

## Bishop Wood PE Curriculum

All children at Bishop Wood should:

- Take part in PE for 2 hours per week
- Enjoy collaboration, communication and competition with each other
- Develop an understanding of how to evaluate and recognise their own success and work towards improving their own performance
- Understand what they need to do to improve their own performance
- Play competitive games and apply the principles of attacking / defending

The key skills can be taught across a range of sports/activities; they are not just applicable to one sport. In a half term, more than one sport may be played to help the children develop core skills over a range of different sports. For further details see Get set 4 PE planning.

| Year Group | Area of Study  | Key Skills  | Knowledge   | Vocabulary  |
|------------|--|---|---|---|
| 3          | <ul style="list-style-type: none"> <li>Gymnastics</li> </ul> | <ul style="list-style-type: none"> <li>Physical: point and patch balances, jumps, straight roll, barrel roll, forward roll</li> <li>Social: work safely, collaboration, supportive</li> <li>Emotional: perseverance, confidence, independence</li> <li>Thinking: observe and provide feedback, creativity, select and apply skills</li> </ul> | <ul style="list-style-type: none"> <li>To be able to create interesting point and patch balances.</li> <li>To develop point and patch balances on apparatus.</li> <li>To develop stepping into shape jumps with control.</li> <li>To develop stepping into shape jumps using apparatus.</li> <li>To develop the straight, barrel, and forward roll.</li> <li>To include rolls in sequence work using apparatus.</li> <li>To be able to transition smoothly into and out of balances.</li> </ul> | body tension, contrast, flow, extend, match, landing position, patch, point, take off.                      |
|            | <ul style="list-style-type: none"> <li>Cricket</li> </ul>    | <ul style="list-style-type: none"> <li>Physical: underarm and overarm throwing, overarm bowling, batting, two handed pick up, short barrier</li> <li>Social: collaboration and communication, respect</li> </ul>  | <ul style="list-style-type: none"> <li>To develop overarm and underarm throwing and apply these to a striking and fielding game.</li> <li>To develop bowling technique and learn the rules of the skill within this game.</li> <li>To develop batting technique and understand where to hit the ball.</li> <li>To develop fielding techniques and apply them to game situations.</li> </ul>   | accuracy, grip, run out, strike, tournament, wicket, caught out, no ball, short barrier, technique, umpire. |

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|  |            | <ul style="list-style-type: none"> <li>● Emotional: perseverance, honesty, determination</li> <li>● Thinking: observing and providing feedback, applying strategies</li> </ul>   | <ul style="list-style-type: none"> <li>● To play different roles in a game and begin to think tactically about each role.</li> <li>● To apply skills and knowledge to compete in a tournament.</li> </ul>  |  |
|  | ● Fitness  | <ul style="list-style-type: none"> <li>● Physical: agility, balance, co-ordination, speed, stamina, strength</li> <li>● Social: support others, work safely, communication</li> <li>● Emotional: perseverance, determination, honesty</li> <li>● Thinking: identify areas of strength and areas for development</li> </ul> | <ul style="list-style-type: none"> <li>● To recognise different areas of fitness and explore what your body can do.</li> <li>● To develop speed and strength.</li> <li>● To develop co-ordination.</li> <li>● To develop agility.</li> <li>● To develop balance.</li> <li>● To develop stamina.</li> </ul>   | agility, co-ordination, control, progress, stamina, strength, technique.   |
|  | ● Football | <ul style="list-style-type: none"> <li>● Physical: dribble, pass, receive, track</li> <li>● Social: co-operation, respect, communication</li> <li>● Emotional: determination, honesty, persevere, independence</li> <li>● Thinking: decision making, comprehension, select and apply, use tactics</li> <li>●</li> </ul>    | <ul style="list-style-type: none"> <li>● To develop the attacking skill of dribbling.</li> <li>● To develop changing direction and speed when dribbling</li> <li>● To develop passing and begin to recognise when to use different skills.</li> <li>● To apply attacking skills to move towards a goal.</li> <li>● To use defending skills to delay an opponent and gain possession.</li> <li>● To apply skills and knowledge to compete in a tournament.</li> </ul> | accurate, invasion, opposition, receiver, tournament, communicate, offside, pitch, referee, control, tackle, teamwork, |
|  | ● Yoga     | <ul style="list-style-type: none"> <li>● Physical: balance, flexibility, strength, co-ordination</li> </ul>  | <ul style="list-style-type: none"> <li>● To explore connecting breath and movement.</li> <li>● To explore new yoga poses and begin to connect them.</li> <li>● To explore gratitude when remembering and repeating a yoga flow.</li> </ul>   | control, mindfulness, extend, contact,   |

