



All achieve, all believe, all create, all a family..

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2 Year Rolling Programme for PE

Mixed-year groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year A – R/1 2021/22	Multi-skills R- Throw and catch with a partner -Balance -Kick / roll a ball Y1- Hit a ball with a bat. -Throw and kick a ball in different ways. Ball skills R- Throw ball in the direction intended. Y1- Hit a ball with a bat. -Throw and kick a ball in different ways. .	Team games R- Join in with team games Begin to understand what it means to defend / attack in a game. Y1- Move or stop to catch -Move or stop to hit/collect a ball. -Decide where to stand to make it difficult for the opposing team.	Dance: R- Begin to perform simple dance moves Show some rhythm and control when moving. Y1- Perform some simple dance moves. Demonstrate rhythm and control. Tri-golf R- Begin to show awareness of space. Some control of the ball using a put. Y1- Some awareness of space Ability to travel around the course with a degree of accuracy. Able to send the ball with some intention of end result.	Gymnastics: R- Show control when travelling. Y1- Show control and coordination when travelling and balancing. Roll, jump, throw and balance with some control. Tennis: R- Throw a ball in the direction intended. Y1- Hit a ball with a bat in different ways.	Swimming: Y1/2-Swim a distance of 10 metres. Y1/2- Begin to use a range of basic strokes- Front crawl and back crawl. Athletics R- Show control when travelling during a range of sports- Relay, skipping etc.. Y1- Show control and coordination when travelling- I.E Javelin.	Swimming: Y1/2-Swim a distance of 10 metres. Y1/2- Begin to use a range of basic strokes- Front crawl and back crawl. Athletics R- Show control when travelling during a range of sports- Relay, skipping etc.. Y1- Show control and coordination when travelling- I.E Javelin.



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			Y2- Awareness of space. Ability to send the ball to a desired destination. Control of the ball.			
<i>Why this? Why now?</i>	Fundamental ball skills are needed to be taught in order to complete any sports in depth.	Linking in the fundamental ball skills taught in the autumn term; team games allows the children the freedom to use these skills taught and consolidate their learning.	Dance included the important aspect of coordination which is followed through in the next term in Gymnastics as well as spatial awareness and balance. Tri-Golf putting into practice the fundamental ball skills with the additional equipment- starting to travel with the ball in a range of directions.	Gymnastics follows on from the coordination and rhythm used and learnt in Dance as well as travelling in a space, rolling, jumping and balancing. Tennis is now controlling a new piece of equipment; teaching them to hit and throw a ball in specific directions.	Introduction of Swimming in the summer term giving the children a chance to settle into the P.E curriculum- Y1 focus. Athletics in preparation for Sports Day and a chance to complete a range of track and field events.	Continuation of swimming lessons giving the children a whole term to consolidate potentially new and develop skills. Athletics in preparation for Sports Day and a chance to complete a range of track and field events.
Year B – R/1 2020/21	Multi Skills R- Throw and catch with a partner -Balance -Kick / role a ball Y1- Hit a ball with a bat. -Throw and kick a ball in different ways. Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner	Team Games R- Join in with team games Begin to understand what it means to defend / attack in a game. Y1- Move or stop to catch -Move or stop to hit/collect a ball. -Decide where to stand to make it difficult for the opposing team. Skills: Ensure they can hit/catch/collect the ball.	Dance R- Begin to perform simple dance moves Show some rhythm and control when moving. Y1- Perform some simple dance moves. Demonstrate rhythm and control. Gymnastics R- Show control when travelling. Y1- Show control and coordination when travelling and balancing.	Archery Y1- Willingness to work and communicate as part of a team. Y2- Shows some awareness of safety. Aim in the direction intended. TriGolf R- Begin to show awareness of space. Some control of the ball using a put. Y1- Some awareness of space Ability to travel around the course with a degree of accuracy.	Tennis R- Throw ball in the direction intended. Y1- Hit a ball with a bat in different ways. Y2- Choose appropriate hitting skills within the game. Skills: Throw a ball in different ways. -Begin to think of appropriate ways to pass the ball to others; throw. Athletics	Swimming R- Begin to swim with some confidence. Y1- Swim a distance of 10 metres. Y1- Begin to use a range of basic strokes- Front crawl and back crawl.



