft, bent kneesMove your feet to change directionPush off in a new direction, staying balancedLand on the balls of your feet to stay balancedSwing your arms to help you move forwardsBend 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 exerciseDescribe how exercise makes my body feel Notice how your heartbeat changes during exerciseConsider how your muscles feel after exerciseDescribe 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 ballUse different parts of the footFace body and target arm towards the targetRelease the ball when your fingertips are pointing at your targetKeep eyes on the ball or targetUse a ready position with knees bent, feet shoulder width apartKeep 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 goCheck the receiver is looking before you passWatch the ball and get body behind itPlace your foot behind the ball to cushion itUse two hands and wide fingers to catch the ball Watch the ball as it comes towards youAfter you have passed the ball move to a new spaceSend 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 beatUse clear actionsUse levels to make your dance look interesting Change direction and speed to make dance look interestingDiscuss and share ideas with a partner to create ideasUse 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 targetOpposite hand to point at the targetKeep eyes on the targetTime the release of the throwFace your body side-onStart with the ball or beanbag at your earOpposite 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 touchesPush the ball slightly ahead of you when dribbling at speedUse the inside of the foot to pass the ballLook at where your teammate is before passingMove away from the defender and into spaceMove 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 bodyUse high and low levels to travelSqueeze and tense your muscles to maintain controlHold your balance for 5 secondsBend knees when landingLook 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 ballWatch the ball when it is coming towards youStep forwards with the opposite foot to throwing handStrike the ball using the centre of the racket or batGet 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 touchesPush the ball slightly ahead of you when dribbling at speedUse the inside of the foot to pass the ballLook at where your teammate is before passingMove away from the defender and into spaceMove 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 bentSay the score out loudHold the racket towards the bottom of the handleKeep the ball in the centre of the racket faceUse small movements to hit the ballMove 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 armTake big strides for running fasterUse slower pace for long distance Jump and land with soft kneesPush off to change directionSwing arms forward when jumpingThrow 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 ropeDon’t start running too quickly to be able to run for longerTurn then jumpBend down low and push off quickly to change directionKeep head upUse 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 accuratelyLet go of the ball when your hand is aiming at the targetKeep eyes on the ballMove feet towards the ball Use soft touches with your feetKeep ball close to your feetUse 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 accuratelyLet go of the ball when your hand is aiming at the targetKeep eyes on the ballPlace foot behind the ball to cushion itGet body behind the ballUse 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 targetUse the correct amount of force depending on how close the target isConsider the height and speed of the moving targetUse 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 targetUse the correct amount of force depending on how close the target isConsider the height and speed of the moving targetUse 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 possessionLook up and around to see teammates and opponentsControl the ball when shootingBe ready and react quicklyKeep your eyes on the ballStand 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 possessionLook up and around to see teammates and opponentsControl the ball when shootingBe ready and react quicklyKeep your eyes on the ballStand 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 instructionsMake a plan before you startMake sure all children have a role in the group Discuss all ideas and decide on how to solve the problemsReflect on what went well and what could be improved onUse 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 ballBring the ball into your bodyMeet the ball with hands out ready to catchKeep 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 positionGo back to the centre after hitting the ball Watch the ball carefullyMove quickly Hold the racket with a relaxed gripSend 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 runningRun on the balls of your feetTake big strides when running fastBend knees to push offSoft knees when landing from a jumpSwing 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 secondsSqueeze and tense muscles to keep controlChange levels in the sequenceUse 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 8Use different shapes and levels Mirror movements with your partnerMatch movements with your partner Use clear actionsUse expressionShow change in speedShow 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 ballCreate a W shape with your hands on the ballWatch the ball carefully Do not hold onto your own tags Pass the ball if you have been taggedOnly 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 schoolSchool 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 controlKeep elbows bentWatch the ball or beanbag and move your hands ready to catch it Use small steps to change directionFocus on something still to help you balanceBreathe steadilyPace yourself when running longer distances |
| **Additional Learning Opportunities**National fitness day, School Games Day, sports day. Multi-skills activities and festivals through Cluster Secondary schoolSchool 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 ballPush the ball back down to the ground Turn your body to create barrier between you and the ballBalance with your feet shoulder width apart Look at the targetFollow throw with your handFollow 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 schoolSchool 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 catchingDirect the ball where you want it to go Use steps to help you generate powerRun onto the ball to intercept itCommunicate 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 schoolSchool 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 ballPush the ball when passing, step forward with opposite foot to handKeep your head upOnly use the flat side of the hockey stickMove into space away from defendersDribble towards the goal |
