



# Carlisle and Hampton Hill Federation



## Physical Education: EYFS Development Matters and Primary National Curriculum Progression Grid

### Physical Development – Our budding sports’ people will be learning to:

- Revise and refine the fundamental movement skills they have already acquired including: *rolling, crawling, walking, jumping, running, hopping, skipping, climbing*
- Progress towards a more fluent style of moving, with developing control and grace.
- Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.
- Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.
- Combine different movements with ease and fluency.

- Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.
- Develop overall body-strength, balance, co-ordination and agility.
- Further develop and refine a range of ball skills including: *throwing, catching, kicking, passing, batting, and aiming.*
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.
- Know and talk about the different factors that support their overall health and wellbeing: regular physical activity

Reception Autumn Term	Reception Spring Term	Reception Summer Term
<b>Reception Progression – Knowledge Objectives/Skills:</b> <b>Autumn 1 - Introduction to PE : Unit 1</b> <ul style="list-style-type: none"> <li>● Move safely and sensibly in a space.</li> <li>● Develop moving safely and stopping with control.</li> <li>● Use equipment safely and responsibly.</li> <li>● Use different travelling actions whilst following a path.</li> <li>● Work with others co-operatively and play as a group.</li> <li>● Follow, copy and lead a partner.</li> </ul> <b>Autumn 1 - Dance: Unit 1</b> <ul style="list-style-type: none"> <li>● Explore different body parts and how they move and show an awareness of space, themselves and others.</li> <li>● Explore different body parts and how they move and remember and repeat actions.</li> <li>● Express and communicate ideas through movement and explore travelling movements, directions and levels.</li> <li>● Copy and repeat actions and move safely with confidence and imagination.</li> <li>● Move with control and coordination and link, copy and repeat actions.</li> </ul>	<b>Reception Progression – Knowledge Objectives/Skills:</b> <b>Spring 1 - Gymnastics: Unit 1</b> <ul style="list-style-type: none"> <li>● Copy and create shapes with your body.</li> <li>● Be able to create shapes whilst on apparatus.</li> <li>● Develop balancing and taking weight on different body parts.</li> <li>● Develop jumping and landing safely.</li> <li>● Develop rocking and rolling.</li> <li>● Copy and create short sequences linking actions together.</li> </ul> <b>Spring 1 - Dance: Unit 2</b> <ul style="list-style-type: none"> <li>● Copy, repeat and explore actions in response to a theme.</li> <li>● Explore and remember actions considering level, shape and direction.</li> <li>● Explore actions with a prop.</li> <li>● Move with control and co-ordination, expressing ideas through movement.</li> <li>● Remember and repeat actions moving in time with the music.</li> <li>● Explore actions in response to a theme and begin to use counts.</li> </ul>	<b>Reception Progression – Knowledge Objectives/Skills:</b> <b>Summer 1 - Ball Skills: Unit 1</b> <ul style="list-style-type: none"> <li>● Develop rolling a ball to a target.</li> <li>● Develop stopping a rolling ball.</li> <li>● Develop accuracy when throwing to a target.</li> <li>● Develop bouncing and catching a ball.</li> <li>● Develop dribbling a ball with your feet.</li> <li>● Develop kicking a ball.</li> </ul> <b>Summer 1 - Games: Unit 1</b> <ul style="list-style-type: none"> <li>● Work safely and develop running and stopping.</li> <li>● Develop throwing and learn how to keep score.</li> <li>● Be able to play games showing an understanding of the different roles within it.</li> <li>● Follow instructions and move safely when playing tagging games.</li> <li>● Work co-operatively and learn to take turns.</li> <li>● Work with others to play team games.</li> </ul>

<p><b>Autumn 2 - Introduction to PE: Unit 2</b></p> <ul style="list-style-type: none"> <li>● Move around safely in space.</li> <li>● Follow instructions and stop safely.</li> <li>● Stop safely and develop control when using equipment.</li> <li>● Follow instructions and play safely as a group.</li> <li>● Follow a path and take turns.</li> <li>● Work co-operatively with a partner.</li> </ul> <p><b>Autumn 2 - Fundamentals: Unit 1</b></p> <ul style="list-style-type: none"> <li>● Develop balancing whilst stationary and on the move.</li> <li>● Develop running and stopping.</li> <li>● Develop changing direction.</li> <li>● Develop jumping and landing.</li> <li>● Develop hopping and landing with control.</li> <li>● Explore different ways to travel.</li> </ul>	<p><b>Spring 2 - Gymnastics : Unit 2</b></p> <ul style="list-style-type: none"> <li>● Create short sequences using shapes, balances and travelling actions.</li> <li>● Develop balancing and safely using apparatus.</li> <li>● Develop jumping and landing safely from a height.</li> <li>● Develop rocking and rolling.</li> <li>● Explore travelling around, over and through apparatus.</li> <li>● Create short sequences linking actions together and including apparatus.</li> </ul> <p><b>Spring 2- Fundamentals : Unit 2</b></p> <ul style="list-style-type: none"> <li>● Develop balancing.</li> <li>● Develop running and stopping.</li> <li>● Develop changing direction.</li> <li>● Develop jumping.</li> <li>● Develop hopping.</li> <li>● Explore different ways to travel using equipment.</li> </ul>	<p><b>Summer 2 - Ball Skills: Unit 2</b></p> <ul style="list-style-type: none"> <li>● Develop rolling and tracking a ball.</li> <li>● Develop accuracy when throwing to a target.</li> <li>● Develop dribbling with hands.</li> <li>● Develop throwing and catching with a partner.</li> <li>● Develop dribbling a ball with your feet.</li> <li>● Develop kicking a ball to a target.</li> </ul> <p><b>Summer 2 - Games: Unit 2</b></p> <ul style="list-style-type: none"> <li>● Aim when throwing and practise keeping score.</li> <li>● Follow instructions and move safely when playing tagging games.</li> <li>● Learn to play against a partner.</li> <li>● Develop coordination and play by the rules.</li> <li>● Explore striking a ball and keeping score.</li> <li>● Work co-operatively as a team.</li> </ul>
<p><b>Vital Vocabulary:</b></p>	<p><b>Vital Vocabulary:</b></p>	<p><b>Vital Vocabulary:</b></p>
<p>safe, space, moving, stopping, travel, path, group move, copy, shape, space, travel, sideways, forwards, backwards, around run, stop, space, jump, balance, skip</p>	<p>move, copy, over, shape, space, rock, around, safely, sideways, travel, forwards, backwards sideways, forwards, backwards, around</p>	<p>run, stop, throw, roll, team, kick, space, catch share, team, path, listen, space, travel, follow, safely</p>
<p><b>Enrichment Activities:</b></p>	<p><b>Enrichment Activities:</b></p>	<p><b>Enrichment Activities:</b></p>
<p>Bikeability – All children enabled opportunity to learn to ride a bike and develop cycling skills</p> <p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p>	<p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p>	<p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p> <p>Sports’ Day – competition, success in sports’ achievements, demonstration of various skills developed throughout the year</p>



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## Physical Education: EYFS Development Matters and Primary National Curriculum Progression Grid

### Across KS1, our budding sports' people should be taught to:

Develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

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.