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|  |   | <ul style="list-style-type: none"> <li>• Social: working safely, supporting others, sharing ideas, collaboration, respect</li> <li>• Emotional: confidence, determination, integrity, focus</li> <li>• Thinking: recall, creativity, selecting actions, providing feedback, reflection</li> </ul>                                    | <ul style="list-style-type: none"> <li>• To develop flexibility and strength in a positive summer flow.</li> <li>• To develop flexibility and wellbeing in an individual yoga flow.</li> <li>• To develop confidence and strength through arm balances.</li> </ul>   | link, tilt, hinge, base.   |
|  | <ul style="list-style-type: none"> <li>• Athletics SAQ</li> </ul> | <ul style="list-style-type: none"> <li>• combine movements for balance and speed</li> <li>• jump with control and speed</li> <li>• use equipment safely</li> <li>• work cooperatively as a team</li> </ul>   | <ul style="list-style-type: none"> <li>• Demonstrate the ability to balance their body whilst performing different tasks</li> <li>• demonstrate the ability to combine movements for balance and speed</li> <li>• understand how speed could affect balance</li> <li>• demonstrate speed in straight line movements</li> </ul>   | control, speed, cooperative, balance, jump, direction              |
|  | <ul style="list-style-type: none"> <li>• Fundamentals</li> </ul>  | <ul style="list-style-type: none"> <li>• Physical: balance, run, dodge, hop, jump, skip</li> <li>• Social: respect, collaboration, support and encourage others</li> <li>• Emotional: determination, perseverance, honesty</li> <li>• Thinking: select and apply, observation, provide feedback, comprehension</li> <li>•</li> </ul> | <ul style="list-style-type: none"> <li>• To develop balancing and understand the importance of this skill.</li> <li>• To develop technique when running at different speeds.</li> <li>• To develop agility using a change of speed and direction.</li> <li>• To develop technique and control when jumping, hopping and landing.</li> <li>• To develop skipping with a rope.</li> <li>• To apply fundamental skills to a variety of challenges.</li> </ul> | co-ordination, rhythm, agility, control, technique.                |
|  | <ul style="list-style-type: none"> <li>• Netball</li> </ul>       | <ul style="list-style-type: none"> <li>• Physical: throw, catch, change direction, change speed, shoot</li> </ul>  | <ul style="list-style-type: none"> <li>• To develop passing and moving and play within the footwork rule.</li> <li>• To use a variety of passes to move towards a goal.</li> <li>• To develop movement skills to lose a defender.</li> <li>• To defend an opponent and try to win the ball.</li> </ul>   | accurate, invasion, opposition, receiver, tournament, communicate, |

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|  |   | <ul style="list-style-type: none"> <li>• Social: communication, collaboration, support others</li> <li>• Emotional: honesty and fair play, persevere, confidence</li> <li>• Thinking: comprehension, decision making, recognition, identify, observe and provide feedback, select and apply</li> <li>•</li> </ul> | <ul style="list-style-type: none"> <li>• To develop the shooting action.</li> <li>• To apply skills and knowledge to play games using netball rules.</li> </ul>  | offside, control, intercept, court, teamwork, umpire.  |
|  | <ul style="list-style-type: none"> <li>• Dodgeball</li> </ul> | <ul style="list-style-type: none"> <li>• Physical: throw, catch, dodge, jump</li> <li>• Social: respect, communication, collaboration</li> <li>• Emotional: honesty, perseverance</li> <li>• Thinking: comprehension, make decisions, select and apply skills</li> <li>•</li> </ul>                               | <ul style="list-style-type: none"> <li>• To develop throwing and apply this to a target game.</li> <li>• To develop dodging skills to avoid being hit.</li> <li>• To develop catching and learn the rules of the skill within this game.</li> <li>• To further develop catching and use the rules of the skill within this game.</li> <li>• To begin to think tactically and apply this to a game.</li> <li>• To apply skills and knowledge to compete in a tournament.</li> </ul> | opponent, possession, technique, block, accurate.  |
|  | <ul style="list-style-type: none"> <li>• Tennis</li> </ul>    | <ul style="list-style-type: none"> <li>• Physical: forehand, backhand, throwing, catching, rallying</li> <li>• Social: co-operation, collaboration, respect, support and encourage others</li> <li>• Emotional: honesty, perseverance</li> </ul>  | <ul style="list-style-type: none"> <li>• To develop racket and ball control.</li> <li>• To explore rallying using a forehand.</li> <li>• To explore returning the ball using a forehand.</li> <li>• To explore returning the ball using a backhand.</li> <li>• To learn how to score and use simple rules.</li> <li>• To work cooperatively with others to begin to manage a game.</li> </ul>  | backhand, control, court, forehand, tactic, react, competition, cooperation face, opponent, rally, opposition. |

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|  |   | <ul style="list-style-type: none"> <li>Thinking: comprehension, decision making, select and apply, understand rules, use tactics, reflection</li> </ul>  |   |  |
|  | <ul style="list-style-type: none"> <li>Rounders</li> </ul>  | <ul style="list-style-type: none"> <li>Physical: underarm and overarm throw, catch, bowl, track a ball, field and retrieve a ball, bat</li> <li>Social: collaboration, communication, co-operate, support and encourage others</li> <li>Emotional: honesty, fair play, confidence, determination</li> <li>Thinking: comprehension, select and apply skills, tactics, make decisions</li> <li></li> </ul> | <ul style="list-style-type: none"> <li>To develop overarm and underarm throwing and catching and apply these to a striking and fielding game.</li> <li>To develop bowling and learn the rules of the skill within this game.</li> <li>To develop batting technique and understand where to hit the ball.</li> <li>To develop fielding techniques and apply them to game situations.</li> <li>To play different roles in a game and begin to think tactically about each role.</li> <li>To apply skills and knowledge to compete in a tournament.</li> </ul> | accuracy, grip, out, base, tournament, caught out, no ball, technique, umpire.   |
|  | <ul style="list-style-type: none"> <li>Athletics</li> </ul> | <ul style="list-style-type: none"> <li>Physical: sprint, jump for distance, push throw, pull throw</li> <li>Social: collaborate, work safely</li> <li>Emotional: determination, perseverance</li> <li>Thinking: observe and provide feedback, comprehension, explore technique</li> </ul>  | <ul style="list-style-type: none"> <li>To develop the sprinting technique and improve on your personal best.</li> <li>To develop changeover technique in relay events.</li> <li>To develop jumping technique in a range of approaches and take off positions.</li> <li>To develop throwing for distance and accuracy.</li> <li>To develop throwing for distance in a pull throw.</li> <li>To develop officiating and performing skills.</li> </ul>  | Personal best, speed, technique, relay, power, baton, accuracy, event, strength. |