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	<p>Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop simple games (net/wall, striking, goal scoring), playing these games - alone/with a partner</p> <p>Ball Skills R- Throw ball in the direction intended. Y1 - Hit a ball with a bat. -Throw and kick a ball in different ways.</p> <p>Skills: Throw/Kick a ball in different ways. -Begin to think of appropriate ways pass the ball to others; roll, kick, throw.</p>	-Understand the basic rules.	Roll, jump, throw and balance with some control.	<p>Able to send the ball with some intention of end result.</p> <p>Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience a variety of games equipment; practising with a partner; competition, simple rules</p> <p>Develop simple games (net/wall, striking, goal scoring), playing these games - alone/with a partner</p>	<p>R- Show control when travelling during a range of sports- Relay, skipping etc.. Y1 - Show control and coordination when travelling- I.E Javelin.</p> <p>Skills of travelling, running, jumping, balance, coordination. -Some coordination when moving/travelling/ balancing.</p>	
<p>Why this? Why now?</p>	<p>Fundamental ball skills are needed to be taught in order to complete any sports in depth.</p>	<p>Linking in the fundamental ball skills taught in the autumn term in team games allows the children the freedom to use these skills taught and consolidate their learning.</p>	<p>Dance and Gymnastics are together on the same term in this cycle to allow the children to fluidly move between both sports using the skills in conjunction with each other- travelling, rolling, jumping and balancing with some control..</p>	<p>Archery is a new skill- Using the coordination from dance and multi-skills to aim and work individually on their precision.</p> <p>Tri-Golf- Children have the opportunity to put into practice the fundamental ball skills with the additional equipment- starting to travel</p>	<p>Introduction of Swimming in the summer term giving the children a chance to settle into the P.E curriculum- Y1 focus.</p> <p>Athletics in preparation for Sports Day and a chance to complete a range of track and field events.</p>	<p>Continuation of swimming lessons giving the children a whole term to consolidate potentially new and develop skills.</p> <p>Athletics in preparation for Sports Day and a chance to complete a range of track and field events.</p>



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				<i>with the ball in a range of directions.</i>		
Year A – 1/2 2021/22	Multi-skills Y1- Hit a ball with a bat. -Throw and kick a ball in different ways. Y2- Choose appropriate rolling, kicking and hitting skills within games Ball Games: Y1- Hit a ball with a bat. -Throw and kick a ball in different ways. Y2- Choose appropriate rolling, kicking and hitting skills within games.	Team games: Y1- Move or stop to catch -Move or stop to hit/collect a ball. -Decide where to stand to make it difficult for the opposing team. Y2- Decide on the best position and move accordingly. Understand basic tactics of a game.	Dance: Y1- Perform some simple dance moves. Demonstrate rhythm and control. Y2- Perform dance actions with control and coordination. Link two or more actions together Team games: Y1- Move or stop to catch -Move or stop to hit/collect a ball. -Decide where to stand to make it difficult for the opposing team. Y2- Decide on the best position and move accordingly. Understand basic tactics of a game.	Gymnastics: Y1- Show control and coordination when travelling and balancing. Roll, jump, throw and balance with some control. Y2- Balance on different points of the body. Travel at different speeds in a variety of ways. Jump with accuracy from a standing position.	Swimming Y1/2- Begin to use a range of basic strokes- Front crawl and back crawl. Tennis Y1- Hit a ball with a bat in different ways. Y2- Choose appropriate hitting skills within the game.	Athletics Y1- Show control and coordination when travelling- I.E Javelin. Y2- Jump with accuracy from a standing position.