Year 1 Autumn Term	Year 1 Spring Term	Year 1 Summer Term
<p><b>Year 1 Progression – Knowledge Objectives/Skills:</b></p> <p><b>Autumn 1 - Ball Skills (Outdoors)</b></p> <ul style="list-style-type: none"> <li>● Develop dribbling with your hands.</li> <li>● Explore accuracy when rolling a ball.</li> <li>● Explore throwing with accuracy towards a target.</li> <li>● Explore catching with two hands.</li> <li>● Explore dribbling a ball with your feet.</li> <li>● Explore tracking a ball that is coming towards me.</li> </ul> <p><b>Autumn 1 – Dance (Indoors) Lessons 1-6</b></p> <ul style="list-style-type: none"> <li>● Use counts of 8 to move in time and make my dance look interesting.</li> <li>● Explore pathways in my dance.</li> <li>● Create my own dance using actions, pathways and counts.</li> <li>● Explore speeds and actions in our pirate inspired dance.</li> <li>● Copy, remember and repeat actions that represent the theme.</li> <li>● Copy, repeat, create and perform actions that represent the theme.</li> </ul>	<p><b>Year 1 Progression – Knowledge Objectives/Skills:</b></p> <p><b>Spring 1 Invasion (Outdoors)</b></p> <ul style="list-style-type: none"> <li>● Understand the role of defenders and attackers.</li> <li>● Recognise who to pass to and why.</li> <li>● Move towards a goal with the ball.</li> <li>● Support a teammate when playing in attack.</li> <li>● Move into space showing an awareness of defenders.</li> <li>● Stay with a player when defending.</li> </ul> <p><b>Spring 1 - Dance (Indoors) Lessons 7-12</b></p> <ul style="list-style-type: none"> <li>● Explore speeds and actions.</li> <li>● Use expression and create actions that relate to the story.</li> <li>● Use a pathway when travelling.</li> <li>● Explore and copy actions in response to a theme.</li> <li>● Create my own actions for an animal.</li> <li>● Explore pathways with a partner.</li> </ul>	<p><b>Year 1 Progression – Knowledge Objectives/Skills:</b></p> <p><b>Summer 1 - Team Building</b></p> <ul style="list-style-type: none"> <li>● Co-operate with a partner to complete challenges.</li> <li>● Explore and develop working as a team.</li> <li>● Develop talking, listening and sharing skills.</li> <li>● Use speaking and listening skills to lead a partner.</li> <li>● Plan with a partner and small group to complete challenges.</li> <li>● Use talking, listening and sharing skills to complete challenges.</li> </ul> <p><b>Summer 1 - Fitness (Outdoors)</b></p> <ul style="list-style-type: none"> <li>● Develop my understanding of how exercise can make you feel.</li> <li>● Develop my understanding of how exercise can make you strong and healthy.</li> <li>● Develop my understanding of how exercise relates to breathing.</li> <li>● Develop my understanding of how exercise helps my brain.</li> <li>● Develop my understanding of how exercise helps my muscles.</li> <li>● Develop my understanding of the importance of daily exercise.</li> </ul>

<p><b>Autumn 2 – Gymnastics Lessons 1-6</b></p> <ul style="list-style-type: none"> <li>● To explore travelling movements.</li> <li>● Develop and combine travelling movements.</li> <li>● Develop quality when performing and linking shapes.</li> <li>● Develop quality when linking shapes.</li> <li>● Develop stability and control when performing balances.</li> </ul> <p><b>Autumn 2 - Sending and Receiving (Outdoors)</b></p> <ul style="list-style-type: none"> <li>● Develop rolling and throwing a ball towards a target.</li> <li>● Develop receiving a rolling ball and tracking skills.</li> <li>● Send and receive a ball with your feet.</li> <li>● Develop throwing and catching skills over a short distance.</li> <li>● Develop throwing and catching over a longer distance.</li> <li>● Apply sending and receiving skills to small games.</li> </ul>	<p><b>Spring 2 - Net and Wall</b></p> <ul style="list-style-type: none"> <li>● Defend space using the ready position.</li> <li>● Play against an opponent and keep the score.</li> <li>● Explore hitting with a racket.</li> <li>● Develop racket and ball skills.</li> <li>● Develop sending a ball using a racket.</li> <li>● Develop hitting over a net.</li> </ul> <p><b>Spring 2 – Target Games</b></p> <ul style="list-style-type: none"> <li>● Develop underarm throwing towards a target.</li> <li>● Develop throwing for accuracy.</li> <li>● Develop underarm and overarm throwing for accuracy.</li> <li>● Develop throwing for accuracy and distance using underarm and overarm.</li> <li>● Select the correct technique for the situation.</li> <li>● Develop throwing for accuracy and distance.</li> </ul>	<p><b>Summer 2 - Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>● Develop underarm throwing and catching.</li> <li>● Develop overarm throwing.</li> <li>● Develop hitting a ball.</li> <li>● Develop collecting a ball.</li> <li>● Learn how to get a batter out.</li> <li>● Play games and understand how to score points.</li> </ul> <p><b>Summer 2 - Athletics</b></p> <ul style="list-style-type: none"> <li>● Move at different speeds over different distances.</li> <li>● Develop balance.</li> <li>● Develop changing direction quickly.</li> <li>● Explore hopping, jumping and leaping for distance.</li> <li>● Develop throwing for distance.</li> <li>● Develop throwing for accuracy.</li> </ul>
<p><b>Vital Vocabulary:</b></p>	<p><b>Vital Vocabulary:</b></p>	<p><b>Vital Vocabulary:</b></p>
<p>far, aim, safely, direction, balance, send action, jump, roll, level, direction, speed, point, balance counts, pose, level, slow, fast, balance</p>	<p>invasion, defender, points, dribbling, attacker, score, partner feel, breath, copy, listen, slowly exercise, heart, lungs, body, mood points, throw, far, distance, score, partner</p>	<p>lead, co-operate, teamwork, solve, instructions ready position, partner, net, underarm, score, points hit, points, target, throw, catch, score far, hop, aim, fast, slow, bend, direction, improve, travel</p>
<p><b>Enrichment Activities:</b></p>	<p><b>Enrichment Activities:</b></p>	<p><b>Enrichment Activities:</b></p>
<p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p>	<p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p>	<p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p> <p>Sports’ Day – competition, success in sports’ achievements, demonstration of various skills developed throughout the year</p>