| Year Group | Area of Study  | Key Skills  | Knowledge  | Vocabulary  |
|------------|--|---|--|---|
| 4          | <ul style="list-style-type: none"> <li>Swimming</li> </ul> | <ul style="list-style-type: none"> <li>Physical: submersion, float, glide, front crawl, backstroke, breaststroke, rotation, scull, tread water, handstands, surface dives, H.E.L.P and huddle position</li> <li>Social: communication, support and encourage others, keep myself and others safe, collaboration,</li> <li>Emotional: confidence, honesty, determination, independence, perseverance</li> <li>Thinking: comprehension, observe and provide feedback, tactics, select and apply skills</li> </ul> | <ul style="list-style-type: none"> <li>To develop an understanding of buoyancy and balance in the water.</li> <li>To develop independent movement and submersion.</li> <li>To develop gliding and crawl legs.</li> <li>To develop front crawl breathing.</li> <li>To develop gliding and backstroke.</li> <li>To develop rotation, sculling and treading water.</li> <li>To develop surface dives, submersion and handstands.</li> <li>To develop head above water breaststroke technique.</li> <li>To develop head above water breaststroke technique.</li> <li>To develop basic skills in water safety and floating.</li> <li>To learn techniques for personal survival.</li> <li>To develop water safety skills and an understanding of personal survival.</li> </ul> | backstroke, front crawl, breaststroke, surface, treading water, floating, surface dive, water safety. |
|            | <ul style="list-style-type: none"> <li>Cricket</li> </ul>  | <ul style="list-style-type: none"> <li>Physical: underarm and overarm throwing, overarm bowling, batting, two handed pick up, short barrier</li> <li>Social: collaboration and communication, respect</li> <li>Emotional: perseverance, honesty, determination</li> </ul>   | <ul style="list-style-type: none"> <li>To develop overarm and underarm throwing and apply these to a striking and fielding game.</li> <li>To develop bowling technique and learn the rules of the skill within this game.</li> <li>To develop batting technique and understand where to hit the ball.</li> <li>To develop fielding techniques and apply them to game situations.</li> <li>To play different roles in a game and begin to think tactically about each role.</li> <li>To apply skills and knowledge to compete in a tournament.</li> </ul>   | Decision, pressure, limit, cushion, momentum, retrieve, compete.                                      |

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|  |   | <ul style="list-style-type: none"> <li>Thinking: observing and providing feedback, applying strategies</li> <li></li> </ul>   |   |   |
|  | <ul style="list-style-type: none"> <li>Football</li> </ul>      | <ul style="list-style-type: none"> <li>Physical: dribble, pass, receive, track</li> <li>Social: co-operation, respect, communication</li> <li>Emotional: determination, honesty, persevere, independence</li> <li>Thinking: decision making, comprehension, select and apply, use tactics.</li> </ul>                                 | <ul style="list-style-type: none"> <li>To develop the attacking skill of dribbling.</li> <li>To develop changing direction and speed when dribbling</li> <li>To develop passing and begin to recognise when to use different skills.</li> <li>To apply attacking skills to move towards a goal.</li> <li>To use defending skills to delay an opponent and gain possession.</li> <li>To apply skills and knowledge to compete in a tournament.</li> </ul>  | decision, pressure, protect, cushion, limit, delay, obstruct, opposing, deny, gain, option, momentum, supporting, accelerate. |
|  | <ul style="list-style-type: none"> <li>Dance</li> </ul>         | <ul style="list-style-type: none"> <li>Physical: actions, dynamics, space, relationships</li> <li>Social: co-operation, communication, inclusion, collaboration</li> <li>Emotional: confidence, empathy, determination</li> <li>Thinking: observe and provide feedback, select and apply skills, creativity, comprehension</li> </ul> | <ul style="list-style-type: none"> <li>To copy and create actions in response to an idea and be able to adapt this using changes of space.</li> <li>To choose actions which relate to the theme.</li> <li>To develop a dance using matching and mirroring.</li> <li>To learn and create dance moves in the theme of carnival.</li> <li>To develop a carnival dance using formations, canon and unison.</li> <li>To develop a dance phrase and perform as part of a class performance.</li> <li>To understand how dynamics, space and relationships can be used to represent a state of matter.</li> <li>To use actions, dynamics, space and relationships to represent a state of matter.</li> <li>To order and structure phrases to create a dance performance.</li> </ul> | action and reaction, phrase, relationship, rhythm, flow, order, performance, represent, structure.                            |
|  | <ul style="list-style-type: none"> <li>Athletics SAQ</li> </ul> | <ul style="list-style-type: none"> <li>Speed agility and quickness</li> <li>challenge reaction speeds</li> <li>pacing</li> </ul>  | <ul style="list-style-type: none"> <li>demonstrate speed, agility and quickness in a variety of more complex activities</li> </ul>  | speed, agility, quickness, sprint, jump, sidestep,  |