Why this? Why now?	<i>Using the skills from the previous years to consolidate and start playing simple games using throwing, catching, rolling and hitting.</i>	<i>To build on working in teams with different children to enable social skills, team leaders and organisational skills.</i>	<i>Dance to establish simple routines and coordination needed in other ports.</i> <i>To continue to build on working in teams looking at different ways to move and beginning to understand that tactics are needed in order to win.</i>	<i>Using the skills of coordination and balance in Dance in Gymnastics, becoming more intune with their body.</i>	<i>Swimming in the summer term gives the children a chance to settle into the P.E curriculum.</i> <i>Tennis in the summer term allows children time to consolidate team building, coordination and hitting skills from the rest of the year into practice.</i>	<i>Continuation of swimming lessons giving the children a whole term to consolidate potentially new and develop skills.</i> <i>Athletics in preparation for Sports Day and a chance to complete a range of track and field events</i>



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<p>Year B – 1/2 2020/21</p>	<p>Multi Skills Y1- Hit a ball with a bat. -Throw and kick a ball in different ways. Y2- Choose appropriate rolling, kicking and hitting skills within games.</p> <p>Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop simple games (net/wall, striking, goal scoring), playing these games - alone/with a partner</p> <p>Ball Skills Y1- Hit a ball with a bat. -Throw and kick a ball in different ways. Y2- Choose appropriate rolling,</p>	<p>Team Games Y1- Move or stop to catch -Move or stop to hit/collect a ball. -Decide where to stand to make it difficult for the opposing team. Y2- Decide on the best position and move accordingly. Understand basic tactics of a game.</p> <p>Skills: Ensure they can hit/catch/collect the ball. -Understand the basic rules.</p>	<p>Dance Y1- Perform some simple dance moves. Demonstrate rhythm and control. Y2- Perform dance actions with control and coordination. Link two or more actions together.</p> <p>Gymnastics Y1- Show control and coordination when travelling and balancing.</p> <p>Roll, jump, throw and balance with some control. Y2- Balance on different points of the body. Travel at different speeds in a variety of ways. Jump with accuracy from a standing position.</p>	<p>Archery Y1- Willingness to work and communicate as part of a team. Y2- Shows some awareness of safety. Aim in the direction intended.</p> <p>TriGolf Y1- Some awareness of space Ability to travel around the course with a degree of accuracy. Able to send the ball with some intention of end result. Y2- Awareness of space. Ability to send the ball to a desired destination. Control of the ball.</p> <p>Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience a variety of games equipment; practising with a partner; competition, simple rules</p> <p>Develop simple games (net/wall, striking, goal scoring), playing these games - alone/with a partner</p>	<p>Tennis Y1- Hit a ball with a bat in different ways. Y2- Choose appropriate hitting skills within the game.</p> <p>Skills: Throw a ball in different ways. -Begin to think of appropriate ways to pass the ball to others; throw.</p> <p>Athletics Y1- Show control and coordination when travelling- I.E Javelin. Y2- Jump with accuracy from a standing position.</p> <p>Skills of travelling, running, jumping, balance, coordination. -Some coordination when moving/travelling/ balancing.</p>	<p>Swimming Y1/2- Swim a distance of 10 metres. Y1/2- Begin to use a range of basic strokes- Front crawl and back crawl.</p>
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	kicking and hitting skills within games. Skills: Throw/Kick a ball in different ways. -Begin to think of appropriate ways pass the ball to others; roll, kick, throw.					