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## Physical Education: EYFS Development Matters and Primary National Curriculum Progression Grid

### Across KS1, our budding sports' people should be taught to:

Develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

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.

Year 2 Autumn Term	Year 2 Spring Term	Year 2 Summer Term
<p><b>Year 2 Progression – Knowledge Objectives/Skills:</b></p> <p><b>Autumn 1 - Dance Lessons 1-6</b></p> <ul style="list-style-type: none"> <li>● Remember, repeat and link actions to tell the story of my dance.</li> <li>● Develop an understanding of dynamics and how they can show an idea.</li> <li>● Use counts of 8 to help you stay in time with the music.</li> <li>● Copy, remember and repeat actions using facial expressions to show different characters.</li> <li>● Explore pathways and levels.</li> <li>● Remember and rehearse our circus dance showing expression and character.</li> </ul> <p><b>Autumn 1 - Ball Skills</b></p> <ul style="list-style-type: none"> <li>● Develop rolling a ball to hit a target.</li> <li>● Develop stopping a rolling ball.</li> <li>● Develop dribbling a ball with your feet.</li> <li>● Develop kicking a ball.</li> <li>● Develop throwing and catching.</li> <li>● Develop dribbling a ball with your hands.</li> </ul>	<p><b>Year 2 Progression – Knowledge Objectives/Skills:</b></p> <p><b>Spring 1 - Gymnastics Lessons 7-12</b></p> <ul style="list-style-type: none"> <li>● Demonstrate different shapes, take off and landing when performing jumps.</li> <li>● Develop different shapes, take offs and landings when performing jumps.</li> <li>● Develop rolling and sequence building.</li> <li>● Refine rolling and sequence building.</li> <li>● Create a sequence using apparatus.</li> </ul> <p><b>Spring 1 - Target Games</b></p> <ul style="list-style-type: none"> <li>● Consider how much power to apply when aiming at a target.</li> <li>● Understand how to score using overarm and underarm throwing.</li> <li>● Develop striking to a target.</li> <li>● Develop hitting a moving target.</li> <li>● Select and apply the appropriate skill to the target game.</li> <li>● Show an improvement in my personal best.</li> </ul>	<p><b>Year 2 Progression – Knowledge Objectives/Skills:</b></p> <p><b>Summer 1 - Swimming</b></p> <ul style="list-style-type: none"> <li>● Develop confidence when entering and moving in the water.</li> <li>● Safely enter and exit the pool.</li> <li>● Develop confidence in the water.</li> <li>● Develop confidence when travelling in the water and begin to develop floating.</li> <li>● Develop confidence to submerge in the water.</li> <li>● Develop confidence when submerging.</li> <li>● Develop floating on front and back.</li> <li>● Develop the kicking action on my front.</li> <li>● Develop the kicking action and introduce breathing.</li> <li>● Develop the arm action of pulling.</li> <li>● Develop the pulling arm action and begin to develop gliding on fronts.</li> <li>● Develop the kicking action on backs and gliding on backs.</li> <li>● Consolidate skills learnt and develop confidence and consistency in a range of skills.</li> </ul> <p><b>Summer 1 - Team Building</b></p> <ul style="list-style-type: none"> <li>● Follow instructions and work with others.</li> <li>● Develop communication skills when working with a partner.</li> <li>● Co-operate and communicate in a small group to solve challenges.</li> <li>● Create a plan with a group to solve the challenges.</li> <li>● Communicate effectively and develop trust.</li> <li>● Work as a group to solve problems.</li> <li>● Discuss and plan with a partner and small group to solve problems.</li> <li>● Work with a group to copy and create a basic map.</li> </ul>