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|  |  |  | <ul style="list-style-type: none"> <li>● demonstrate balanced body movements while performing tasks at speed</li> <li>● understand how and why we work to improve SAQ</li> <li>● demonstrate reactions to a stimulus</li> <li>● understand how to perform in a long distance race.</li> </ul>  | coordination, pacing, react.   |
|  | <ul style="list-style-type: none"> <li>● Gymnastics</li> </ul> | <ul style="list-style-type: none"> <li>● Physical: individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand</li> <li>● Social: work safely, determination, collaboration, communication, respect</li> <li>● Emotional: confidence, perseverance</li> <li>● Thinking: observe and provide feedback, select and apply actions, creativity, evaluate and improve</li> </ul> | <ul style="list-style-type: none"> <li>● To develop individual and partner balances.</li> <li>● To develop individual and partner balances using apparatus.</li> <li>● To develop control in performing and landing rotation jumps.</li> <li>● To develop rotation jumps and sequence building using apparatus.</li> <li>● To develop the straight, barrel, forward and straddle roll.</li> <li>● To assess my straight, barrel, forward and straddle roll.</li> <li>● To link actions that flow using the rolls I have learnt.</li> <li>● To link actions that flow in a partner sequence using the rolls I have learnt.</li> </ul> | bridge, fluidity, inverted, momentum, perform, rotation, shoulderstand, stability, wrist grip. |
|  | <ul style="list-style-type: none"> <li>● Netball</li> </ul>    | <ul style="list-style-type: none"> <li>● Physical: throw, catch, change direction, change speed, shoot</li> <li>● Social: communication, collaboration, support others</li> <li>● Emotional: honesty and fair play, persevere, confidence</li> <li>● Thinking: comprehension, decision making, recognition, identify,</li> </ul>   | <ul style="list-style-type: none"> <li>● To develop passing and moving and play within the footwork rule.</li> <li>● To use a variety of passes to move towards a goal.</li> <li>● To develop movement skills to lose a defender.</li> <li>● To defend an opponent and try to win the ball.</li> <li>● To develop the shooting action.</li> <li>● To apply skills and knowledge to play games using netball rules.</li> </ul>  | decision, pressure, protect, limit, delay, obstruct, opposing, option, momentum, supporting.   |



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|  |  | observe and provide feedback, select and apply  |  |  |
|  | <ul style="list-style-type: none"> <li>OAA</li> </ul>      | <ul style="list-style-type: none"> <li>Physical: balance, run at speed, run over distance, coordination</li> <li>Social: communication, co-operation, collaboration</li> <li>Emotional: determination, resilience, honesty, trust, confidence</li> <li>Thinking: problem solving, evaluation, reflection, create, select and apply.</li> </ul>  | <ul style="list-style-type: none"> <li>To develop cooperation and teamwork skills.</li> <li>To orientate a map and navigate around a grid.</li> <li>To develop observational skills, listening to others and following instructions.</li> <li>To develop trust whilst listening to others and following instructions.</li> <li>To be able to identify, draw and follow a simple map</li> <li>To be able to orientate and navigate around a map and draw a route using directions.</li> </ul> | effectively, key, leader, reflect, role, orientate, navigate.                                  |
|  | <ul style="list-style-type: none"> <li>Tennis</li> </ul>   | <ul style="list-style-type: none"> <li>Physical: throwing, catching, forehand, backhand, rallying.</li> <li>Social: co-operation, support and encourage others, collaboration, respect</li> <li>Emotional: perseverance, honesty, determination.</li> <li>Thinking: identifying strengths and areas for improvement, reflection, select and apply, comprehension, use tactics.</li> <li></li> </ul> | <ul style="list-style-type: none"> <li>To develop racket and ball control.</li> <li>To develop returning the ball using a forehand and understand when to use it.</li> <li>To develop the backhand and understand when to use it.</li> <li>To keep a continuous rally going showing increased technique.</li> <li>To use and apply rules and simple tactics.</li> <li>To understand and use rules to manage a game.</li> </ul>   | alternate, extend, continuous, deny, swing, contact, receiver, co-operative, reflect, compete. |
|  | <ul style="list-style-type: none"> <li>Handball</li> </ul> | <ul style="list-style-type: none"> <li>Physical: throw, catch, run, dribble, shoot, change direction, change speed</li> <li>Social: kindness, communication, co-operation</li> </ul>  | <ul style="list-style-type: none"> <li>To begin to throw and catch while on the move.</li> <li>To move towards the goal or away from a defender.</li> <li>To move towards a goal to create shooting opportunities.</li> <li>To use defending skills to delay an opponent and gain possession.</li> </ul>   | throw, catch, run, dribble, decision, cushion, pressure, momentum.                             |

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|  |   | <ul style="list-style-type: none"> <li>● Emotional: honesty and fair play, determination, perseverance, confidence</li> <li>● Thinking: decision making, select and apply, problem solving, comprehension</li> <li>●</li> </ul>  | <ul style="list-style-type: none"> <li>● To use a change of direction and speed to lose a defender and move into space.</li> <li>● To apply skills and knowledge to compete in game situations.</li> </ul>   |  |
|  | <ul style="list-style-type: none"> <li>● Athletics</li> </ul> | <ul style="list-style-type: none"> <li>● Physical: pace, sprint, jump for distance, throw for distance</li> <li>● Social: collaboration, leadership</li> <li>● Emotional: perseverance, determination, honesty,</li> <li>● Thinking: reflection, observing and providing feedback, exploring ideas, comprehension</li> </ul> | <ul style="list-style-type: none"> <li>● To develop stamina and an understanding of speed and pace in relation to distance.</li> <li>● To develop power and speed in the sprinting technique.</li> <li>● To develop technique when jumping for distance.</li> <li>● To develop power and technique when throwing for distance.</li> <li>● To develop a pull throw for distance and accuracy.</li> <li>● To develop officiating and performing skills.</li> </ul> | <p>stamina, pace, stride, transfer of weight, measure, heave, launch, official, officiate, record.</p> |