<i>Why this? Why now?</i>	<i>Children should now be able to work confidently in a team throughout a range of games, being able to throw and kick balls when needed and using a range of other passing skills.</i>	<i>Children should now be able to work confidently in a team throughout a range of games- including the use of some tactics worked out by the team.</i>	<i>To be able to work using a range of fluid movements confidently and independently and transfer the skills from dance and gymnastics to one another.</i>	<i>Archery allows the children to use new equipment while being able to confidently work in small groups from multi-skills and team games. They are also working on their aiming skills. Tri-golf is an independent sport that the children are able to work on their own- showing an awareness of space and sending the ball in the desired direction.</i>	<i>In Athletics the children can build on their tennis and athletic skills from the previous year- Team building in the relay but also beating their independent scores in long jump and sprint. Tennis allows the children to work in small groups working on hitting to another person and building up a rally between teams.</i>	<i>Swimming in the summer term gives the children a chance to settle into the P.E swimming curriculum.</i>
Year A – 3/4 2021/22	Football Y3- -Begin to strike a ball with some control and accuracy. -Play competitive games and start to apply basic principles taught. - Explain some of the basic rules and tactics in detail to another peer.	Netball Y3- Begin to throw a ball with some control. -Start to use a variety of techniques to pass a ball- Shoulder, chest and bounce pass. - Begin to demonstrate these skills with some confidence to others. -Play semi competitive	Swimming: Y3- Swim competently, confidently and proficiently to a distance of 25 metres -Begin to use a range of strokes effectively- Front crawl, back crawl, breaststroke. Y4- Perform safe self-rescue in different water-based situations Swim competently,	Hockey Y3- demonstrate how to pass the puck safely - begin to apply basic rules to games. - Begin to know the key roles of the team. - working on travel, send, chase, receive, dodge, avoid, attack, defend., Y4- Be able to explain key roles of the team and areas they are able to access.	Tennis Y3- Find a particular technique they like to accurately hit a ball to their partner. - Strike the ball with some control and accuracy. Y4- Begin to apply basic principles to games. - Complete a game within a team (doubles) working on being a pair and being	Athletics Y3- Use running, jumping, throwing and catching in isolation and in combination. - Demonstrate strength and flexibility in movements. Y4- Show increasing



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<p>Y4- Use a variety of techniques to pass a ball- Strike, experimenting with short and long passes and passing into free space. -Complete a game within a team- Working and talking as a team. - Explain the basic rules and tactics in detail to another peer.</p> <p>Ball skills Y3- Throw/catch with control. - Begin to strike a ball with some precision- Going into the direction intended. -Know what sports different balls are used for. Y4- Begin to become familiar with different ball shapes and sizes and become confident in naming, using and handling these balls.</p>	<p>games and apply their basic principles to it.</p> <p>Y4- Use the three main passes with confidence and precision. -Complete a game within a team- using skills taught. - Be able to captain a team through a match. - Explain some of the rules and tactics in detail to another peer</p> <p>Dance Y3- Begin to compose imaginative pieces that use creative and expressive movements. - Use movements that show control. Y4- Perform dances using basic techniques with a range of styles and forms.</p>	<p>confidently and proficiently over a distance of 25 metres in a range of strokes -Use a range of strokes effectively- Front crawl, back crawl, breaststroke.</p> <p>Gymnastics: Y3- Work on a controlled take off and landing. - Create basic sequences and begin to independently apply their skills.</p> <p>Y4- Show increasing amounts of accuracy and control within a range of movements. - Begin to think about their strength and stamina within a range of movements. - Critique their own techniques and suggest how to improve their performance.</p>	<p>- To confidently travel across their areas, begin to receive and send the puck with some accuracy. - To work on skills to aid in being able to defend the puck.</p>	<p>cooperative. - Explain the basic rules to a peer.</p> <p>Trigolf Y3- Move confidently and creatively with control and coordination in large and small movements. - Perform basic fundamentals of movement with control.</p> <p>Y4- Practice a range of movements with control and demonstrating balance and coordination. - Safely negotiate space both in and outdoors.</p>	<p>amounts of control and accuracy within a range of movements. -Show speed, within a range of movements. -Show some stamina. -Combine technique for a fluid sequence.</p> <p>La Crosse</p> <p>Y3- Take part in outdoor and adventurous activity challenges as part of a team. - Begin to pass the ball to others in a controlled manner. - Learn the areas in which they can and cannot access and apply this in games.</p> <p>Y4- Can demonstrate skills of passing the ball with some confidence</p>
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						and accuracy. - Begin to play competitive games and apply the principles and rules which can then also be explained to another peer.
