

Second term of swimming for Y5 due to lost swimming term in lockdown

Term	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn	Key skills-Multi-skills Gymnastics& Dance Athletic and Fitness	Key skills-Multi-skills Invasion Games: attack and defence: <i>Football; Basketball; Hockey</i> Skills of evading (1-1) Skills of blocking (1-1)	Key skills-Multi-skills Invasion Games: attack and defence: <i>Football; Basketball; Hockey</i> Skills of evading within boundaries Skills of navigating around and between more than one player Skills of blocking two invaders	Invasion Games- travelling and changing direction: <i>Football; Basketball; Hockey</i> Gymnastics: <i>Balance, agility and sequencing</i> Striking and Fielding- hitting a ball into space: <i>Cricket; Rounders</i>	Invasion Games- moving within a specific space: <i>Football; Basketball; Hockey</i> Gymnastics: <i>Rolling and flight movement</i> Striking and Fielding- playing as a team: <i>Cricket; Rounders</i>	Invasion Games- support play and positioning: <i>Football; Basketball; Hockey</i> Swimming Dance: <i>pupil-led routines around a given theme</i>	Invasion Games-tactics; creating new rules: <i>Football; Basketball; Hockey</i> Swimming Dance: <i>pupil-led creative routines and compositions</i>
Spring	Key skills-Multi-skills Gymnastics& Dance Athletic and Fitness	Net and Wall games- basic skills and techniques: <i>Tennis; Badminton</i> Skills of aiming and targeting throws/ bounces Striking and Fielding- basic skills and techniques: <i>Cricket; Rounders</i> Skills of targeting and fielding throwing/rolling	Net and Wall games- basic skills and techniques: <i>Tennis; Badminton</i> Skills of aiming and targeting (throws/bounces) while travelling; varying size of apparatus Skills of aiming and targeting with a racket Striking and Fielding- basic skills and techniques: <i>Cricket; Rounders</i> Skills of targeting and fielding throwing/rolling while travelling	Net and Wall games- directing the ball: <i>Tennis; Badminton</i> Invasion Games- hand-eye coordination: <i>Football; Basketball; Hockey</i> Dance: <i>exploring classical and cultural dance routines</i>	Net and Wall games- directing the ball, varying distance and position: <i>Tennis; Badminton</i> Invasion Games- sending and receiving: <i>Football; Basketball; Hockey</i> Dance: <i>developing own classical / cultural dance routines within given criteria</i>	Net and Wall games- controlled form: <i>Tennis; Badminton</i> Striking and Fielding- specific skills: <i>Cricket; Rounders</i> Swimming	Net and Wall games- developing skills: <i>Tennis; Badminton.</i> Striking and Fielding- adapting and assessing; competing: <i>Cricket; Rounders</i> Gymnastics: <i>Creating team balance compositions and sequencing</i>
Summer	Key skills-Multi-skills Gymnastics& Dance Athletic and Fitness	Athletics and Fitness: <i>Building stamina and endurance</i> Timed routines; Paced routines; Simple lap routines Gymnastics& Dance: <i>Control, rhythm and performance</i>	Athletics and Fitness: <i>Building stamina and endurance</i> Simple obstacles included in lap, timed and paced routines Gymnastics& Dance: <i>Control, rhythm and performance-group collaboration</i>	Adventurous and Team Building Challenge: <i>Orienteering-simple challenges</i> Athletics: <i>Basic techniques for efficient movement</i>	Adventurous and Team Building Challenge: <i>Orienteering-more complexed challenges</i> Athletics: <i>Short sprints and longer distance</i> Swimming	Adventurous and Team Building Challenge: <i>Orienteering- collaborating to develop challenges</i> Athletics: <i>Improving performance on track and field</i>	Adventurous and Team Building Challenge: <i>Orienteering- pupil developed challenges defined by particular criteria</i> Athletics: <i>Specific techniques for mastery</i>