<p><b>Autumn 2 - Gymnastics</b></p> <ul style="list-style-type: none"> <li>● Perform gymnastic shapes and link them together.</li> <li>● Perform gymnastics shapes with control and link them together.</li> <li>● Use shapes to create balances.</li> <li>● Link travelling actions and balances using apparatus.</li> <li>● Develop travelling actions and balances using apparatus.</li> </ul> <p><b>Autumn 2 - Fundamentals</b></p> <ul style="list-style-type: none"> <li>● Explore how the body moves when running at different speeds.</li> <li>● Develop changing direction and dodging.</li> <li>● Develop balance, stability and landing safely.</li> <li>● Explore and develop jumping, hopping and skipping actions.</li> <li>● Develop co-ordination and combining jumps.</li> <li>● Develop combination jumping and skipping in an individual rope.</li> </ul>	<p><b>Spring 2 – Fitness (Indoors/Outdoors)</b></p> <ul style="list-style-type: none"> <li>● Learn how to run for a long time.</li> <li>● Develop jumping in a long rope using timing.</li> <li>● Develop co-ordination in individual skipping.</li> <li>● Develop stamina and change of direction.</li> <li>● Explore exercises to develop strength.</li> <li>● Develop agility, balance and co-ordination.</li> </ul> <p><b>Spring 2 - Invasion (Outdoors)</b></p> <ul style="list-style-type: none"> <li>● Understand what being in possession means and support a teammate to do this.</li> <li>● Understand that scoring goals is an attacking skill and to explore ways to do this.</li> <li>● Understand that stopping goals is a defending skill and explore ways to do this.</li> <li>● Explore how to gain possession.</li> <li>● Mark an opponent and understand that this is a defending skill.</li> <li>● Apply simple tactics for attacking and defending.</li> </ul>	<p><b>Summer 2 - Athletics</b></p> <ul style="list-style-type: none"> <li>● Develop the sprinting action.</li> <li>● Develop jumping for distance.</li> <li>● Develop jumping for height.</li> <li>● Develop throwing for distance.</li> <li>● Develop throwing for accuracy.</li> <li>● Select and apply knowledge and technique in an athletics carousel.</li> </ul> <p><b>Summer 2 – Dance Lessons 7-12</b></p> <ul style="list-style-type: none"> <li>● Copy, repeat and create actions in response to a stimulus.</li> <li>● Copy, create and perform actions considering dynamics.</li> <li>● Create a short dance phrase with a partner showing clear changes of speed.</li> <li>● Copy, repeat and create movement patterns in response to the theme.</li> <li>● Create and perform using unison, mirroring and matching with a partner.</li> <li>● Remember and repeat actions and dance as a group.</li> </ul>
<p><b>Vital Vocabulary:</b></p>	<p><b>Vital Vocabulary:</b></p>	<p><b>Vital Vocabulary:</b></p>
<p>mirror, action, pathway, direction, speed, timing overarm, collect, target, underarm, dribble, distance focus, position, flow, pose, create, choose dodge, jog, hurdle, speed, steady, sprint</p>	<p>link, pathway, sequence, tuck, straddle, speed, star, pike accurate, send, teammate, against, overarm, release, target, underarm strong, pace, race, speed, jog, steady, sprint received, send, teammate, chest pass, possession, goal, dodge, bounce pass</p>	<p>exit, enter, front, travel, rules, safely, kicking, back, pulling, splash, unaided, gliding, floating, breathing accurate, send, teammate, against, overarm, release, target, underarm sprint, jog, distance, height, take off, landing, overarm, underarm</p>
<p><b>Enrichment Activities:</b></p>	<p><b>Enrichment Activities:</b></p>	<p><b>Enrichment Activities:</b></p>
<p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p>	<p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p> <p>Scooter Training – All children enabled opportunity to learn to ride a scooter and develop scooter skills</p>	<p>Dancing with Don – Opportunity to engage in choreographed/themed group dances and performing in front of an audience</p> <p>Opportunity to partake in Country Dance festival –rehearsing and collaborating in and a wide variety of dances with other contributing schools</p> <p>Sports’ Day – competition, success in sports’ achievements, demonstration of various skills developed throughout the year</p>



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## Physical Education: EYFS Development Matters and Primary National Curriculum Progression Grid

### Across KS2, our budding sports' people should be taught to:

Continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

Enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

### 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.
- 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.

Year 3 Autumn Term	Year 3 Spring Term	Year 3 Summer Term
<p><b>Year 3 Progression – Knowledge Objectives/Skills:</b></p> <p><b>Autumn 1 – Tag Rugby (Outdoor)</b></p> <ul style="list-style-type: none"> <li>• Develop attacking skills to maintain possession.</li> <li>• Develop attacking skills to move towards goal.</li> <li>• Develop defensive skills to delay an attacker.</li> <li>• Develop an understanding of defending as a team.</li> <li>• Develop tactics in attack and defence.</li> <li>• Apply rules and skills to small sided games.</li> </ul> <p><b>Autumn 1 – Ball Skills</b></p> <ul style="list-style-type: none"> <li>• Develop dribbling skills with hands and feet.</li> <li>• Develop tracking and catching skills.</li> <li>• Develop tracking and throwing skills.</li> <li>• Develop tracking and kicking skills.</li> <li>• Track a ball that is not sent directly to me.</li> <li>• Apply sending and receiving skills in games.</li> <li>•</li> </ul>	<p><b>Year 3 Progression – Knowledge Objectives/Skills:</b></p> <p><b>Spring 1 – Tennis</b></p> <ul style="list-style-type: none"> <li>• Develop racket and ball control.</li> <li>• Explore rallying using a forehand.</li> <li>• Explore returning the ball using a forehand.</li> <li>• Explore returning the ball using a backhand.</li> <li>• Learn how to score and use simple rules.</li> <li>• Work co-operatively with others to begin to manage a game.</li> </ul> <p><b>Spring 1 – Gymnastics (Lesson 1-6) (Indoor)</b></p> <ul style="list-style-type: none"> <li>• Create interesting point and patch balances.</li> <li>• Develop point and patch balances on apparatus.</li> <li>• Develop stepping into shape jumps with control.</li> <li>• Develop stepping into shape jumps using apparatus.</li> <li>• Develop the straight, barrel, and forward roll.</li> <li>• Include rolls in sequence work using apparatus.</li> </ul>	<p><b>Year 3 Progression – Knowledge Objectives/Skills:</b></p> <p><b>Summer 1 – Athletics (Outdoor)</b></p> <ul style="list-style-type: none"> <li>• Develop the sprinting technique and improve on your personal best.</li> <li>• Develop changeover technique in relay events.</li> <li>• Develop jumping technique in a range of approaches and take off positions.</li> <li>• Develop throwing for distance and accuracy.</li> <li>• Develop throwing for distance in a pull throw.</li> <li>• Develop officiating and performing skills.</li> </ul> <p><b>Summer 1 – Gymnastics (Lesson 7-12) (Indoor)</b></p> <ul style="list-style-type: none"> <li>• Transition smoothly into and out of balances.</li> <li>• Transition smoothly in and out of balances using apparatus.</li> <li>• Create a sequence with matching and contrasting actions and shapes.</li> <li>• Create a sequence on apparatus using matching and contrasting.</li> <li>• Create a partner sequence using equipment.</li> <li>• Create a partner sequence using skills learnt and incorporating apparatus.</li> </ul>