Why this? Why now?	<p>The skills now covered in KS2 can be put into practice in Football. All of the skills the children have built up in KS1- working as a team, leadership, turn taking, precision skills: kicking, dribbling control of the ball etc are used during the games played at the end of each skill consolidation.</p> <p>In the Autumn term LKS2 continue ball skills and work on more of the trickier, more precise skills needed.</p>	<p>Netball builds on from football in the first term with the children still using a team game to organise themselves. The children will also work in different positions and become confident in each of them.</p> <p>Dance allows the children more freedom and the chance to work independently and also within a group. This allows the children to add more complex choreography that they have created rather than being guided by an adult.</p>	<p>Children will revisit swimming this term- The children will be given a chance to show their competency to a qualified swim teacher and build on skills previously learned during school and outside lessons.</p> <p>Gymnastics builds on from the dance lessons in the previous term where the children work independently to create routines and build on their flexibility and coordination.</p>	<p>Children are learning to use a new piece of equipment with a different size and style of ball. Again, the children are working in a different sized team and taking it in turns to lead their team.</p>	<p>Tri-golf builds on from hockey (and previous tri-golf teaching) with the use of a stick to hit a ball. Although it is a different style of sport, the children will have some understanding from hockey on the skills needed to play.</p> <p>Tennis now incorporates the previous skills taught, building up a rally between singles and double matches, also the children should now be able to explain the rules to a peer.</p>	<p>Children are revisiting athletics in the same term- the children can build on previous skills and use their knowledge to better themselves in given sports and our annual sports day.</p> <p>La Crosse is a new sport for the children to grasp and understand. It is in the final term as the children are able to pull from all the other different experiences they have had over the year- specifically focusing on using equipment to throw and catch a ball.</p>
Year B – 3/4 2020/21	Football Y3- -Begin to strike a ball with some	Netball Y3- Begin to throw a ball with some control.	Archery Y3- Begin to identify	Swimming Y3- Swim competently, confidently and proficiently to a distance of 25 metres	Cricket Y3- Start to use a variety of techniques to throw a ball accurately.	Athletics Y3- Use running, jumping, throwing and catching in



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	<p>control and accuracy.</p> <ul style="list-style-type: none"> -Play competitive games and start to apply basic principles taught. - Explain some of the basic rules and tactics in detail to another peer. <p>Y4- Use a variety of techniques to pass a ball- Strike, experimenting with short and long passes and passing into free space.</p> <ul style="list-style-type: none"> -Complete a game within a team- Working and talking as a team. - Explain the basic rules and tactics in detail to another peer. <p>Ball skills</p> <p>Y3- Throw/catch with control.</p>	<ul style="list-style-type: none"> -Start to use a variety of techniques to pass a ball- Shoulder, chest and bounce pass. - Begin to demonstrate these skills with some confidence to others. -Play semi competitive games and apply their basic principles to it. <p>Y4- Use the three main passes with confidence and precision.</p> <ul style="list-style-type: none"> -Complete a game within a team- using skills taught. - Be able to captain a team through a match. - Explain some of the rules and tactics in detail to another peer. <p>Multi-skills</p> <p>Y3- Improve skills and confidence of travel, sending and chasing, receiving, dodging, control</p>	<p>risks and start to notify others.</p> <ul style="list-style-type: none"> - Try and aim accurately towards a target. - To take part in an adventurous activity individually- Supported by others/leader. <p>Y4-Begin to evaluate and compare performance with previous ones and suggest how to improve and achieve a new personal best.</p> <p>Skills- Move confidently and creatively with control and coordination in large and small movements</p> <p>Perform basic fundamentals of movement (ABC's) with control and confidence.</p> <p>Practice a range of movements with control demonstrating balance & coordination. Safely negotiate space both indoors and outdoors</p>	<p>-Begin to use a range of strokes effectively- Front crawl, back crawl, breaststroke.