| Year Group | Area of Study   | Key Skills   | Knowledge  | Vocabulary   |
|------------|---|--|--|--|
| 5          | <ul style="list-style-type: none"> <li>Dance</li> </ul>     | <ul style="list-style-type: none"> <li>Physical: actions, dynamics, space, relationships</li> <li>Social: collaboration, consideration and awareness of others, inclusion, respect, leadership</li> <li>Emotional: empathy, confidence, perseverance</li> <li>Thinking: creativity, observe and provide feedback, use feedback to improve, comprehension, select and apply skills</li> <li></li> </ul> | <ul style="list-style-type: none"> <li>To create a dance using a random structure and perform the actions showing quality and control.</li> <li>To understand how changing dynamics changes the appearance of the performance.</li> <li>To understand and use relationships and space to change how a performance looks.</li> <li>To copy and repeat movements in the style of rock 'n' roll.</li> <li>To work with a partner to copy and repeat actions in time with the music.</li> <li>To work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll.</li> <li>To develop set choreography inspired by a Mayan god.</li> <li>To choose actions to create a motif in a given character with consideration of dynamics, space and relationships.</li> <li>To use structure to choreograph a dance performance.</li> </ul> | choreograph, collaboratively, motif, quality, choreography, genre, posture, transition.  |
|            | <ul style="list-style-type: none"> <li>Badminton</li> </ul> | <ul style="list-style-type: none"> <li>Physical: underarm clear, overarm clear, serving, rallying</li> <li>Social: collaboration, communication, respect, encouragement</li> <li>Emotional: perseverance, patience, honesty</li> <li>Thinking: using tactics and rules, decision making, select and apply, identifying areas of</li> </ul>   | <ul style="list-style-type: none"> <li>To return the shuttlecock using an underarm clear.</li> <li>To return the shuttlecock using an overhead clear.</li> <li>To use a variety of shots to keep a continuous rally going.</li> <li>To develop the serve and understand the rules of serving.</li> <li>To employ tactics to play against an opponent and with a partner.</li> <li>To apply rules, skills and principles to play against an opponent.</li> </ul>  | pressure, situation, option, technique, sportsmanship, dominant adjust, cushion, consecutive, non- dominant, grip, serve, baseline, release, create, |

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|  |  | strength and areas for development, reflection.  |  | communicate, groundstroke.   |
|  | <ul style="list-style-type: none"> <li>Cricket</li> </ul>  | <ul style="list-style-type: none"> <li>Physical: deep and close catch, underarm and overarm throw, overarm bowl, long and short barrier, batting</li> <li>Social: collaboration, communication, respect</li> <li>Emotional: honesty, perseverance</li> <li>Thinking: observation, provide feedback, select and apply skills, tactics, assessing</li> <li></li> </ul> | <ul style="list-style-type: none"> <li>To develop throwing and catching under pressure and apply these to a striking and fielding game.</li> <li>To develop bowling under pressure whilst abiding by the rules of the game.</li> <li>To strike a bowled ball with increasing consistency.</li> <li>To develop fielding techniques and select the appropriate action for the situation.</li> <li>To understand and apply tactics in a game.</li> <li>To apply skills and knowledge to compete in a tournament.</li> </ul> | close catch, long barrier, stance, deep catch, situation, backing up.  |
|  | <ul style="list-style-type: none"> <li>Football</li> </ul> | <ul style="list-style-type: none"> <li>Physical: dribble, pass, receive, track, tackle</li> <li>Social: communication, respect, collaboration, co-operation</li> <li>Emotional: honesty, persevere, determination</li> <li>Thinking: assess, explore, decision making, select and apply.</li> </ul>  | <ul style="list-style-type: none"> <li>To maintain possession when dribbling.</li> <li>To dribble with control under pressure.</li> <li>To select the appropriate skill, choosing when to pass and when to dribble.</li> <li>To move into and create space to support a teammate.</li> <li>To use the appropriate defensive technique for the situation.</li> <li>To apply rules, skills and principles to play in a tournament.</li> </ul>  | angle, closedown, drive situation, ball carrier, create, sportsmanship, stance, barrier, dominant, maintain, support, rebound. |
|  | <ul style="list-style-type: none"> <li>Swimming</li> </ul> | <ul style="list-style-type: none"> <li>Physical: rotation, scull, tread water, glide, front crawl, backstroke, breaststroke, surface dives, float, huddle and H.E.L.P. position</li> <li>Social: support others, work safely, inclusion, communication, collaboration</li> </ul>   | <ul style="list-style-type: none"> <li>To develop gliding, front crawl and backstroke.</li> <li>To develop rotation, sculling and treading water.</li> <li>To develop the front crawl stroke and breathing technique.</li> <li>To develop the technique for backstroke arms and legs.</li> <li>To develop breaststroke technique.</li> <li>To develop breaststroke technique.</li> <li>To develop breaststroke and breathing technique.</li> <li>To develop basic skills of water safety and floating.</li> </ul>        | alternate, buoyancy, rotation, survival, sculling, submerge, inhale, outstretched,   |