<p><b>Autumn 2 – Hockey (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Send and receive with some control.</li> <li>● Move safely and with control when in possession.</li> <li>● Develop decision making in attack.</li> <li>● Understand the role of a defender.</li> <li>● Apply tactics to small sided games.</li> <li>● Apply rules, skills and tactics to play in a tournament.</li> </ul> <p><b>Autumn 2 – Fundamentals (Indoor)</b></p> <ul style="list-style-type: none"> <li>● Develop balance and apply it to other fundamental movement skills.</li> <li>● Understand how the body moves differently at different speeds.</li> <li>● Develop technique when changing speed.</li> <li>● Develop agility using a change of speed and direction.</li> <li>● Develop technique and control when jumping, hopping and landing.</li> <li>● Apply fundamental skills to a variety of games.</li> </ul>	<p><b>Spring 2 – Netball (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Understand the role of an attacker when in possession.</li> <li>● Develop movement skills to lose a defender.</li> <li>● Understand that scoring goals is an attacking skill and learn how to do this.</li> <li>● Understand the role of defender.</li> <li>● Explore ways to gain possession.</li> <li>● Apply skills and knowledge to play games using netball rules.</li> </ul> <p><b>Spring 2 – Dance (Lesson 1-6) (Indoor)</b></p> <ul style="list-style-type: none"> <li>● Create actions in response to a stimulus and move in unison with a partner.</li> <li>● Create actions to move in contact with a partner or interact with a partner.</li> <li>● Select and link appropriate actions and dynamics to show our dance idea.</li> <li>● Remember, repeat and create actions to represent an idea.</li> <li>● Share ideas of actions and dynamics to create a dance that shows a location.</li> <li>● Use choreographing ideas to develop our dance.</li> </ul>	<p><b>Summer 2 – Cricket (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Learn how to score in a striking and fielding game.</li> <li>● Develop batting to score points.</li> <li>● Develop fielding skills to limit the batter’s score.</li> <li>● Understand the role of a bowler.</li> <li>● Develop my understanding of tactics and begin to use them.</li> <li>● Apply skills and knowledge to play games using cricket rules.</li> </ul> <p><b>Summer 2 – Swimming (Indoor)</b></p> <ul style="list-style-type: none"> <li>● Develop an understanding of buoyancy and balance in the water.</li> <li>● Develop independent movement and submersion.</li> <li>● Develop gliding and crawl legs.</li> <li>● Develop front crawl breathing.</li> <li>● Develop gliding and backstroke.</li> <li>● Develop rotation, sculling and treading water.</li> </ul>
<p><b>Vital Vocabulary:</b></p> <p>attack, defend, communication, pitch, dodge, control opponent, block, power, accurate, possession, teamwork, decisions, dribble, attacker, defender, agility, control, co-ordination, rhythm, technique,</p>	<p><b>Vital Vocabulary:</b></p> <p>backhand, forehand, court, feeder, return, track extend, flow, point, take-off, landing position, body tension court, umpire, possession, position, canon, explore, extend, feedback, formation, interact</p>	<p><b>Vital Vocabulary:</b></p> <p>baton, relay, speed, power, strength, balance, extend, flow, point, take-off, landing position, body tension caught out, runs, wicket, track, strike, no-ball floating, stroke, treading water, front crawl, backstroke, breaststroke,</p>
<p><b>Enrichment Activities:</b></p>	<p><b>Enrichment Activities:</b></p>	<p><b>Enrichment Activities:</b></p> <p>Sports’ Day – competition, success in sports’ achievements, demonstration of various skills developed throughout the year.</p>



# Carlisle and Hampton Hill Federation



## Physical Education: EYFS Development Matters and Primary National Curriculum Progression Grid

### Across KS2, our budding sports' people should be taught to:

Continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

Enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

### 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.
- 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.

Year 4 Autumn Term	Year 4 Spring Term	Year 4 Summer Term
<b>Year 4 Progression – Knowledge Objectives/Skills:</b>	<b>Year 4 Progression – Knowledge Objectives/Skills:</b>	<b>Year 4 Progression – Knowledge Objectives/Skills:</b>
<p><b>Autumn 1 – Tag Rugby (Outdoor)</b></p> <ul style="list-style-type: none"> <li>• Develop attacking skills to move towards goal.</li> <li>• Develop an understanding of how to defend within the rules of the game.</li> <li>• Begin to apply rules in attack and defence.</li> <li>• Develop movement skills to dodge a defender.</li> <li>• Track an opponent and begin to defend as a team.</li> <li>• Apply the rules and skills you have learnt and play in a tag rugby tournament.</li> </ul> <p><b>Autumn 1 – Dance (Lesson 1-6) (Indoor)</b></p> <ul style="list-style-type: none"> <li>• Copy and create actions in response to an idea and be able to adapt this using changes of space.</li> <li>• Choose actions which relate to the theme.</li> <li>• Develop a dance using matching and mirroring.</li> <li>• Learn and create dance moves in the theme of carnival.</li> <li>• Develop a carnival dance using formations, canon and unison.</li> <li>• Develop a dance phrase and perform as part of a class performance.</li> <li>•</li> </ul>	<p><b>Spring 1 – Basketball (Outdoor)</b></p> <ul style="list-style-type: none"> <li>• Develop attacking skills to move towards a goal.</li> <li>• Develop passing and moving and play within the rules of the game.</li> <li>• Develop movement skills to lose a defender and move into space.</li> <li>• Develop defending skills to delay an attacker and gain possession.</li> <li>• Use space effectively to create shooting opportunities.</li> <li>• Apply skills and knowledge to play games using basketball rules.</li> </ul> <p><b>Spring 1 – Dance (Lesson 7-12) (Indoor)</b></p> <ul style="list-style-type: none"> <li>• Understand how dynamics, space and relationships can be used to represent a state of matter.</li> <li>• Use actions, dynamics, space and relationships to represent a state of matter.</li> <li>• Order and structure phrases to create a dance performance.</li> <li>• Copy and repeat a set phrase in a 1960s style showing energy and rhythm.</li> <li>• Learn and perform a partner dance in a 1960s style.</li> <li>• Develop my own 1960s inspired dance using changes in relationships.</li> <li>•</li> </ul>	<p><b>Summer 1 – Yoga (Indoor)</b></p> <ul style="list-style-type: none"> <li>• Explore connecting breath and movement.</li> <li>• Explore new yoga poses and begin to connect them.</li> <li>• Explore gratitude when remembering and repeating a yoga flow.</li> <li>• Develop flexibility and strength in a positive summer flow.</li> <li>• Develop flexibility and wellbeing in an individual yoga flow.</li> <li>• Develop confidence and strength through arm balances.</li> </ul> <p><b>Summer 1 – Swimming (Indoor)</b></p> <ul style="list-style-type: none"> <li>• Develop surface dives, submersion and handstands.</li> <li>• Develop head above water breaststroke technique.</li> <li>• Develop head above water breaststroke technique.</li> <li>• Develop basic skills in water safety and floating.</li> <li>• Learn techniques for personal survival.</li> <li>• Develop water safety skills and an understanding of personal survival.</li> <li>•</li> </ul>