</p> <p>Y4-Perform safe self-rescue in different water-based situations</p> <p>Swim competently, confidently and proficiently over a distance of 25 metres in a range of strokes</p> <ul style="list-style-type: none"> -Use a range of strokes effectively- Front crawl, back crawl, breaststroke. 	<ul style="list-style-type: none"> -Strike a ball with control sometimes. -Play competitive games and apply some of basic principles <p>Y4-Complete a game within a team</p> <ul style="list-style-type: none"> - Explain the simple rules and tactics. <p>Frisbee/badminton</p> <p>Y3- Begin to use a variety of techniques to pass a shuttlecock/Frisbee to someone else.</p> <ul style="list-style-type: none"> -Strike the shuttlecock with some control (with a racket). <p>Y4- Confidently play in a double but also 1V1 and apply some basic principles to the game.</p>	<p>isolation and in combination.</p> <ul style="list-style-type: none"> - Demonstrate strength and flexibility in movements. <p>Y4-Show increasing amounts of control and accuracy within a range of movements.</p> <ul style="list-style-type: none"> -Show speed, within a range of movements. -Show some stamina. -Combine technique for a fluid sequence. <p>Rounders</p> <p>Y3- Pass the ball to others in a controlled manner.</p> <ul style="list-style-type: none"> -Strike a ball with some control and accuracy. -Can demonstrate some of these skills confidently to others. -Play competitive games and apply basic principles to their game. - Explain basic rules and tactics to a peer. <p>Y4- Can correctly workout quickly and efficiently how and when to throw the ball to a stump.</p> <ul style="list-style-type: none"> - To be able to captain a game confidently. - To be able to make quick
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	<p>- Begin to strike a ball with some precision- Going into the direction intended.</p> <p>-Know what sports different balls are used for.</p> <p>Y4- Begin to become familiar with different ball shapes and sizes and become confident in naming, using and handling these balls.</p>	<p>accuracy, movement in and out of a space.</p> <p>Y4- Can demonstrate working as part of a team using above skills or on their own developing and advancing their ability for example: to move in a space successfully,</p>	<p>Basketball</p> <p>Y3- Begin to throw and strike a ball with some control.</p> <p>To be able to explain some of the rules to another person in detail.</p> <p>-Play competitive games with others and start to apply the principles of learning to this.</p> <p>Y4- Improve: skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p>			<p>judgements on how to take their turn (I.E to second base or a full rounder).</p>
<p>Why this?</p> <p>Why now?</p>	<p>The skills now covered in KS2 can be put into practice in Football. All of the skills the children have built up in KS1- working as a team, leadership, turn taking, precision skills: kicking, dribbling control of the ball etc are used during the games played at the end of each skill consolidation.</p>	<p>Netball builds on from football in the first term with the children still using a team game to organise themselves. The children will also work in different positions and being confident in each of them.</p> <p>Multi-skills is covered again in LKS2- Children are given the</p>	<p>This time, archery has a much bigger focus on precision and aim, working on personal goals and building up stamina to work on hitting the target every time.</p> <p>Basketball happens after the children have learnt the basic skills of netball as they are able to transfer some of the</p>	<p>Children will revisit swimming this term- The children will be given a chance to show their competency to a qualified swim teacher and build on skills previously learned during school and outside lessons.</p>	<p>Cricket is taught in this half of the summer term to allow the children to pick up the basic skills needed in order to play the game. It also prepares the children in order for some of the skills to be transferred into rounders.</p> <p>Frisbee/badminton are two new sports introduced to the children. Both sports focus on hand eye coordination and need to be precise with their</p>	<p>Children are revisiting athletics in the same term- the children can build on previous skills and use their knowledge to better themselves in given sports and our annual sports day.</p> <p>Rounders happens after cricket to allow the children to apply some of the basic skills they have</p>



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	<i>In the Autumn term LKS2 continue ball skills and work on more of the trickier, more precise skills needed.</i>	<i>opportunity to advance the skills needed in a range of sports that are new in KS2- Lacrosse, archery and netball to name a few.</i>	<i>skills they have learned and adapt them for this sport.</i>		<i>hitting/passing skills. Badminton will either be a starting point to lead onto tennis the next year or the other way wrong- but these skills are transferable.</i>	<i>learned in this game. This game requires teamwork, leadership, catching, throwing and hitting. All of the skills the children have built up throughout the years of multi-skills and ball work.</i>
