

Autumn I	Foundation Stage	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic	Games for Understanding	Ball Skills: Hands and Feet	Ball Skills: Hands and Feet	Netball Handball	Netball Handball	Netball Basketball	Netball Basketball
Big Question/s	What's your favourite game to play and why?	How do we use our hands and feet in games to score in games?	How do we use our hands and feet in different sporting activities?	What is the best way to move the ball around the court to score? How can our team be successful?	What are tactics and how do we decide which is best? Why is teamwork important when playing sports?	How do we defend as a team? How do we utilise the space in netball and basketball?	What strategies can we use as a team to mark our player? What impact does team sports have on our body and mind?
Sports Specific Skills Personal, Cognitive, Social and Wellbeing/ Health Skills	Games for Understanding (P) <ul style="list-style-type: none"> Understanding and playing by the rules Avoiding a defender Preventing an attacker from scoring Applying attack and defence strategies into a game (C) Following the rules for a variety of games and applying the same tactics in each one (S) Playing fairly in a team/ Taking turns/keeping the score (W/H) Can I celebrate good teamwork	Hands (P) <ul style="list-style-type: none"> Introduce sending with control (and bouncing) Introduce aiming with accuracy Introduce power and speed when sending a ball Introduce/develop stopping, combining sending skills Combine sending and receiving skills (C) Concentrating on the ball / Understanding the meaning of 'aim' (S) Taking turns when playing the defender and playing games (W/H) Honesty when playing a game and keeping score / Understanding that exercise has a positive effect on our minds	Hands (P) <ul style="list-style-type: none"> Introduce dribbling/passing and receiving Combine dribbling/passing and receiving, keeping possession Develop passing and receiving to score a point Combine passing and receiving to score a point (C) Understanding the rules of the game and how to use our hands for accurate passing and receiving / Where do we hit or throw the ball? (S) Taking turns and working together (W/H) Keeping score / counting scores / Understanding why bones and muscles are important	Netball (P) <ul style="list-style-type: none"> Introduce different passing and receiving strategies and create space Develop/combine passing and moving Combine/develop passing and shooting (C) Understanding the difference between attack and defence (S) Collaborating as a team (W/H) Striving for excellence and staying resilient / Understand that exercise keeps us healthy	Netball (P) <ul style="list-style-type: none"> Refine passing and receiving Develop passing and dribbling creating space Develop passing, moving and shooting Refine passing and shooting Develop footwork (C) Understanding the differencing between attack and defence (S) Collaborating and applying rules to games (W/H) Respecting the rules and each other in games / I understand that it is important to feel good	Netball (P) <ul style="list-style-type: none"> Refine passing and receiving Apply passing, footwork and shooting into mini games, introduce officiating Introduce defending Explore the function of other passing styles (C) Using the correct pass to ensure that the ball does not get intercepted (S) Managing the game themselves as a team (W) Encourage and show honesty throughout a game / Understanding that we burn off calories when we exercise	Netball (P) <ul style="list-style-type: none"> Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy (C) Passing the ball in a space so encourage players to run onto the ball / Tactics when defending as a whole team (zonal v. man-to-man marking) (S) Managing the game themselves as a team / Beginning to umpire a game (W) Encourage and show honesty throughout a game and show sportsmanship during tournaments
		Feet (P) <ul style="list-style-type: none"> Develop moving the ball using our feet Apply dribbling into games Consolidate dribbling Explore kicking (passing) Apply kicking (passing) to score a point (C) Using only our feet and not our hands in some games	Feet (P) <ul style="list-style-type: none"> Develop dribbling/passing/receiving, keeping possession Combine dribbling, passing and receiving, keeping possession/to score a point Apply dribbling, passing and receiving 	Handball (P) <ul style="list-style-type: none"> Introduce passing, receiving and creating space Develop passing and moving Combine passing and moving Introduce shooting (C) Understanding the difference between attack and defence (S) Collaborating as a team (W/H) Understanding what happens to the body as we exercise / I can begin to name different body parts	Handball (P) <ul style="list-style-type: none"> Refine passing and receiving Develop passing and creating space Develop passing, moving and shooting Combine passing and shooting (C) Understanding the differencing between attack and defence / The rules of handball (S) Collaborating and applying rules to games (W/H) Showing resilience and tenacity when playing / feeling successful /	Basketball (P) <ul style="list-style-type: none"> Recap and refine dribbling and passing to create attacking opportunities Develop marking Refine shooting Refine attacking skills, passing, dribbling and shooting, introduce officiating (C) Using the correct pass to ensure that the ball does not get intercepted (S) Managing the game themselves as a team / I can explain what I am good at	Basketball (P) <ul style="list-style-type: none"> Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking

		(S) Keeping count of their own score or team score honestly (W/H) Showing resilience / Understanding why the brain, heart and lungs are important	as a team to score a point (C) Understanding the rules of games (S) Working together in pairs (W/H) Swapping roles / Understanding how other children are feeling and supporting them with their emotions		understanding why our muscles get tired / Understanding that exercise can make you feel active and stronger	(W) Encourage and show honesty throughout a game / Can I organise a game with my friends	tactics in game situations <ul style="list-style-type: none"> • Create, understand and apply defending tactics in game situations • Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy (C) Passing the ball in a space so encourage players to run onto the ball / Tactics when defending and attacking as a whole team (S) Managing the game themselves as a team (W) Encourage and show honesty throughout a game and show sportsmanship during tournaments
Key Vocabulary	Games for Understanding Explore, follow rules, tactics, attacking, defending, space, tag, sharing, rules, tagging	Ball Skills: Hands Explore, rolling, pushing, bouncing, space, control, defender, partner, ball, sending, score, team, possession, accuracy, power, control, fielder, accuracy, aiming, batter Ball Skills: Feet Dribbling, keeping control, attacker, defender, space, opponent, ball, scoring, team, play, feet, toes, collaborate, passing,	Ball Skills: Hands Explore, rolling, pushing, bouncing, space, control, defender, partner, ball, sending, score, team, possession, accuracy, power, control, chest pass, combine, fielder, accuracy, aiming, batter, defender, Ball Skills: Feet Dribbling, keeping control, attacker, defender, space, opponent, ball, scoring, team, play, moving, feet, toes, keep, receive, possession	Netball Attack, defence, possession, space, chest pass, footwork, goal shoot, goal attack, goal defence, goal keeper, wing attack, wing defence, centre Handball Attack, defence, possession, space, shoulder pass	Netball Attack, defence, possession, space, chest pass, footwork, goal shoot, goal attack, goal defence, goal keeper, wing attack, wing defence, centre, creating an attack Handball Attack, defence, possession, space, shoulder pass, transitioning, marking, free pass, throw, intercepting, shooting	Netball Attack, defence, possession, space, chest pass, footwork, goal shoot, goal attack, goal defence, goal keeper, wing attack, wing defence, centre, creating an attack, marking, bounce pass, shoulder pass Basketball Explore, apply, attack, defence, possession, attacker, defender, dribbling, possession, triple threat, chest pass, space, marking, bounce, pass, pivot, rebound, travelling, double dribble, transition	Netball Attack, defence, possession, space, chest pass, footwork, goal shoot, goal attack, goal defence, goal keeper, wing attack, wing defence, centre, creating an attack, marking, bounce pass, shoulder pass, positions, umpire, tactics, jump in Basketball Explore, apply, attack, defence, possession, attacker, defender, dribbling, possession, triple threat, chest pass, space, marking, bounce, pass, pivot, rebound, travelling, double dribble, transition, counter attack, high press, backcourt violation, man to man marking
Challenge	Can I find ways to motivate others and encourage honesty when playing? Can I begin to make accurate aims for a target?	Can I extend my arms when throwing to give me some momentum? Can I be consistently accurate?	Can I pass the ball with increasing accuracy? Can I always keep the ball close to me showing control over the ball?	Can I describe how to play effectively as a team? Can I pass the ball with increasing accuracy? Can I be aware of the players around me and utilise space efficiently?	Can I use a variety of ways to dodge and become free when I am attacking? Can I make many interceptions?	Can I use the pivot effectively to utilise the space around me and find players? Can I mark effectively by jumping in time to intercept the ball?	Can I adapt my play to ensure the most effective pass is used? Can I become increasingly confident with managing and umpiring a game?