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|  |   | <ul style="list-style-type: none"> <li>Emotional: determination, work fairly, honesty, confidence, perseverance</li> <li>Thinking: comprehension, creativity, make decisions, tactics</li> </ul>  | <ul style="list-style-type: none"> <li>To develop the dolphin kick.</li> <li>To learn techniques for personal survival. To develop water safety skills and an understanding of personal survival.</li> <li>To identify fastest strokes and personal bests.</li> </ul>  | dolphin kick, retrieve.  |
|  | <ul style="list-style-type: none"> <li>Athletics SAQ</li> </ul> | <ul style="list-style-type: none"> <li>Develop fitness and stamina through different activities</li> <li>demonstrate speed, agility and quickness.</li> <li>to pace themselves</li> </ul>   | <ul style="list-style-type: none"> <li>To demonstrate speed, agility and quickness in a variety of situations</li> <li>To demonstrate quick body movements when sprinting in straight lines</li> <li>To combine jumping and speed</li> <li>To improve reaction times</li> <li>To pace running movements over a varying distances</li> </ul>  | jumping, speed, agility, quickness, sprinting, evaluate, technique, strengths, weaknesses reaction.              |
|  | <ul style="list-style-type: none"> <li>Netball</li> </ul>       | <ul style="list-style-type: none"> <li>Physical: throw, catch, change direction, change speed, shoot</li> <li>Social: communication, collaboration, respect</li> <li>Emotional: honesty and fair play, pride, empathise, persevere</li> <li>Thinking: select and apply, decision making, comprehension</li> <li></li> </ul> | <ul style="list-style-type: none"> <li>To develop passing and moving to maintain possession.</li> <li>To use a variety of attacking skills to lose a defender.</li> <li>To move into and create space to support a teammate.</li> <li>To use defending skills to gain possession.</li> <li>To develop accuracy in the shooting action under pressure.</li> <li>To use and apply skills, principles and tactics to a game situation.</li> </ul>                 | angle, closedown, drive situation, create, sportsmanship, stance, barrier, dominant, maintain, support, rebound. |
|  | <ul style="list-style-type: none"> <li>Yoga</li> </ul>          | <ul style="list-style-type: none"> <li>Physical: balance, strength, flexibility, co-ordination</li> <li>Social: respect, co-operate leadership, communication, share ideas, work safely</li> </ul>  | <ul style="list-style-type: none"> <li>To develop flexibility through the sun salutation flow.</li> <li>To develop strength through yoga flows.</li> <li>To create your own flow showing quality in control, balance and technique.</li> <li>To develop balance through yoga flows.</li> <li>To work collaboratively to create a controlled paired yoga flow.</li> <li>To create your own yoga flow that challenges technique, balance and control.</li> </ul> | stability, quality, exhale, inhale, connect, transition, posture, maintain, concentrate                          |

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|  |  | <ul style="list-style-type: none"> <li>● Emotional: focus, concentration, confidence, independence, determination</li> <li>● Thinking: identify, create, select and apply actions, observe and provide feedback</li> <li>●</li> </ul>  |   |   |
|  | <ul style="list-style-type: none"> <li>● Tennis</li> </ul> | <ul style="list-style-type: none"> <li>● Physical: forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, rallying</li> <li>● Social: encourage and support others, co-operation, collaboration, communication</li> <li>● Emotional: perseverance, honesty</li> <li>● Thinking: observe and provide feedback, reflection, comprehension, select and apply, decision making, use of tactics</li> </ul> | <ul style="list-style-type: none"> <li>● To return the ball using a forehand groundstroke under pressure.</li> <li>● To return the ball using a backhand groundstroke under pressure.</li> <li>● To use a variety of shots to keep a continuous rally going.</li> <li>● To develop the underarm serve and understand the rules of serving.</li> <li>● To develop the volley and understand when to use it.</li> <li>● To apply rules, skills and principles to play against an opponent.</li> </ul> | pressure, situation, option, technique, sportsmanship, dominant adjust, cushion, consecutive, non- dominant, grip, serve, baseline, release, create, communicate, groundstroke. |
|  | <ul style="list-style-type: none"> <li>● OAA</li> </ul>    | <ul style="list-style-type: none"> <li>● Physical: balance, co-ordination, run at speed, run over distance</li> <li>● Social: negotiation, communication, leadership, work safely</li> <li>● Emotional: empathy, confidence, resilience</li> <li>● Thinking: problem solving, reflect, critical thinking, select and apply, comprehension</li> </ul>   | <ul style="list-style-type: none"> <li>● To develop communication and negotiation skills.</li> <li>● To develop strong communication and negotiation skills to solve challenges.</li> <li>● To develop planning and problem solving skills.</li> <li>● To share ideas and work as a team to solve problems.</li> <li>● To develop navigation skills and map reading.</li> <li>● To create and follow a key and route on a map.</li> </ul>   | cardinal points, compromise, concise, critical thinking, landmark, negotiate, strategy, verbal, visual.   |

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|  |   | <ul style="list-style-type: none"> <li>●</li> </ul>  |   |   |
|  | <ul style="list-style-type: none"> <li>● Athletics</li> </ul> | <ul style="list-style-type: none"> <li>● Physical: pace, sprint, relay changeovers, jump for distance, push throw, pull throw</li> <li>● Social: collaboration, negotiation, communication, supporting others</li> <li>● Emotional: perseverance, confidence, concentration, determination</li> <li>● Thinking: observing and providing feedback, selecting and applying, comprehension</li> </ul> | <ul style="list-style-type: none"> <li>● To understand pace and apply different speeds over varying distances.</li> <li>● To develop fluency and co-ordination when running for speed.</li> <li>● To develop technique in relay changeovers.</li> <li>● To build momentum and power in the triple jump.</li> <li>● To develop throwing with force for longer distances.</li> <li>● To develop throwing with greater control and technique.</li> </ul> | <p>consistent, changeover, track, approach, momentum, drive, dominant, shot put, field, force, javelin.</p> |