| **Additional Learning Opportunities**National fitness day, School Games Day, sports day. Multi-skills activities and festivals through Cluster Secondary schoolSchool 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 secondsUse different levelsLand with knees bent and looking straight aheadMove in and out of balances smoothlyCombine rolls, jumps, balances and travelling movementsUse 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 8Use opposites such as forwards and backwards or up and downUse space around you Use clear actionsUse changes of timingWork 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 catchFootwork - Do not lift your landing foot and then place it back downMove towards the goalChange direction and speed to lose a defenderStay close to the attacker, in between attacker and the ballShooting – 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 schoolSchool 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 ballPush the ball when passing, step forward with opposite foot to handKeep your head upOnly use the flat side of the hockey stickMove into space away from defendersDribble towards the goal |
| **Additional Learning Opportunities**National fitness day, School Games Day, sports day. Multi-skills activities and festivals through Cluster Secondary schoolSchool 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 armPoint your throwing hand in the direction of your target after releaseMake a ‘V’ using thumb and forefinger in line with the spine of the batWatch 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 schoolSchool 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 catchFootwork - Do not lift your landing foot and then place it back downMove towards the goalChange direction and speed to lose a defenderStay close to the attacker, in between attacker and the ballShooting – 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 schoolSchool 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 feetMove your arms quickly to develop speedCommunicate with teammates for an effective baton changeoverBend your knees when jumping for balance and controlLook straight aheadTransfer weight from back to front leg when throwingStep 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 schoolSchool 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 racketUse the centre of the racket to hit the ballMove your feet to the ballWatch the ball as it is coming to youUse two hands to help with controlThink 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 schoolSchool 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 ballCreate a ‘W’ shape with your hands on the ballWatch the ball carefully Do not hold onto your own tags Pass the ball if you have been taggedOnly 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 schoolSchool 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 controlKeep elbows bentWatch the ball or beanbag and move your hands ready to catch it Use small steps to change directionFocus on something still to help you balanceBreathe steadilyPace yourself when running longer distances |
| **Additional Learning Opportunities**National fitness day, School Games Day, sports day. Multi-skills activities and festivals through Cluster Secondary schoolSchool 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 ballPush the ball back down to the ground Turn your body to create barrier between you and the ballBalance with your feet shoulder width apart Look at the targetFollow throw with your handFollow 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 schoolSchool 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 catchingDirect the ball where you want it to go Use steps to help you generate powerRun onto the ball to intercept itCommunicate 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 schoolSchool 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 ballPush the ball when passing, step forward with opposite foot to handKeep your head upOnly use the flat side of the hockey stickMove into space away from defendersDribble towards the goal |
| **Additional Learning Opportunities**National fitness day, School Games Day, sports day. Multi-skills activities and festivals through Cluster Secondary schoolSchool 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 ballPush the ball back down to the ground Turn your body to create barrier between you and the ballBalance with your feet shoulder width apart Look at the targetFollow throw with your handFollow 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 schoolSchool 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 controlBend your knees when landing and arms straight aheadLook forward to maintain balanceUse momentum when rollingUse different shapes, levels and pathwaysUse 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 ballPush the ball when passing, step forward with opposite foot to handKeep your head upOnly use the flat side of the hockey stickMove into space away from defendersDribble towards the goal |
| **Additional Learning Opportunities**National fitness day, School Games Day, sports day. Multi-skills activities and festivals through Cluster Secondary schoolSchool 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 charactersDevelop good timing and rhythmCount with your partner using counts of 8Use 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 catchFootwork - Do not lift your landing foot and then place it back downMove towards the goalChange direction and speed to lose a defenderStay close to the attacker, in between attacker and the ballShooting – 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 schoolSchool 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 armPoint your throwing hand in the direction of your target after releaseMake a ‘V’ using thumb and forefinger in line with the spine of the batWatch 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 schoolSchool 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 shoulderMove your feet to get in line with the ballHit the ball away from your opponent to make it hard for them to return itCover 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 schoolSchool 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 maintainRun faster at the end of the raceAlternate arms and legs to run with coordinationSprint on the balls of your feetJump with control and balance by bending your kneesLook straight aheadTransfer 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 schoolSchool 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 intoPass if the defender comes towards youRun with the ball if you have space to do soPass the ball behind you or to the sideDo not block your tagsCreate a line of defenceTrack 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 schoolSchool 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/activityMaintain a steady breathRun on the balls of your feetMove your arms to develop speedComplete exercises slowly and with controlJumping – turn the rope then jumpAgility - 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 schoolSchool 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 defenderTurn your hips to face the direction you want to run inKeep finding new spaces to move into – to receive the ball or create space for