				Can I use my arms and legs to give me power?	Can I assess and adapt my play with my team in real time? Can I use my footwork patterns correctly?	Can I begin to umpire a game with support? Can I run onto the ball and feed the ball in front to ensure the ball does not get intercepted?	Can I step back, without breaking footwork rules, to avoid effective marking? Can I dodge effectively and consistently? Can I use a variety of ways to be free, utilising the space on court? Can I shoot accurately? Can I organise teams based on strengths? Can I demonstrate and explain tactics clearly with a clear understanding of each team member's role?
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Autumn II	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic	Ball Skills: Hands	Gymnastics: Body Parts	Gymnastics: Linking and Pathways	Swimming Tennis	Tennis	Hockey	Hockey
Big Question/s	How many ways can I move a ball with my hands?	What makes us gymnasts?	I am a gymnast because....	Why is it important to learn swimming skills? How and where do I hit the ball in tennis?	What is the difference between a forehand and a backhand?	What attacking and defending tactics are the most successful and why?	Do we need to change the way we attack and defend?
Sports Specific Skills Personal, Cognitive, Social and Wellbeing/ Health Skills	Hands (P) <ul style="list-style-type: none"> Explore pushing Explore rolling Explore bouncing Explore bouncing into space Combine pushing and rolling Combine rolling, pushing and bouncing Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching (C) Understanding control (S) Following the rules and instructions of a game (W/H) Stopping and passing to a friend / Keeping score	Gymnastics: Body Parts (P) <ul style="list-style-type: none"> Introduction to big/small body parts Combining big and small with wide, narrow and curled Transition between wide narrow and curled using big and small body parts Adding (linking) movements together (C) Making our bodies 'big' and 'small'? (S) Taking turns on the apparatus (W/H) Deciding which way they move and then change as they progress through the apparatus / Begin to understand how our body heals itself	Gymnastics: Linking (P) <ul style="list-style-type: none"> Developing linking Linking on apparatus Jump, roll, balance sequences/on apparatus Creation of sequences Completion of sequences and Performance (C) Understanding how to link movements (S) Respectfully suggesting ways to improve (themselves and others) (W/H) Being brave, trying new things and testing new ideas / Explaining how I know I have been successful Gymnastics: Pathways (P) <ul style="list-style-type: none"> Explore/develop zigzag pathways/on apparatus Explore/develop curved pathways/ on apparatus Creation of pathway sequences Completion of pathways sequences and performance (C) Creating fluid movements as a gymnast (S) Peer assessment and purposeful feedback (W/H) Feeling confident and safe on the apparatus	Swimming (P) <ul style="list-style-type: none"> Jump into the pool and submerge briefly Sink, push away from the wall and glide underwater for a short distance Submerge fully to pick up an object from the bottom Have a reasonable knowledge of the water safety code Perform a sequence of changing shapes whilst floating on the surface Swim approx. 10m using a range of different strokes (back / breast / front crawl) (C) <ul style="list-style-type: none"> Recognising that swimming affects our breathing / Controlling breathing What are some of the dangers around swimming? Practise strategies to use when it is difficult Explore how to move in and under the water (S) Encouraging and supporting one another / Listening carefully to others / Discussing ideas about how we can attract attention (W/H) Showing tenacity and bravery when trying something new / Asking for help when needed	Tennis (P) <ul style="list-style-type: none"> Developing the forehand Creating space to win a point using a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point (C) Understanding why and how we have to control the ball (S) Collaborating and supporting each other's technique (W/H) Being resilient and showing tenacity (feeling success even when things are not going how we expect it to)	Hockey (P) <ul style="list-style-type: none"> Develop defending; block and tacking Recap and refine dribbling and passing to create attacking opportunities Refine attacking skills, passing dribbling and shooting Refine defending skills developing transition from defence to attack (C) Understanding their role in a game and the rules (S) Working together as a team and organising the team effectively (W/H) Encouraging each other and being resilient	Hockey (P) <ul style="list-style-type: none"> Consolidate keeping possession, develop officiating Consolidate defending Create, understand and apply attacking/defending tactics in game situations Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy (C) Understanding their role in a game and the rules / Understanding the tactics and how to adapt as a team (S) Working together as a team and organising the team effectively (W/H) Encouraging each other and being resilient

				<p>Tennis (P)</p> <ul style="list-style-type: none"> • Introduction tennis, outwitting an opponent • Creating space to win a point • Consolidate how to win a game introduce rackets • Introduce the forehand <p>(C) Understanding where we play the ball in the court (S) Collaborating with each other (W/H) Keeping score in their matches in order to take part in the tournament, showing honesty and integrity</p>			
Key Vocabulary	<p>Ball Skills: Hands Explore, rolling, pushing, bouncing, space, control, defender, partner, ball, sending, score, team, throwing, stopping, aiming, distance, power, catching,</p>	<p>Gymnastics High, low, movements, balance, gymnasts, shapes, over, under, apparatus, transition, wide, narrow, curled, interesting, linking</p>	<p>Gymnastics High, low, movements, balance, gymnasts, shapes, over, under, apparatus, transition, wide, narrow, curled, interesting, linking, roll, jump, sequence, flow, curved, zigzag</p>	<p>Tennis Attack, defence, ball, outwit, space, return, recover, baseline, forehand, rally, out</p>	<p>Tennis Attack, defence, ball, outwit, space, return, recover, baseline, forehand, rally, out, accuracy, power, backhand</p>	<p>Hockey Attack, defence, possession, space, interception, shooting, barrier, marking, dribbling, blocking, free hit, tackling, counter attack, man-to man marking, goal side, marking tactics</p>	<p>Hockey Attack, defence, possession, space, interception, shooting, barrier, marking, dribbling, blocking, free hit, tackling, counter attack, man-to man marking, goal side, marking tactics</p>
