

**Key Stage One FUNDAMENTALS**

	Autumn Term		Spring Term		Summer Term	
	1 <sup>st</sup> half	2 <sup>nd</sup> half	1 <sup>st</sup> half	2 <sup>nd</sup> half	1 <sup>st</sup> half	2 <sup>nd</sup> half
Subject Content. Key Stage 1 <ul style="list-style-type: none"> <li>• master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>• participate in team games, developing simple tactics for attacking and defending</li> <li>• perform dances using simple movement patterns</li> </ul>						
Year 1	Dance	Gymnastics	Dance (Dance festival 1 <sup>st</sup> April) <b>Intra-Whole school dance festival</b>	Gymnastics	Athletics- track activities. Throwing events	Athletics- track activities. Throwing events
	Spatial awareness, rolling, aiming and throwing a ball	Sending and receiving a ball throwing and catching (partner work)	Fundamentals- sending, receiving and striking/ kicking a ball. (Multi skills festival 28 <sup>th</sup> January)	Fundamentals- bouncing and catching- small games and simple rules	Striking a ball (Control focus on using tennis rackets)	Multi-skill activities- team games and relays to consolidate all fundamental skills
Year 2	Dance	Gymnastics	Dance <b>Intra-Whole school dance festival</b>	Gymnastics	Athletics- track activities. Throwing events	Athletics- track activities. Throwing events
	Basic Movements & Spatial awareness movement with a ball	Sending and receiving (Rolling throwing and catching- Team games PB)	SENDING & RECEIVING (Kicking- team games- link to defending and attacking)	Aiming-(Golf) Aiming skills Underarm & overarm throwing Judging distance	Net type activity Racket Handling skills Aiming skills Controlling skills	Striking and fielding Tracking a ball Getting in line with a ball Throwing & Catching (Rounders Festival 1 <sup>st</sup> July)

**Key Stage Two Year 3/4**

Subject Content. Key Stage 2

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.
- perform safe self-rescue in different water-based situations

	Autumn Term		Spring Term		Summer Term	
	1 <sup>st</sup> half	2 <sup>nd</sup> half	1 <sup>st</sup> half	2 <sup>nd</sup> half	1 <sup>st</sup> half	2 <sup>nd</sup> half
	Dance	Invasion games through -Tag Rugby <b>INTRA-COMP with Y4</b> (Tag-Rugby Festival-Oct)	Swimming	Swimming	Striking and fielding/ Target games through Tri-golf and Archery	Athletics -running, sprinting, long distance, relay  (+ Sports Week)
	Striking and fielding – Through Chance to Shine Cricket	Gymnastics	Invasion Games through -Hockey <b>Intra competition with Y4</b> (Hockey festival 18 <sup>th</sup> March)	Gymnastics	Athletics Throwing, jumping	Striking and fielding through rounders <b>INTRA-COMP with Y4</b> Rounders Festival 1 <sup>st</sup> July
Year 4	Booster swimming sessions for whole cohort		Invasion Games through -Hockey <b>Intra competition with Y3</b> (Hockey festival 18 <sup>th</sup> March)	Net and Wall games through -Tennis	Striking and fielding/ Target games through Tri-golf and Archery (Festival 27 <sup>th</sup> May)	Athletics -running, sprinting, long distance, relay  (+ Sports Week)
	Striking and fielding – Through Chance to Shine Cricket	Invasion games through -Tag Rugby <b>INTRA-COMP with Y4</b> (Tag-Rugby Festival-Oct)	Dance <b>Intra-Whole school dance festival</b>	Gymnastics	Athletics Throwing, jumping	Striking and fielding through rounders <b>INTRA-COMP with Y3</b>

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## Key Stage 2 – Y5/6

**SPORT SPECIFIC**

## Subject Content. Key Stage 2

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

perform safe self-rescue in different water-based situations

	Autumn Term		Spring Term		Summer Term	
Year 5	Cricket (Chance to Shine 6 weeks)	Gymnastics	OAA- circuits	Netball / Basketball  (+ Orienteering in preparation for Festival 11 <sup>th</sup> March)	Spike ball	Athletics- focus on track vents events sprints, hurdles, stamina, relay) (+ Sports Week)  (Athletics competition 24 <sup>th</sup> June)
	Cross Country practise + Active leaders  (8 <sup>th</sup> October cross country prac-then 5 <sup>th</sup> Nov competition)	Football <b>INTRA-COMP with Y6</b>	Dance <b>Intra- Whole school dance festival</b>	Gymnastics	Athletics- focus field events throwing, jumping	Rounders (Festival July)
Year 6	Cricket (Chance to Shine 6 weeks)	Gymnastics	OAA – circuits	Netball / Basketball  (+ Orienteering in preparation for Festival 11 <sup>th</sup> March)	Spike ball	Athletics- focus on track vents events sprints, hurdles, stamina, relay) (+ Sports Week) (Athletics competition 24 <sup>th</sup> June)
	Cross Country practise + Active leaders (8 <sup>th</sup> October cross country trials - then 5 <sup>th</sup> Nov competition)	Football <b>INTRA-COMP with Y5</b>	Dance <b>Intra- Whole school dance festival</b>	Gymnastics	Athletics- focus field events throwing, jumping	Rounders (Festival July)

\* Remember to include a challenge to improve a personal best e.g. number of catches in 1 min. <https://www.yourschoolgames.com/>