| Year Group | Area of Study  | Key Skills   | Knowledge   | Vocabulary  |
|------------|--|--|---|---|
| 6          | <ul style="list-style-type: none"> <li>Street dance</li> </ul> | <ul style="list-style-type: none"> <li>Physical: actions, dynamics, space, relationships</li> <li>Social: share ideas, collaboration, support, communication, inclusion, respect, leadership</li> <li>Emotional: confidence, self-regulation, perseverance, determination, integrity, empathy</li> <li>Thinking: creativity, observation, provide feedback, comprehension, use feedback to improve, select and apply skills</li> </ul> | <ul style="list-style-type: none"> <li>To copy and repeat a dance phrase showing confidence in movements.</li> <li>To work with others to explore and develop the dance idea.</li> <li>To use changes in dynamics in response to the stimulus.</li> <li>To demonstrate a sense of rhythm and energy when performing bhangra style motifs.</li> <li>To perform a bhangra dance, showing an awareness of timing, formations and direction.</li> <li>To select, order, structure and perform movements in a bhangra style, showing various group formations.</li> <li>To develop a dance phrase using actions, dynamics, space and relationships.</li> <li>To copy and create actions with consideration to stimulus.</li> <li>To use choreographic devices to improve the aesthetics of a performance.</li> </ul> | aesthetic, freeze frame, mood, inspiration, style, rehearse, express, refine, stimulus. |
|            | <ul style="list-style-type: none"> <li>Cricket</li> </ul>      | <ul style="list-style-type: none"> <li>Physical: deep and close catch, underarm and overarm throw, overarm bowl, long and short barrier, batting</li> <li>Social: collaboration, communication, respect</li> <li>Emotional: honesty, perseverance</li> <li>Thinking: observation, provide feedback, select and apply skills, tactics, assessing</li> <li></li> </ul>   | <ul style="list-style-type: none"> <li>To develop throwing and catching under pressure and apply these to a striking and fielding game.</li> <li>To develop bowling under pressure whilst abiding by the rules of the game.</li> <li>To strike a bowled ball with increasing consistency.</li> <li>To develop fielding techniques and select the appropriate action for the situation.</li> <li>To understand and apply tactics in a game.</li> <li>To apply skills and knowledge to compete in a tournament.</li> </ul>  | abide, assess, consistently, consecutive, appropriate, collaborate.                     |
|            | <ul style="list-style-type: none"> <li>Badminton</li> </ul>    | <ul style="list-style-type: none"> <li>Physical: underarm clear, overarm clear, serving, rallying</li> </ul>   | <ul style="list-style-type: none"> <li>To use serve with consideration of attacking principles.</li> <li>To explore an underarm return with consideration of attacking principles.</li> </ul>   | prepare, stance, direct, doubles, thrust,   |



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|  |   | <ul style="list-style-type: none"> <li>• Social: collaboration, communication, respect, encouragement</li> <li>• Emotional: perseverance, patience, honesty</li> <li>• Thinking: using tactics and rules, decision making, select and apply, identifying areas of strength and areas for development, reflection</li> <li>•</li> </ul>                            | <ul style="list-style-type: none"> <li>• To explore an underarm return with consideration of attacking principles.</li> <li>• To select and apply skills and tactics to play competitively.</li> <li>• To apply rules, skills and tactics to play in a tournament.</li> </ul>   | placement, limit, service, abide, recover, opposing, appropriate, footwork.                                     |
|  | <ul style="list-style-type: none"> <li>• Football</li> </ul>      | <ul style="list-style-type: none"> <li>• Physical: dribble, pass, receive, track, tackle</li> <li>• Social: communication, respect, collaboration, co-operation</li> <li>• Emotional: honesty, persevere, determination</li> <li>• Thinking: assess, explore, decision making, select and apply.</li> </ul>   | <ul style="list-style-type: none"> <li>• To maintain possession when dribbling.</li> <li>• To dribble with control under pressure.</li> <li>• To select the appropriate skill, choosing when to pass and when to dribble.</li> <li>• To move into and create space to support a teammate.</li> <li>• To use the appropriate defensive technique for the situation.</li> <li>• To apply rules, skills and principles to play in a tournament.</li> </ul> | consecutive, dictate, appropriate, ball side, turnover, transition, abide, consistently, contest, draw, assess. |
|  | <ul style="list-style-type: none"> <li>• Volleyball</li> </ul>    | <ul style="list-style-type: none"> <li>• Physical: throw, catch, jump, set, dig, serve, rally</li> <li>• Social: communication, respect, support and encourage others</li> <li>• Emotional: perseverance, honesty, determination</li> <li>• Thinking: using tactics, select and apply skills, identify strengths and areas for development, reflection</li> </ul> | <ul style="list-style-type: none"> <li>• To use the fast catch volley to create space and place the ball.</li> <li>• To develop the set shot and understand when to use it.</li> <li>• To select and apply skills to keep a continuous rally going.</li> <li>• To apply rules, skills and principles to play in a tournament.</li> <li>• To develop the underarm serve and learn the rules of serving.</li> </ul>                                       | throw, catch, jump, set, dig, serve, rally, abide, assess, trajectory, anticipate, collaborate, appropriate.    |
|  | <ul style="list-style-type: none"> <li>• Athletics SAQ</li> </ul> | <ul style="list-style-type: none"> <li>• Develop fitness and stamina through different activities</li> </ul>  | <ul style="list-style-type: none"> <li>• To demonstrate speed, agility and quickness in a variety of situations</li> </ul>  | Speed, agility, quickness,  |