Challenge	<p>Can I find ways to motivate others and encourage honesty when playing? Can I begin to make accurate aims for a target?</p>	<p>Can I extend my fingers and my toes? Can I link my movements so that they flow gracefully?</p>	<p>Can I find a variety of ways to transition from one move to another? Can I describe my strengths and areas to improve on? Can I not make a sound when I am moving?</p>	<p>Can I aim for spaces with increasing accuracy? Can I begin to use the back hand technique? Can I explain why swimming is a useful skill?</p>	<p>Can I use the backhand technique with increasing accuracy? Can I explain when and why you would use each technique? Can I move the ball with power across the court? Can I begin to do complete a volley?</p>	<p>Can I explain which tactics are effective? Do I understand when it is best to mark man-to-man? Can I consistently intercept the ball for my team? Can I aim and score successfully and consistently? Can I keep the ball close to me and utilise different ways to avoid defenders?</p>	<p>Can I explain which and when each defending method is useful? Can I confidently manage and officiate a game? Can I intercept the ball consistently? Can I use a variety of ways to get around a defender? Can I organise teams based on strengths? Can I demonstrate and explain tactics clearly with a clear understanding of each team member's role? Can I become a leader and captain, ensuring all members of my team are motivated?</p>
Spring I	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic	Ball Skills: Feet	Team Building Gymnastics: Wide, Narrow and Curled	Dodging Teambuilding	Gymnastics: Symmetry and Asymmetry Orienteering	Gymnastics: Bridges Basketball	Dodgeball Handball	Dodgeball Handball

Big Question/s	How can we move a ball with our feet?	What make a team? How can we turn our bodies into different shapes to move from one place to another?	How do we dodge, when do we dodge and why do we dodge? How do we become the most effective team?	How can our performance us symmetry and asymmetry? What is orienteering?	How can we use our bodies to make bridges? What are tactics and how do we decide which is best?	How do we defend in dodgeball? What defending tactics can we use in handball?	How do we transition from attacking play to defending play effectively? What attacking and defending tactics are the most successful and why?
<p>Sports Specific Skills</p> <p>Personal, Cognitive, Social and Wellbeing/ Health Skills</p>	<p>Feet (P)</p> <ul style="list-style-type: none"> Explore moving with a ball using our feet Develop moving with a ball using our feet Understand dribbling Develop dribbling against an opponent <p>(C) Controlling feet movements (S) Following the rules and working with friends (W/H) Keeping count of their own score</p>	<p>Team Building (P)</p> <ul style="list-style-type: none"> Introducing teamwork Develop teamwork Building trust and developing communication Cooperation and communication Explore simple strategies Problem solving: Consolidate teamwork <p>(C) Why do we need to work together to be successful? (S) Supporting and helping one another (W/H) Staying motivated and keep each other motivated / Set appropriate and realistic goals</p> <p>Gymnastics (P)</p> <ul style="list-style-type: none"> Introduction to wide, narrow and curled Exploring the difference between wide, narrow and curled Transitioning between wide, narrow and curl movements Linking two movements together <p>(C) What makes a great gymnast? (S) Am I being safe on the apparatus and collaborating and sharing? (W/H) Being brave and trying out own ideas, combining two themes / Feeling success</p>	<p>Dodging (P)</p> <ul style="list-style-type: none"> Explore dodging Develop dodging Apply dodging: Explore attacking and defending Apply dodging in teams <p>(C) Rules of dodgeball and understanding why and when to move (S) Working collaboratively with teams (W/H) Feeling success even when the children haven't scored</p> <p>Team Building (P)</p> <ul style="list-style-type: none"> Develop teamwork Building trust and developing communication in a variety of ways Strengthen cooperation and communication Explore some complex strategies Problem solving: Consolidate teamwork <p>(C) Understanding why we must work together in games (S) Supporting and helping one another (W/H) Striving for excellence and staying resilient</p>	<p>Gymnastics (P)</p> <ul style="list-style-type: none"> Introduction to symmetry and asymmetry Application of learning onto apparatus Sequence formation Sequence completion <p>(C) Understanding why certain movements and balances are excellent and appropriate (S) Respecting each other's performances / Solve issues within groups if a problem does arise (W) Adopting the role of a judge to ensure that competitions are run fairly</p> <p>Orienteering (P)</p> <ul style="list-style-type: none"> Introduce the concept and meaning of orienteering Introduce the concept of reading a map or a plan, being able to use a key correctly to help us navigate <p>(C) Navigating a map and a route and understanding keys (S) Working in teams and adapting to situations together (W/H) Connecting with and enjoying nature / Encouraging one another</p>	<p>Gymnastics (P)</p> <ul style="list-style-type: none"> Introduction to bridges Application of bridge learning onto apparatus Develop sequences with bridges Sequence formation Sequence completion <p>(C) Understanding balances and movements that are used by gymnasts in performances (S) Collaborating effectively with partners and discussing ideas for movements respectfully (W/H) Feeling success and pride when performing routines and sharing ideas / Feeling confident with performance and performing in front of a group</p> <p>Basketball (P)</p> <ul style="list-style-type: none"> Refine dribbling Refine passing and receiving Refine passing and dribbling creating space Refine passing and dribbling creating shooting opportunities Introduce marking <p>(C) The rules of basketball and the difference between attack and defence (S) Apply learning to rules of the same (W/H) Showing honesty and integrity when playing</p>	<p>Dodgeball (P)</p> <ul style="list-style-type: none"> Introduce blocking Consolidate catching Understand where we throw and why we need to throw with accuracy and power Explore basic attacking and defending tactics <p>(C) Understanding different team tactics (S) Collaborating with teams and discussing ideas to adapt play when needed (W/H) Staying resilient and encouraging team members</p> <p>Handball (P)</p> <ul style="list-style-type: none"> Consolidate passing and receiving Explore the function of other passes Develop defending Develop passing and creating space, introduce officiating Refine shooting <p>(C) Understand that passes must be accurate so that they are not intercepted by the opposition (S) Managing the game with