<p><b>Autumn 2 – Hockey (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Develop attacking skills with accuracy and control.</li> <li>● Develop attacking skills to maintain possession.</li> <li>● Use attacking skills to beat a defender.</li> <li>● Use defending skills to delay an opponent and gain possession.</li> <li>● Apply attacking skills to move towards goal and find space.</li> <li>● Apply skills and knowledge to compete in a tournament.</li> </ul> <p><b>Autumn 2 – Gymnastics (Lesson 1-6) (Indoor)</b></p> <ul style="list-style-type: none"> <li>● Develop individual and partner balances.</li> <li>● Develop individual and partner balances using apparatus.</li> <li>● Develop control in performing and landing rotation jumps.</li> <li>● Develop rotation jumps and sequence building using apparatus.</li> <li>● Develop the straight, barrel, forward and straddle roll.</li> <li>● Assess my straight, barrel, forward and straddle roll.</li> </ul>	<p><b>Spring 2 – Tennis (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Develop racket and ball control.</li> <li>● Develop returning the ball using a forehand and understand when to use it.</li> <li>● Develop the backhand and understand when to use it.</li> <li>● Keep a continuous rally going showing increased technique.</li> <li>● Use and apply rules and simple tactics.</li> <li>● Understand and use rules to manage a game.</li> </ul> <p><b>Spring 2 – Gymnastics (Lesson 7-12) (Indoor)</b></p> <ul style="list-style-type: none"> <li>● Link actions that flow using the rolls I have learnt.</li> <li>● Link actions that flow in a partner sequence using the rolls I have learnt.</li> <li>● Develop strength in inverted movements.</li> <li>● Develop strength in inverted movements.</li> <li>● Create a 'great' partner sequence to include the skills I have learnt and apparatus.</li> <li>● Create a 'great' partner sequence to include the skills I have learnt and apparatus.</li> </ul>	<p><b>Summer 2 – Cricket (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Develop overarm and underarm throwing and apply these to a striking and fielding game.</li> <li>● Develop bowling technique and learn the rules of the skill within this game.</li> <li>● Develop batting technique and understand where to hit the ball.</li> <li>● Develop fielding techniques and apply them to game situations.</li> <li>● Play different roles in a game and begin to think tactically about each role.</li> <li>● Apply skills and knowledge to compete in a tournament.</li> </ul> <p><b>Summer 2 – Athletics</b></p> <ul style="list-style-type: none"> <li>● Develop stamina and an understanding of speed and pace in relation to distance.</li> <li>● Develop power and speed in the sprinting technique.</li> <li>● Develop technique when jumping for distance.</li> <li>● Develop power and technique when throwing for distance.</li> <li>● Develop a pull throw for distance and accuracy.</li> <li>● Develop officiating and performing skills.</li> </ul>
<p><b>Vital Vocabulary:</b></p> <p>delay, forward pass, offside, onside, try, supporting, order, structure, flow, performance, relationship, rhythm, cushion, pass, shoot, control, bridge, shoulder stand, rotation, stability, momentum, perform</p>	<p><b>Vital Vocabulary:</b></p> <p>decision, deny, option, pressure, protect, phrase, reaction, action, represent, contact, swing, racket, rally, continuous, court, wrist grip, fluidly, inverted, balanced,</p>	<p><b>Vital Vocabulary:</b></p> <p>breath, stable, flexibility, mindfulness, pose, relax, alternate, buoyancy, rotation, sculling, submerge, survival bowled out, caught out, run out, two handed pickup, grip, short barrier launch, measure, pace, stamina, stride, transfer of weight,</p>
<p><b>Enrichment Activities:</b></p>	<p><b>Enrichment Activities:</b></p>	<p><b>Enrichment Activities:</b></p> <p>Sports' Day – competition, success in sports' achievements, demonstration of various skills developed throughout the year</p>



# Carlisle and Hampton Hill Federation



## Physical Education: EYFS Development Matters and Primary National Curriculum Progression Grid

### Across KS2, our budding sports' people should be taught to:

Continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

Enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

### 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.
- 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.

Year 5 Autumn Term	Year 5 Spring Term	Year 5 Summer Term
<b>Year 5 Progression – Knowledge Objectives/Skills:</b>	<b>Year 5 Progression – Knowledge Objectives/Skills:</b>	<b>Year 5 Progression – Knowledge Objectives/Skills:</b>
<p><b>Autumn 1 – Tag Rugby (Outdoor)</b></p> <ul style="list-style-type: none"> <li>• Apply attacking skills to a game situation.</li> <li>• Make decisions and understand when to pass and when to run with the ball.</li> <li>• Apply attacking skills effectively within the rules.</li> <li>• Work as a team to delay opponents and stop the opposition from scoring.</li> <li>• Apply attacking skills to create space and beat a defender.</li> <li>• Apply rules and skills to take part in competitive games.</li> </ul> <p><b>Autumn 1 – Dance (Lesson 1-6) (Indoor)</b></p> <ul style="list-style-type: none"> <li>• Create a dance using a random structure and perform the actions showing quality and control.</li> <li>• Understand how changing dynamics changes the appearance of the performance.</li> <li>• Understand and use relationships and space to change how a performance looks.</li> <li>• Copy and repeat movements in the style of rock 'n' roll.</li> <li>• Work with a partner to copy and repeat actions in time with the music.</li> <li>• Work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll.</li> </ul>	<p><b>Spring 1 – Netball (Outdoor)</b></p> <ul style="list-style-type: none"> <li>• Explore attacking skills in different situations.</li> <li>• Develop movement skills to lose a defender in different situations.</li> <li>• Communicate with my team, move into space and take the ball towards the goal.</li> <li>• Defend an opponent and know when to try and intercept.</li> <li>• Develop attacking skills to score under pressure.</li> <li>• Use and apply skills, principles and tactics to a game situation.</li> </ul> <p><b>Spring 1 – Fitness (Indoor)</b></p> <ul style="list-style-type: none"> <li>• Understand how speed helps me in other activities and apply this.</li> <li>• Understand how strength helps me in other activities and apply this.</li> <li>• Understand how agility helps me in other activities and apply this.</li> <li>• Understand how balance helps me in other activities and apply this.</li> <li>• Understand how co-ordination helps me in other activities and apply this.</li> <li>• Understand how stamina helps me in other activities and apply this.</li> </ul>	<p><b>Summer 1 – Cricket (Outdoor)</b></p> <ul style="list-style-type: none"> <li>• Develop throwing and catching skills and apply them relevantly to the situation.</li> <li>• Develop bowling accuracy and perform the skill within the rules of the game.</li> <li>• Develop batting skills, identify when I am successful and what I need to do to improve.</li> <li>• Develop fielding techniques and begin to use these under some pressure.</li> <li>• Understand the need for tactics and identify when to use them.</li> <li>• Apply skills and knowledge to compete in a tournament, using tactics identified throughout the unit.</li> </ul> <p><b>Summer 1 – Swimming (Indoor)</b></p> <ul style="list-style-type: none"> <li>• Develop gliding, front crawl and backstroke.</li> <li>• Develop rotation, sculling and treading water.</li> <li>• Develop the front crawl stroke and breathing technique.</li> <li>• Develop the technique for backstroke arms and legs.</li> <li>• Develop breaststroke technique.</li> <li>• Develop breaststroke technique.</li> </ul>