othersStay in front of your attackerShooting – 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 schoolSchool 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 opponentTurn your body to create a barrier between the defender and the ball Move into space to make it easier to scoreChange pace and direction to lose opponentsPass if you cannot beat the defender or if you can get the ball closer to the goalBend your knees to change direction at speedShooting – 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 schoolSchool 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 defenderKeep the hockey stick lower than waist heightStep forward as you pass to give more powerPut the hockey stick low to the ground to create a barrier to stop the ballMove into space towards your goalMove 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 schoolSchool 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 quicklyTurn your hips to face the direction you want to run inKeep finding new spaces to move into – to receive the ball or create space for othersStay in front of your attacker, in between ball and goalShooting – 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 schoolSchool 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 quicklyKeep the hockey stick lower than waist heightStep forward as you pass to give more powerPut the hockey stick low to the ground to create a barrier to stop the ballMove into space towards your goalMove 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 schoolSchool 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 catchingStep forward with the opposite foot to throwing armGrip the bat with the dominant hand at the bottomTrack the ball to ensure you are in line with itUse 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 schoolSchool 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 rollCanon – moving one after the otherSynchronisation – moving at the same timeKeep the same timings as your partner/groupVary 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 stanceSprint on the balls of your feetTake big stridesHold the end of the baton to transfer smoothlyShow balance when taking off and landing from a jumpBend your knees when taking off and landFinish throws with your hand highTransfer 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 schoolSchool 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 stanceMove 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 racketHit the ball near to your partner so they can return it when having a rally/away from them to win a pointReturn 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 schoolSchool 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 timeUse changes in level, direction and pathwayUse 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 intoPass if the defender comes towards youRun with the ball if you have space to do soPass the ball behind you or to the sideDo not block your tagsCreate a line of defenceTrack 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 schoolSchool 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/activityMaintain a steady breathRun on the balls of your feetMove your arms to develop speedComplete exercises slowly and with controlJumping – turn the rope then jumpAgility - 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 schoolSchool 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 defenderTurn your hips to face the direction you want to run inKeep finding new spaces to move into – to receive the ball or create space for othersStay in front of your attackerShooting – 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 schoolSchool 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 opponentTurn your body to create a barrier between the defender and the ball Move into space to make it easier to scoreChange pace and direction to lose opponentsPass if you cannot beat the defender or if you can get the ball closer to the goalBend your knees to change direction at speedShooting – 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 schoolSchool 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 defenderKeep the hockey stick lower than waist heightStep forward as you pass to give more powerPut the hockey stick low to the ground to create a barrier to stop the ballMove into space towards your goalMove 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 schoolSchool 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 quicklyTurn your hips to face the direction you want to run inKeep finding new spaces to move into – to receive the ball or create space for othersStay in front of your attacker, in between ball and goalShooting – 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 schoolSchool 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 quicklyKeep the hockey stick lower than waist heightStep forward as you pass to give more powerPut the hockey stick low to the ground to create a barrier to stop the ballMove into space towards your goalMove 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 schoolSchool 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 controlKeep elbows bentWatch the ball or beanbag and move your hands ready to catch it Use small steps to change directionFocus on something still to help you balanceBreathe steadilyPace yourself when running longer distances |
| **Additional Learning Opportunities**National fitness day, School Games Day, sports day. Multi-skills activities and festivals through Cluster Secondary schoolSchool 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 catchingStep forward with the opposite foot to throwing armGrip the bat with the dominant hand at the bottomTrack the ball to ensure you are in line with itUse 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 schoolSchool 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 rollUse strong body tension to keep your shape and balance in different rollsMove slowly in and out of balancesCreate clear shapes and stable balancesUse height to perform more challenging jumpsVary the level, direction, speed, timing and pathwayEngage core muscles for strong body tension and stabilityPlace 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 sprintingSelect and apply the best pace for the running eventSteady breathing Link jumps showing control and balanceTransfer 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 schoolSchool 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 targetBackhand -Turn your body so the back of your hand is showingVolley – hit the ball in front with no swing, hit the ball in the centre of the racketUnderarm serve – only throw the ball to head heightScores – 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 schoolSchool 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 8Consider dynamics and facial expressionsUse clear movements and ensure they are in time with the beat of the music Use actions to tell a storyUse canon and unison  |
| **Additional Learning Opportunities**Watch different dance routines, look for inspiration from films and music videos |