our teams (W/H) Supporting and motivating one another / Describing how it feels to be a part of a team</p>	<p>Dodgeball (P)</p> <ul style="list-style-type: none"> Consolidate/understand attacking and defending tactics Transition between attack and defence Applying the rules: Officiating games Managing tactics and officiate games Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy <p>(C) Understanding different team tactics / Being able to adapt quickly and plan for changes (S) Collaborating with teams and discuss ideas to adapt play when needed (W/H) Staying resilient and encouraging team members / Always playing with respect and aiming in the correct areas, using the correct techniques / Understanding what happens to the circulatory system when we exercise (<i>Science</i>)</p> <p>Handball (P)</p> <ul style="list-style-type: none"> Consolidate keeping possession, develop officiating Consolidate defending understand and apply defending tactics in game situations Consolidate defensive tactics; understand and apply defensive

							<p>tactics in game scenarios</p> <ul style="list-style-type: none"> Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy <p>(C) Understand that each role is important in supporting the whole team (S) Managing the game with our teams (W/H) Supporting and motivating one another / How to encourage everyone to feel like they are a valued member of the team / Understanding how to set achievable goals and know the steps to success</p>
Key Vocabulary	<p>Ball Skills: Feet Dribbling, keeping control, attacker, defender, space, opponent, ball, scoring, team, play, moving, feet, toes</p>	<p>Team Building Teamwork, effective, strategies, problem solve, communication, inclusion, cooperation, trust, team member, fairness</p> <p>Gymnastics High, low, movements, balance, gymnasts, shapes, over, under, apparatus, transition, wide, narrow, curled, interesting, linking</p>	<p>Locomotion: Dodging Arms, feet, jump, head, height, distance, space, hopping, speed, landing, attacker, defender, skipping, links, combination, dodging, acceleration, space, speed, tag</p> <p>Team Building Teamwork, effective, strategies, problem solve, communication, inclusion, cooperation, trust, team member, fairness, strategy, courage, motivation</p>	<p>Gymnastics Symmetrical, asymmetrical, sequence, flow, linking, interesting, extension, extending</p> <p>Orienteering Orientate, map, explore, challenge, collaborate, navigate, teamwork, strategy, tactics, communication, symbols, route, out of bounds</p>	<p>Gymnastics Symmetrical, asymmetrical, sequence, flow, linking, interesting, extension, extending, control, bridge, levels</p> <p>Basketball Attack, defence, possession, space, chest pass, bounce pass, marking, free pass, throw, shooting, goal side, tactics, bounce pass, pivot</p>	<p>Dodgeball Attack, defence, possession, dodge, catching, throwing, ducking, jumping, aiming, blocking, eliminating, accuracy, transition, tactics, power</p> <p>Handball Attack, defence, possession, space, shoulder pass, transitioning, marking, free pass, throw, intercepting, shooting, man-to-man marking, goal side, tactics, bounce pass, pivot</p>	<p>Dodgeball Attack, defence, possession, dodge, catching, throwing, ducking, jumping, aiming, blocking, eliminating, accuracy, transition, tactics, power, referee, back/end line, centre line, retrievers</p> <p>Handball Attack, defence, possession, space, shoulder pass, transitioning, marking, free pass, throw, intercepting, shooting, man-to-man marking, goal side, tactics, bounce pass, zonal marking, formations, high press, counter attack,</p>
Challenge	<p>Can I always keep control of the ball? Can I keep the ball close to me? Can I use a different part of my foot to kick other than the inside?</p>	<p>Can I take the lead? Can I think of creative tactics to support my team? Can I ensure I include everyone in my team? Can I explain how it makes you feel when you are part of a team?</p>	<p>Can I dodge effectively in different ways? Can I explain the difference between attack and defence? Can I adapt my play efficiently to change tactics? Can I communicate effectively what tactics the team can use? Can I effectively use complex strategies in a game?</p>	<p>Can I ensure that my movements flow effectively for my performance? Can I clearly identify strengths and suggest ways to improve my own performance and others? Can I orientate under timed conditions? Can I manage my time and team effectively?</p>	<p>Can I clearly identify strengths and suggest ways to improve my own performance and others? Can I extend my toes and fingertips? Can I attempt challenging movements? Can I begin to explore a range of marking techniques?</p>	<p>Can I mark effectively by jumping in time to intercept the ball? Can I begin to umpire a game with support? Can I run onto the ball and feed the ball in front to ensure the ball does not get intercepted?</p>	<p>Can I adapt my play to ensure the most effective pass is used? Can I become increasingly confident with managing and umpiring a game? Can I step back, without breaking footwork rules, to avoid effective marking? Can I dodge effectively and consistently?</p>

				<p>Can pupils make improvements even if they are not initially successful? Can I effectively lead?</p>	<p>Can I use a variety of ways to dodge and become free when I am attacking? Can I make many interceptions? Can I assess and adapt my play with my team in real time? Can I use my footwork patterns correctly?</p>		<p>Can I use a variety of ways to be free, utilising the space on court? Can I shoot accurately and consistently? Can I organise teams based on strengths? Can I demonstrate and explain tactics clearly with a clear understanding of each team member's role?</p>
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Spring II	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic	Locomotion: Walking and Jumping	Games for Understanding Locomotion: Jumping and Running	Locomotion: Jumping Health and Wellbeing	Football Dodgeball	Dodgeball Dance: Space	Gymnastics: Counter Balance & Counter Tension Dance: The Circus	Football Rounders
Big Question/s	How do we travel around a space in different ways and why?	Why do we attack and defend in games? How do we jump the highest and run the fastest?	How can we link our jumping movements with others creatively? How can we use speed and develop our agility?	How do I control the ball when receiving and become accurate when passing? How do we change direction to dodge?	How, when, where and why do we dodge in a game situation? How can we move as if we were in space?	What is 'counter balance'? What is expression and why is it important in dance?	What is the most effective formation in football? What strategies are most effective when batting and fielding?