<p><b>Autumn 2 – Football (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Develop attacking skills and apply them to different situations.</li> <li>● Send and receive under pressure.</li> <li>● Communicate with my team, move into space and take the ball towards the goal.</li> <li>● Use defensive techniques to win possession.</li> <li>● Apply defending tactics as a team.</li> <li>● Use and apply skills, principles and tactics to a game situation.</li> </ul> <p><b>Autumn 2 – Gymnastics (Lesson 1-6) (Indoor)</b></p> <ul style="list-style-type: none"> <li>● Perform symmetrical and asymmetrical balances.</li> <li>● Perform interesting symmetrical and asymmetrical balances using apparatus.</li> <li>● Develop the straight, forward, straddle and backward roll.</li> <li>● Develop the straight, forward, straddle and backwards roll into a sequence.</li> <li>● Explore different travelling actions using both canon and synchronisation.</li> <li>● Explore different methods of travelling, linking actions in both canon and synchronisation.</li> </ul>	<p><b>Spring 2 – Tennis (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Return the ball using a forehand groundstroke under pressure.</li> <li>● Return the ball using a backhand groundstroke under pressure.</li> <li>● Use a variety of shots to keep a continuous rally going.</li> <li>● Develop the underarm serve and understand the rules of serving.</li> <li>● Develop the volley and understand when to use it.</li> <li>● Apply rules, skills and principles to play against an opponent.</li> </ul> <p><b>Spring 2 – Gymnastics (Lesson 7-12) (Indoor)</b></p> <ul style="list-style-type: none"> <li>● Perform progressions of inverted movements.</li> <li>● Perform progressions of inverted movements.</li> <li>● Explore matching and mirroring in sequence work.</li> <li>● Explore matching and mirroring using actions both on the floor and on apparatus.</li> <li>● Create a partner sequence using apparatus.</li> <li>● Create a group sequence using apparatus.</li> </ul>	<p><b>Summer 2 – Athletics (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Understand pace and apply different speeds over varying distances.</li> <li>● Develop fluency and co-ordination when running for speed.</li> <li>● Develop technique in relay changeovers.</li> <li>● Build momentum and power in the triple jump.</li> <li>● Develop throwing with force for longer distances.</li> <li>● Develop throwing with greater control and technique.</li> </ul> <p><b>Summer 2 – Dance (Lesson 7-12) (Indoors)</b></p> <ul style="list-style-type: none"> <li>● Develop set choreography inspired by a Mayan god.</li> <li>● Choose actions to create a motif in a given character with consideration of dynamics, space and relationships.</li> <li>● Use structure to choreograph a dance performance.</li> <li>● Use matching, canon and unison in the style of the lion dance.</li> <li>● Use space and relationships to create a dragon dance.</li> <li>● Select and combine dance tools to choreograph and perform a Chinese dance.</li> </ul>
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<p><b>Vital Vocabulary:</b></p> <p>ball carrier, create, space, close down, offside, support  choreograph, motif, genre, posture, transition, collaboration  pressure, decision, delay, support, tactics,  synchronisation, cartwheel, extension, mirroring, stable, symmetrical,</p>	<p><b>Vital Vocabulary:</b></p> <p>angle, rebound, intercept, maintain, stance, drive  persevere, stable, power, motivate, consistent  adjust, readjust, baseline, groundstroke. release, serve, volley  asymmetrical canon, performance, quality, observe, identify</p>	<p><b>Vital Vocabulary:</b></p> <p>backing up, close catch, deep catch, short barrier, run out, long barrier,  dolphin kick, flutter kick, somersault, endurance, inhale, exhale,  approach, changeover, javelin, shot put, track, field, dominant,  choreograph, motif, genre, posture, transition,  collaboration, quality, choreography,</p>
<p><b>Enrichment Activities:</b></p>	<p><b>Enrichment Activities:</b></p>	<p><b>Enrichment Activities:</b></p> <p>Sports’ Day – competition, success in sports’ achievements, demonstration of various skills developed throughout the year</p>



# Carlisle and Hampton Hill Federation

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- 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.
- 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.