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|  |              | <ul style="list-style-type: none"> <li>• demonstrate speed, agility and quickness.</li> <li>• to pace themselves</li> </ul>   | <ul style="list-style-type: none"> <li>• To control their body whilst performing various movements</li> <li>• To improve reaction times to a stimuli</li> <li>• To pace running movements over a varying distances</li> <li>• demonstrate ability to apply learned knowledge to improve SAQ performance</li> </ul>  | movements, stimuli, cooperation, application, control.   |
|  | • Gymnastics | <ul style="list-style-type: none"> <li>• Physical: straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, flight</li> <li>• Social: work safely, collaboration, communication, respect</li> <li>• Emotional: independence, confidence, determination</li> <li>• Thinking: observe and provide feedback, comprehension, select and apply actions, evaluate and improve sequences</li> </ul> | <ul style="list-style-type: none"> <li>• To develop the straddle, forward and backward roll.</li> <li>• To develop rolling into sequence work and on apparatus.</li> <li>• To develop counter balance and counter tension.</li> <li>• To develop counter balance and counter tension into sequence work with apparatus.</li> <li>• To develop jumps and explore the effect of height.</li> <li>• To explore jump sequence work with consideration of performance tools.</li> <li>• To develop inverted movements with control.</li> <li>• To use flight from hands to travel over apparatus.</li> </ul> | execution, flight, handstand, formation, refine, counter tension, counter balance, structure, vault. |
|  | • Netball    | <ul style="list-style-type: none"> <li>• Physical: throw, catch, change direction, change speed, shoot</li> <li>• Social: communication, collaboration, respect</li> <li>• Emotional: honesty and fair play, pride, empathise, persevere</li> <li>• Thinking: select and apply, decision making, comprehension</li> <li>•</li> </ul>  | <ul style="list-style-type: none"> <li>• To develop passing and moving to maintain possession.</li> <li>• To use a variety of attacking skills to lose a defender.</li> <li>• To move into and create space to support a teammate.</li> <li>• To use defending skills to gain possession.</li> <li>• To develop accuracy in the shooting action under pressure.</li> <li>• To use and apply skills, principles and tactics to a game situation.</li> </ul>  | consecutive, dictate, appropriate, transition, abide, consistently, contest, draw, assess.           |
|  | • Swimming   | <ul style="list-style-type: none"> <li>• Physical: rotation, scull, tread water, glide, front crawl, backstroke, breaststroke, surface</li> </ul>   | <ul style="list-style-type: none"> <li>• To develop gliding, front crawl and backstroke.</li> <li>• To develop rotation, sculling and treading water.</li> <li>• To develop the front crawl stroke and breathing technique.</li> <li>• To develop the technique for backstroke arms and legs.</li> </ul>  | propel, afloat, buoyant, motion, streamline,   |

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|  |   | <p>dives, float, huddle and H.E.L.P. position</p> <ul style="list-style-type: none"> <li>● Social: support others, work safely, inclusion, communication, collaboration</li> <li>● Emotional: determination, work fairly, honesty, confidence, perseverance</li> <li>● Thinking: comprehension, creativity, make decisions, tactics</li> </ul>  | <ul style="list-style-type: none"> <li>● To develop breaststroke technique.</li> <li>● To develop breaststroke technique.</li> <li>● To develop breaststroke and breathing technique.</li> <li>● To develop basic skills of water safety and floating.</li> <li>● To develop the dolphin kick.</li> <li>● To learn techniques for personal survival. To develop water safety skills and an understanding of personal survival.</li> <li>● To identify fastest strokes and personal bests.</li> </ul> | conserve, flexed.   |
|  | <ul style="list-style-type: none"> <li>● Tennis</li> </ul>    | <ul style="list-style-type: none"> <li>● Physical: forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, rallying</li> <li>● Social: support and encourage others, co-operation, collaboration, respect</li> <li>● Emotional: honesty, perseverance</li> <li>● Thinking: comprehension, observe and provide feedback, select and apply, use tactics, reflection, identifying areas of strength and areas for development</li> </ul> | <ul style="list-style-type: none"> <li>● To develop placement of the ball using a forehand.</li> <li>● To develop placement of the ball using a backhand groundstroke.</li> <li>● To develop the volley and understand when to use it.</li> <li>● To employ tactics when playing with a partner.</li> <li>● To develop accuracy and consistency using the underarm serve.</li> <li>● To apply rules, skills and principles to play against an opponent.</li> </ul>                                   | prepare, stance, direct, doubles, thrust, placement, limit, service, abide, recover, opposing, appropriate, footwork. |
|  | <ul style="list-style-type: none"> <li>● Athletics</li> </ul> | <ul style="list-style-type: none"> <li>● Physical: pace, sprint, jump for distance, push throw, fling throw</li> <li>● Social: negotiating, collaborating, respect</li> </ul>   | <ul style="list-style-type: none"> <li>● To develop my own and others sprinting technique</li> <li>● To identify a suitable pace for the event.</li> <li>● To develop power, control and technique for the triple jump.</li> <li>● To develop power, control and technique when throwing for distance.</li> </ul>  | maximum, strategy, rhythm, pattern, phase, grip, fling, stance,   |

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|  |  | <ul style="list-style-type: none"><li>● Emotional: empathy, perseverance, determination</li><li>● Thinking: observing and providing feedback, comprehension.</li></ul> | <ul style="list-style-type: none"><li>● To develop throwing with force and accuracy for longer distances.</li><li>● To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</li></ul> | release, meet, explosive, discuss |
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