Sports Specific Skills Personal, Cognitive, Social and Wellbeing/ Health Skills	<p>Walking (P)</p> <ul style="list-style-type: none"> Explore/develop walking Explore walking in different pathways Sustain walking Explore marching Apply walking into a game <p>(C) Travelling in different ways (S) Following the rules of the game (W/H) Travelling with confidence</p> <p>Jumping (P)</p> <ul style="list-style-type: none"> Explore/develop jumping Apply jumping into a game Jumping for distance Explore jumping high Explore hopping <p>(C) Travelling in different ways (S) Following the rules of the game (W/H) Travelling with confidence</p>	<p>Games for Understanding (P)</p> <ul style="list-style-type: none"> Understanding the principles of attack/defence Applying attacking/defending principles into a game Consolidate attacking/defending <p>(C) What happens as a result of actions in different games? (S) Collaboration and taking turns / Listening to other's suggestions / Sharing my own ideas (W/H) Honesty during game play</p> <p>Locomotion: Jumping and Running (P)</p> <ul style="list-style-type: none"> Explore running Apply running into a game Explore running at different speeds Running for speed: Acceleration Explore running in a team Consolidate running, apply running into a competitive game Recap jumping Develop jumping Explore how jumping affects our bodies Explore skipping Apply skipping and jumping into a game 	<p>Locomotion: Jumping (P)</p> <ul style="list-style-type: none"> Consolidate jumping Apply jumping into a game Linking jumping Explore jumping combinations Develop jumping combinations <p>(C) Understanding why and when we may need to jump as far as possible (S) Supporting others when there is a competitive element (W/H) Being honest and counting scores correctly</p> <p>Health and Wellbeing (P)</p> <ul style="list-style-type: none"> Consolidate agility Consolidate balancing: Explore balancing on apparatus Introduce and explore coordination: Dribbling and kicking <p>(C) Understanding why it is important to be healthy and what that means (S) Collaborating and taking turns. Listening and sharing ideas (W/H) Keeping track and counting scores</p>	<p>Football (P)</p> <ul style="list-style-type: none"> Develop dribbling keeping control Introduce passing and receiving Combine dribbling and passing to create space Develop passing, receiving and dribbling <p>(C) Understanding the rules of football and how to pass and receive the ball efficiently (S) Working with and organising a team and our tactics (W/H) Understand what happens to our bodies as we move / Understanding why we must warm up / I can set myself a challenge</p> <p>Dodgeball (P)</p> <ul style="list-style-type: none"> Developing changing direction Introduce throwing with accuracy Introduce catching Develop moving, changing direction at speed Combine throwing and dodging <p>(C) Throwing with accuracy and using technique to catch and keep the ball safe (S) Understanding the competitive nature of the</p>	<p>Dodgeball (P)</p> <ul style="list-style-type: none"> Introduce jumping and ducking Develop throwing with accuracy and power over an increased distance Develop catching Consolidate dodging, jumping and ducking into games Combine dodging, catching and throwing <p>(C) Throwing with accuracy and using technique to throw with increasing accuracy (S) Understanding the competitive nature of the game and staying motivated by supporting one another (W/H) Adhering to rules and showing honesty / showing resilience</p> <p>Dance (P)</p> <ul style="list-style-type: none"> Responding to stimuli working together Extending sequences with a partner in character Exploring two contrasting Relationships and interlinking dance moves <p>(C) Performing in time to music and staying in character</p>	<p>Gymnastics (P)</p> <ul style="list-style-type: none"> Introduction to counter balance Application of counter balance learning onto apparatus Sequence formation Counter Tension Sequence completion <p>(C) Consider using a canon and performing in unison (S) Respectfully assess and evaluate each other's performances and ideas (W/H) Understanding our emotions and regulating these as we perform to large groups</p> <p>Dance (P)</p> <ul style="list-style-type: none"> Developing character movements linked to 19th Century prejudices Creating movements to represent different characters and performers in a 19th Century circus Extending our Performance incorporating props and apparatus linked to the variety of performers <p>(C) Staying in character and using props to incorporate into performances (S) Can pupils perform as part of a big group?</p>	<p>Football (P)</p> <ul style="list-style-type: none"> Consolidate keeping possession, develop officiating Consolidate defending Organise formations and manage teams Organise formations decide tactics, manage teams and officiate games <p>(C) Fluidly when transitioning between attacking and defending as possession changes (S) Officiating games with partners respectfully (W/H) Can pupils continue to follow the rules now that the games are competitive?</p> <p>Rounders (P)</p> <ul style="list-style-type: none"> Introduction to full rounders Consolidate fielding tactics Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy

		(C) How to use the body and limbs effectively when running and jumping. When are these skills useful? (S) Playing fairly and encouraging or support one another (W/H) How does it feel when we do this/exercise? How can we celebrate one another?		game and staying motivated by supporting one another (W/H) Adhering to rules and showing honesty / I can explain what I need to do to feel success	(S) Performing and creating ideas as part of a group (W/H) Showing respect when others are performing	(W/H) Can pupils keep trying even when they make a mistake?	(C) Changing the direction or the way the children bat, adapting to the game / Adapting tactics and players when fielding (S) Being fair and honest during the game play (W/H) Feeling confident and successful, encouraging team