Year 6 Autumn Term	Year 6 Spring Term	Year 6 Summer Term
<p><b>Year 6 Progression – Knowledge Objectives/Skills:</b></p> <p><b>Autumn 1 – Tag Rugby (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Select the appropriate skill, choosing when to run and when to pass.</li> <li>● Move into space to support a teammate abiding by the rules.</li> <li>● Use defending skills to gain possession.</li> <li>● Work as a defending unit to prevent attackers from scoring.</li> <li>● Use a variety of attacking skills to beat a defender.</li> <li>● Apply rules, skills and tactics learnt to play in a tournament.</li> </ul> <p><b>Autumn 1 – Swimming (Indoor)</b></p> <ul style="list-style-type: none"> <li>● Develop breaststroke and breathing technique.</li> <li>● Develop basic skills of water safety and floating.</li> <li>● Develop the dolphin kick.</li> <li>● Learn techniques for personal survival.</li> <li>● Develop water safety skills and an understanding of personal survival.</li> <li>● Identify fastest strokes and personal bests.</li> </ul>	<p><b>Year 6 Progression – Knowledge Objectives/Skills:</b></p> <p><b>Spring 1 – Basketball (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Demonstrate attacking skills with control under pressure.</li> <li>● Move into and create space to support a teammate.</li> <li>● Choose when to pass and when to dribble.</li> <li>● Use the appropriate defensive technique for the situation.</li> <li>● Develop shooting technique and make decisions about when to pass, dribble or shoot.</li> <li>● Apply principles, rules and tactics to a tournament.</li> </ul> <p><b>Spring 1 – Fitness (Indoor)</b></p> <ul style="list-style-type: none"> <li>● Develop an awareness of what your body is able to do.</li> <li>● Develop speed and stamina.</li> <li>● Develop strength using my own body weight.</li> <li>● Develop co-ordination.</li> <li>● Develop agility.</li> <li>● Develop balancing with control.</li> </ul>	<p><b>Year 6 Progression – Knowledge Objectives/Skills:</b></p> <p><b>Summer 1 – Yoga (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Develop flexibility through the sun salutation flow.</li> <li>● Develop strength through yoga flows.</li> <li>● Create your own flow showing quality in control, balance and technique.</li> <li>● Develop balance through yoga flows.</li> <li>● Work collaboratively to create a controlled paired yoga flow.</li> <li>● Create your own yoga flow that challenges technique, balance and control.</li> </ul> <p><b>Summer 1 – Dance (Lesson 1-6) (Indoor)</b></p> <ul style="list-style-type: none"> <li>● Copy and repeat a dance phrase showing confidence in movements.</li> <li>● Work with others to explore and develop the dance idea.</li> <li>● Use changes in dynamics in response to the stimulus.</li> <li>● Demonstrate a sense of rhythm and energy when performing bhangra style motifs.</li> <li>● Perform a bhangra dance, showing an awareness of timing, formations and direction.</li> <li>● Select, order, structure and perform movements in a bhangra style, showing various group formations.</li> </ul>

<p><b>Autumn 2 – Football (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Maintain possession when attacking.</li> <li>● Apply attacking skills with control under pressure.</li> <li>● Select the appropriate skill, choosing when to pass and when to dribble.</li> <li>● Move into and create space to support a teammate.</li> <li>● Use the appropriate defensive technique for the situation.</li> <li>● Apply rules, skills and principles to play in a tournament.</li> </ul> <p><b>Autumn 2 – Gymnastics (Lesson 1-6) (Indoor)</b></p> <ul style="list-style-type: none"> <li>● Develop the straddle, forward and backward roll.</li> <li>● Develop rolling into sequence work and on apparatus.</li> <li>● Develop counter balance and counter tension.</li> <li>● Develop counter balance and counter tension into sequence work with apparatus.</li> <li>● Develop jumps and explore the effect of height.</li> <li>● Explore jump sequence work with consideration of performance tools.</li> </ul>	<p><b>Spring 2 – Cricket (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Develop throwing and catching under pressure and apply these to a striking and fielding game.</li> <li>● Develop bowling under pressure whilst abiding by the rules of the game.</li> <li>● Strike a bowled ball with increasing consistency.</li> <li>● Develop fielding techniques and select the appropriate action for the situation.</li> <li>● Understand and apply tactics in a game.</li> <li>● Apply skills and knowledge to compete in a tournament.</li> </ul> <p><b>Spring 2 – Gymnastics (Lesson 7-12) (Indoor)</b></p> <ul style="list-style-type: none"> <li>● Develop inverted movements with control.</li> <li>● Develop inverted movements with control.</li> <li>● Use flight from hands to travel over apparatus.</li> <li>● Use flight from hands to travel over apparatus.</li> <li>● Create a group sequence using formations and apparatus.</li> <li>● Create a contrasting group sequence using formations and apparatus.</li> </ul>	<p><b>Summer 2 – Athletics (Outdoor)</b></p> <ul style="list-style-type: none"> <li>● Develop my own and others sprinting techniques.</li> <li>● Identify a suitable pace for the event.</li> <li>● Develop power, control and technique for the triple jump.</li> <li>● Develop power, control and technique when throwing for distance.</li> <li>● Develop throwing with force and accuracy for longer distances.</li> <li>● Work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</li> </ul> <p><b>Summer 2 – Dance (Lesson 7-12) (Indoors)</b></p> <ul style="list-style-type: none"> <li>● Develop a dance phrase using actions, dynamics, space and relationships.</li> <li>● Copy and create actions with consideration to stimulus.</li> <li>● Use choreographic devices to improve the aesthetics of a performance.</li> <li>● Copy and repeat a phrase of movement in the 1970s disco style.</li> <li>● Choreograph a freeze frame montage in the 1970s style.</li> <li>● Use feedback to develop and refine a 1970s dance performance.</li> </ul>
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<p><b>Vital Vocabulary:</b></p> <p>ball carrier, abide, decision, onside, offside, close down, rules  afloat, buoyant, flexed, propel, streamline, motion, create, draw, maintain, possession, turnover, transition, aesthetics, counter balance, handstand, refine, vault, execution, counter tension, formation,</p>	<p><b>Vital Vocabulary:</b></p> <p>rebound, tactics, travelling, double dribble, foul, sideline abdominals, caves, quadriceps, rhythm, engage, core, over arm, under arm, front foot, back foot, drive, pull, aesthetics, counter balance, handstand, refine, vault, execution, counter tension, formation,</p>	<p><b>Vital Vocabulary:</b></p> <p>concentrate, exhale, inhale, co-ordination, balance, relax, strength, aesthetic, inspiration, rehearse, express, mood, stimulus, freeze frame, refine, style, discuss, release, explosive, grip, stance, rhythm, phase,</p>
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<p><b>Enrichment Activities:</b></p>	<p><b>Enrichment Activities:</b></p>	<p><b>Enrichment Activities:</b></p> <p>Sports’ Day – competition, success in sports’ achievements, demonstration of various skills developed throughout the year</p> <p>Opportunity to partake in the Year 6 Summer Production – rehearsing and collaborating in and a wide variety of dances.</p>
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