Key Vocabulary	<p>Walking Direction, speed, levels, parts of the body, defender, walking, marching</p> <p>Jumping Arms, feet, jump, head, height, distance, space, hopping, speed, landing</p>	<p>Games for Understanding Explore, follow rules, tactics, attacking, defending, space, tag, sharing, rules, tagging</p> <p>Locomotion: Running and Jumping Arms, feet, jump, head, height, distance, space, hopping, speed, landing, attacker, defender, skipping, acceleration, space, speed, tag</p>	<p>Locomotion: Jumping Arms, feet, jump, head, height, distance, space, hopping, speed, landing, attacker, defender, skipping, links, combination, dodging, acceleration, space, speed, tag</p> <p>Health and Wellbeing Agility, balance, co-ordination, circuits, application, attack, defender, hand-eye coordination, throwing, aiming, warm up, dribbling</p>	<p>Football Attack, defence, possession, space, free-kick, penalty, transition, turning, drag-back, goalkeeper</p> <p>Dodgeball Attack, defence, possession, dodge, catching, throwing</p>	<p>Dodgeball Attack, defence, possession, dodge, catching, throwing, aiming</p> <p>Dance Sustain character, choreography, dancers, expression, creativity, emotion, motif, interconnecting, character, stage presence, timing, rhythm, unison, interacting movements, matching,</p>	<p>Gymnastics Symmetrical, asymmetrical, sequence, flow, linking, interesting, extension, extending, control, bridge, levels, counter tension, unison, counter balance, canon, matching, mirroring</p> <p>Dance Sustain character, choreography, dancers, expression, creativity, emotion, motif, interconnecting, character, stage presence, timing, rhythm, clear movements, unison, stimulus,</p>	<p>Football Attack, defence, possession, space, free-kick, penalty, transition, turning, drag-back, goalkeeper, shadowing, tackle, tracking back, pressure, marking, counter attack, through ball, man-to-man marking</p> <p>Rounders Batting, fielding, stopping the ball, throwing, catching, base/posts, rounder, the long barrier, bowling, 1/2 rounder, backstop, batting and bowling square, tactics, no ball, out, outfielder, run out, umpire</p>
Challenge	<p>Can I stay in a space? Can I swing my arms to gain momentum? Can I point my toes forward? Can I keep my head up and straight?</p>	<p>Can I adjust my speed and change direction effectively? Can I articulate a game effectively? Can I gain height from using my arms and bending my knees?</p>	<p>Can I use a variety of ways to link movements? Can I use my arms effectively to jump (swing)? Can I suggest ways to improve my performance? Can I show great dignity if I lose in a game?</p>	<p>Can I begin to manage a game myself? Can I produce successful opportunities for my team to score? Can I show respect towards to opposition? Can I combine catching, throwing a dodging? Can I describe when I attack and when I defend?</p>	<p>Can I use different ways of throwing a ball? Can I suggest ways to improve my performance and begin to do this for others? Can I identify areas for improvement? Can I consistently catch the ball when it is thrown to me in a game? Can I always be in unison? Can I consistently move to the beat? Can I use expression effectively to portray a character?</p>	<p>Can I use movement and extension to elongate my body? Can I use challenging movements? Can I ensure there is fluidity in my performance? Can I change levels within my movements? Can I always be in unison? Can I consistently move to the beat? Can I use expression effectively to portray a character?</p>	<p>Can I return the ball quickly when I am a fielder? Can I throw accurately over long distances? Can I adapt my tactics within a game? Can I lead and organise my team to maximise our fielding efficiency as captain? Can I think tactically and think where players should go and why (playing to each other's strengths)? Can I demonstrate and explain tactics clearly with a clear understanding of each team member's role?</p>

Summer I	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic	Dance: Ourselves and Nursery Rhymes	Dance: Heroes Health and Wellbeing	Games for Understanding	Cricket Dance: Witches and Wizards	Rounders Cricket	Swimming Orienteering	Tennis Badminton

			Dance: Mr Candy's Sweet Factory				
Big Question/s	How can we move creatively around the space to music?	How can I control, move and balance my body in character? How can I be agile in different games?	What does it mean to be 'agile'? What is health and wellbeing? How can we move as a group?	What is batting and fielding in cricket? How will my witch or wizard move in dance?	What are the best fielding tactics? How can we move the ball quickly in cricket?	How can we move safely in water? Why is it important to navigate effectively and work as a great team?	How can we win a game of doubles tennis? In what ways can we outwit our opponent in badminton?
Sports Specific Skills Personal, Cognitive, Social and Wellbeing/ Health Skills	<p>Dance</p> <ul style="list-style-type: none"> Moving in sequence Creating our own movements Creating simple movement sequences Responding in movement to words and music Exploring contrasting tempos Exploring character movements Moving in sequence Moving with props and contrasting tempos Creating their own movements Exploring opposites and creating simple movement sequences <p>(C) Linking ideas/movements (S) Working with a friend (W/H) Moving confidently</p>	<p>Dance (P)</p> <ul style="list-style-type: none"> Responding to rhythm Introduction to motifs Creating motifs Creating movement sequences Relationships and Performance <p>(C) Creating interesting movements that link and build a character (S) Moving in relation to one another (W/H) Making accurate descriptions about others performances / Think of their own unique ways of moving</p> <p>Health and Wellbeing (P)</p> <ul style="list-style-type: none"> Introduce and explore agility Introduce and explore balance Introduce and explore coordination: Bouncing, rolling and throwing <p>(C) Understanding why it is important to be healthy in the mind, body and soul (S) How can we listen, collaborate and take turns (W/H) Honesty and encouragement from one another</p>	<p>Games for Understanding (P)</p> <ul style="list-style-type: none"> Attacking/defending as a team Understanding the transition between defence and attack Create and apply attacking/ defensive tactics <p>(C) Understanding the difference between attack and defence (S) Working against other teams collaboratively (W/H) Applying rules to games</p> <p>Dance (P)</p> <ul style="list-style-type: none"> Responding to stimuli Developing whole group movement Improvisation and physical descriptions Creating contrasting movement sequences Sequences, relationships and performance 	<p>Cricket (P)</p> <ul style="list-style-type: none"> Understand the concept of batting and fielding Develop throwing overarm Develop throwing underarm Introduce catching Striking with intent <p>(C) Understanding the concept of cricket and its rules / Understanding how to outwit our opponent (S) Organise teams fairly when batting and fielding (W) Feeling successful and motivated when batting and fielding</p> <p>Dance</p> <ul style="list-style-type: none"> Responding to stimuli Developing character dance into a motif Developing sequences with a partner in character that show relationships Extending sequences with a partner in character 	<p>Rounders (P)</p> <ul style="list-style-type: none"> Develop fielding bowling with a backstop Introduce batting; how Develop batting; where and why Introduce and apply basic fielding tactics <p>(C) How to use the bat and techniques to aim the ball where they want it to go / Understanding of catching and fielding (S) Working collaboratively and organising teams and considering strengths of players (W) Showing tenacity and team spirit</p> <p>Cricket (P)</p> <ul style="list-style-type: none"> Develop an understanding of batting and fielding Introduce bowling underarm Develop stopping and returning the ball Develop retrieving and returning the ball Striking the ball at different angles and speeds <p>(C) How to use the bat and techniques to aim the ball where they want it to go / Understanding of catching and fielding (S) Working collaboratively and organising teams and considering strengths of players</p>	<p>Swimming (P)</p> <ul style="list-style-type: none"> Perform a surface dive Swim over 10m using a range of strokes accurately Perform a range of jumps into deep water and tread water when resurfacing Perform a forward somersault tucked in the water Swim 10m wearing clothes Swim 25m using any stroke Exit the water without using steps Exit the water without using steps <p>(C) Selecting the best stroke / Being able to float in water / Swimming confidently and fluidly (S) Identifying ways to improve / Supporting others (W) Showing resilience and feeling success</p> <p>Orienteering (P)</p> <ul style="list-style-type: none"> Orienteer a map and locate points on the map in a set order Consolidate pupils understanding of how to orientate a map, locate points on the map, then travel to them, recording what they find <p>(C) Planning routes correctly and in the fastest time /</p>	<p>Tennis (P)</p> <ul style="list-style-type: none"> Introduce/develop the volley Controlling the game from the serve Doubles, understanding and applying tactics to win a point Game application Game application, mixed ability doubles, round robin games <p>(C) Collaborating with a partner in a doubles tournament / Coaching and mentoring other teams (S) Umpiring fairly (W) Striving for excellence and staying motivated along with the children's partner</p> <p>Badminton (P)</p> <ul style="list-style-type: none"> Introduction to badminton: Outwitting an opponent Introduce the forehand and backhand Applying the forehand and backhand: Creating space to win a point Controlling the game from the serve Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy

					(W) Showing tenacity and team spirit	identifying aspects on the map to help navigate (S) Supporting teams / Discussing ideas with team (W) Showing self-belief and motivation / Explaining how it feels to work as a team / Feeling connected with the outdoors	(C) Evaluating own performance / Coaching and mentoring other teams / Outwitting opponent (S) Competing fairly and resolving any issues (W/H) Strive for excellence and being open to new ideas
Key Vocabulary	Dance Simple movements, sequences, characters, dancers, beat, moving, control, rhythm, timing, tempo, opposite	Dance Simple movements, sequences, characters, dancers, beat, moving, control, rhythm, timing, tempo, opposite, expression, co-ordinate, beat, motif, sequence Health and Wellbeing Agility, balance, co-ordination, circuits, application, attack, defender, hand-eye coordination, throwing, aiming	Games for Understanding Explore, follow rules, tactics, attacking, defending, space, tag, sharing, rules, tagging, transition, collaborate, effectively, discipline Dance Simple movements, sequences, characters, dancers, beat, moving, control, rhythm, timing, tempo, opposite, expression, co-ordinate, beat, motif, sequence, choreography, telling a story, emotion, unison, stimulus	Cricket Catching, throwing, outwit, strike, batting, fielding, in, out, retrieving, bowling, strike, the long barrier Dance Sustain character, choreography, dancers, expression, creativity, emotion, motif, interconnecting, character, stage presence, timing, rhythm,	Rounders Batting, fielding, stopping the ball, throwing, catching, base/posts, rounder, the long barrier, bowling, 1/2 rounder, backstop Cricket Catching, throwing, outwit, strike, batting, fielding, in, out, retrieving, bowling, strike, the long barrier, run out, wicket keeper, no ball, wide, bye, boundary, over, runs	Swimming Breast stroke, front crawl, breast stroke, poolside, bubbles, breathe, kick, arms, stretch, extend Orienteering Orientate, map, explore, challenge, collaborate, navigate, teamwork, strategy, tactics, communication, symbols, route, out of bounds	Badminton Create space, forehand, backhand, serve, point, outwit, space, return, recover, forehand, backhand, tactics, lob, drop, clear, love, game, set, match Tennis Attack, defence, ball, outwit, space, return, recover, baseline, forehand, rally, out, accuracy, power, backhand, outwit, volley, serve, doubles
Challenge	Can I make my actions big and clear? Can I move, matching the sounds of the music? Can I encourage my friends? Can I put my actions in the correct order? Can I ensure that I am in space? Can I work in a pair?	Can I stay in character for a whole dance routine? Can I consistently stay on beat? Can I use different levels in my sequence? Can I co-ordinate my actions consistently? Can I explain what is health and wellbeing?	Can I change from attacker to defender quickly in a game? Can I work effectively with my team mates? Can I understand the difference between attack and defence? Can I ensure my movements are fluid? Can I move in unison with my group? Can I effectively tell a story through dance? Can I stay in character?	Can I return the ball quickly? Can I begin to lead my team? Can I adapt tactics with my team effectively? Can I ensure my movements are fluid? Can I move in unison with my group? Can I effectively tell a story through dance? Can I stay in character? Can I choreograph an entire piece? Can I describe how I or others can improve? Can I convey emotion?	Can I return the ball quickly and accurately? Can I throw accurately over a long distance? Can I hit the ball low to make it difficult for the other team to get me out? Can I begin to lead my team? Can I adapt tactics with my team effectively? Can I strive for excellence? Can I use coaching methods to support my team and motivate them?	Can I swim using different techniques effectively? Can I swim quickly through the water? Can I perform movements under the water (somersault)? Can I complete the route as quickly as possible? Can I create ideas to help the team with an activity and adapt if necessary? Can I support other teams? Can I stay resilient?	Can I adjust my shot based on their opposition's position? Can I evaluate my performance and improve tactics? Can I effectively organise myself and my doubles partner? Can I act as mentor or coach to a friend? Can I stay resilient? Can I organise teams based on strengths? Can I demonstrate and explain tactics clearly with a clear understanding of each team member's role?
Summer II	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Topic	Moving (Gymnastics) Mini Athletics	Dance: Growing Athletics	Dance: Explorers Athletics	Athletics	Athletics	Athletics	Athletics
Big Question/s	How can I change my body into different shapes as I move?	What is a motif? How can I stay resilient in athletics?	How do I convey a character in dance?	What sprinting and throwing techniques can I use in athletics?	How can I throw the furthest? How can I stay motivated?	How can I improve my personal best?	How can I work as team to win team competitions in athletics?

	How can I encourage my team in athletics?		What different games can I explore in athletics (throwing)?	How can I encourage others?		What technique can I use to jump hurdles?	How can I be resilient?
<p>Sports Specific Skills</p> <p>Personal, Cognitive, Social and Wellbeing/ Health Skills</p>	<p>Moving (Gymnastics) (P)</p> <ul style="list-style-type: none"> Explore moving and making shapes using different body parts Explore moving in different directions Explore big and small ways of moving and making shapes Moving in pairs Creating shapes in pairs <p>(C) Using creative movements on the apparatus, moving over, under, through, along, across etc.?</p> <p>(S) Collaborating and working around each other and taking turns, 'sharing'?</p> <p>(W) Travelling with confidence over, under</p> <p>Mini Athletics (P)</p> <ul style="list-style-type: none"> Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching Explore Running and Jumping Apply our learning to races and small competitions <p>(C) Why is it important to be healthy?</p> <p>(S) Collaborating and take turns?</p> <p>(W) Counting own score</p>	<p>Dance (P)</p> <ul style="list-style-type: none"> Developing understanding of responding to rhythm Creating motifs Creating movement sequences Relationships and Performance <p>(C) Creating interesting movements that link and build a character</p> <p>(S) Moving in relation to one another</p> <p>(W/H) Making accurate descriptions about others performances / Think of their own unique ways of moving</p> <p>Athletics (P)</p> <ul style="list-style-type: none"> Introduce throwing with accuracy Apply throwing with accuracy in a team Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game <p>(C) Understanding rules and teamwork</p> <p>(S) Supporting one another and encouraging each other</p> <p>(W/H) Describing someone's performance, staying respectful and positive</p>	<p>Dance (P)</p> <ul style="list-style-type: none"> Responding to stimuli Developing our motif with expression and emotion Applying choreography in our motifs Extending our motifs Sequences, relationships and performance <p>(C) Understanding how dancers move with fluidity</p> <p>(S) Performing movement sequence on their own and in a pair?</p> <p>(W/H) Adding movements collaboratively</p> <p>Athletics (P)</p> <ul style="list-style-type: none"> Consolidate pupil's application and understanding of underarm throwing Applying the underarm and overarm throw to win a game Applying the underarm throw to beat an opponent <p>(C) Where so we throw the ball?</p> <p>(S) Taking turns in different roles</p> <p>(W/H) Showing honesty and keeping score. Encouraging each other's efforts and success</p>	<p>Athletics (Running, Throwing and Jumping) (P)</p> <ul style="list-style-type: none"> Explore running for speed Explore acceleration Introduce /develop relay: Running for speed in a team Throwing: Accuracy vs distance Standing long jump <p>(C) Releasing an object at the right time (throwing) / How to run faster</p> <p>(S) Evaluating peers respectfully / Collaborating and running as a team</p> <p>(W) Continuously improving own performance / Organising team members</p>	<p>Athletics (Running, Throwing and Jumping) (P)</p> <ul style="list-style-type: none"> Develop running at speed Exploring our stride pattern Exploring running at pace Understand and apply tactics when running for distance Javelin Standing triple jump <p>(C) Understanding that, with the right technique, they can jump further, compared to incorrect technique / Organise race tactics</p> <p>(S) Evaluating peers respectfully / Collaborating and running as a team</p> <p>(W) Continuously improving own performance / Organising team members</p>	<p>Athletics (Running, Throwing and Jumping) (P)</p> <ul style="list-style-type: none"> Finishing a race Evaluating our performance Sprinting: My personal best Relay changeovers Shot Put Introducing the hurdles <p>(C) Understanding strengths in certain events and areas for improvement in others / Exploring techniques in a range of events</p> <p>(S) Encouraging and celebrating achievements and efforts / Showing sportsmanship at all times</p> <p>(W/H) How does it feel to be part of a team? / How can the children feel success whether they win or lose an event</p>	<p>Athletics (P)</p> <ul style="list-style-type: none"> Running for speed competition Running for distance competition Throwing competition Jumping competition Hurdles Mini duathlon Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy <p>(C) Understanding strengths in certain events and areas for improvement in others / Exploring techniques in a range of events</p> <p>(S) Show sportsmanship and evaluating performance respectfully</p> <p>(W) Striving for excellence and showing integrity and resilience</p>
Key Vocabulary	Gymnastics High, low, movements, balance, gymnasts, shapes,	Dance Simple movements, sequences, characters, dancers, beat, moving,	Dance Simple movements, sequences, characters, dancers, beat, moving,	Athletics Tactics, speed, acceleration, distance, accuracy, relay	Athletics Tactics, speed, distance, pace, power, stride pattern,	Athletics Tactics, speed, distance, evaluation, change-over,	Athletics Tactics, speed, distance, evaluation, false start, events, competitions

	over, under, apparatus, transition, big, small, shape	control, rhythm, timing, tempo, opposite, expression, co-ordinate, beat, motif, sequence	control, rhythm, timing, tempo, opposite, expression, co-ordinate, beat, motif, sequence, choreography, telling a story, emotion, unison, stimulus	change-over, technique, throwing accurate	triple jump, javelin, sprinting, technique	personal best, lap, hurdle, sprint, shot putt	
Challenge	<p>Can I think of my own ways of moving?</p> <p>Can I balance effectively?</p> <p>Can I support my team?</p> <p>Can I stay resilient?</p>	<p>Can I consistently throw with accuracy?</p> <p>Can I stay in character?</p> <p>Can I change the speed of my movements?</p> <p>Can I begin to consider different levels?</p>	<p>Can I stay in character?</p> <p>Can I convey emotion?</p> <p>Can I different ways of linking my movements?</p> <p>Can I use different levels?</p>	<p>Can I accurately apply head and arm technique to make myself quicker?</p> <p>Can I stay resilient and strive to win races?</p> <p>Can I apply the correct arm and leg technique to help me jump and throw further?</p> <p>Can I explain why we have used a certain foot to support me?</p> <p>Can I perform a hop, skip and jump smoothly in sequence?</p>	<p>Can I accurately apply head and arm technique to make myself quicker?</p> <p>Can I explain why we use certain techniques for sprinting?</p> <p>Can I stay resilient and strive to win races?</p> <p>Can I apply the correct arm and leg technique to help me jump and throw further?</p> <p>Can I explain why I have used a certain foot to support me?</p> <p>Can I perform a hop, skip and jump smoothly in sequence?</p> <p>Can I suggest improvements for myself and others?</p> <p>Can I make improvements to my technique after receiving feedback?</p>	<p>Can I suggest improvements for myself and others?</p> <p>Can I make improvements to my technique after receiving feedback?</p> <p>Can I stay resilient and try my hardest to win?</p> <p>Can I encourage others and stay motivated?</p> <p>Can I use the correct technique consistently?</p> <p>Can I win and lose with dignity?</p>	<p>Can I execute tactics effectively?</p> <p>Can I create my own tactics?</p> <p>Can I organise teams based on strengths?</p> <p>Can I demonstrate and explain tactics clearly with a clear understanding of each team member's role?</p> <p>Can I lead and motivate others as a captain?</p>