Year A – 5/6 2021/22	Football -Use a variety of techniques to pass a ball -Strike a ball with control and accuracy. -Play competitive games and apply basic principles -A detailed study of a particular famous person and their historical legacy. Complete a game within a team - Explain rules and tactics in detail Swimming -Swim competently, confidently and proficiently over a distance of 25 metres	Netball -Throw a ball with control and accuracy -Use a variety of techniques to pass a ball -Can demonstrate these skills confidently to others. -Play competitive games and apply basic principles -Complete a game within a team - Explain rules and tactics in detail. Swimming -Swim competently, confidently and proficiently over a distance of 25 metres -Use a range of strokes effectively -Perform safe self-rescue in different	Dance -Develop flexibility, strength, technique, control and balance. -Perform dances using a range of movements and patterns. Gymnastics -Develop flexibility, strength, technique, control and balance. -Perform using a range of movements and patterns. -Develop and adapt techniques. -Control takeoff and landing.	Basketball -Throw a ball with control and accuracy -Use a variety of techniques to pass a ball -Can demonstrate these skills confidently to others. -Play competitive games and apply basic principles -Complete a game within a team - Explain rules and tactics in detail. Hockey -Use a variety of techniques to pass a ball -Strike a ball with control and accuracy. -Play competitive games and apply basic principles -Complete a game within a team - Explain rules and tactics in detail.	Tri-golf -Use a variety of techniques to pass a ball -Strike a ball with control and accuracy. -Play competitive games and apply basic principles -Complete a game within a team Tennis -Use a variety of techniques to pass a ball -Strike a ball with control and accuracy. -Play competitive games and apply basic principles -Complete a game within a team - Explain rules and tactics in detail.	La Crosse -Take part in outdoor and adventurous activity challenges as part of a team. - Pass the ball to others in a controlled manner. -Can demonstrate these skills confidently to others. -Play competitive games and apply basic principles - Explain rules and tactics in detail. Athletics -Use running, jumping, throwing and catching in isolation and in combination, - Demonstrate strength and flexibility in movements. -Accuracy and control within a range of movements.



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	-Use a range of strokes effectively -Perform safe self-rescue in different water-based situations	water-based situations				-Show speed, within a range of movements. -Show stamina consistently.
Why this? Why now?	Children should now have a sound knowledge of the skills needed to play football. The basic rules should be understood and during these two years the children will be working on more complex rules and taking on more of a leadership role within the team. During the swimming term the children will be working on distance, competency and specific skills within the strokes.	Children are able to apply all skills needed in netball to complete a game. Children will be working in different teams focusing on the skills needed for each position. During the swimming term the children will be working on distance, competency and specific skills within the strokes.	During dance, the children are specifically working as a group in order to follow a routine and to create their own interpretive pieces. This allows for creativity, flexibility and coordination to be independently drawn on from the previous years. Throughout gymnastics the children will work on performing a collection of these skills to their peers. Demonstrating their flexibility, coordination and balance.	Hockey is being revisited from Year A 3/4 - This allows children to consolidate skills previously taught while also learning specific rules of the game- particular skills needed to be revisited are passing and defending. Basketball happens after the children have learnt the basic skills of netball as they are able to transfer some of the skills they have learned and adapt them for this sport- specifically working now to playing competitive games in a range of positions.	This is the fourth year of Tri-golf, the children will be building on from their hockey skills and should now be able to hold the golf club accurately and enhance the skills from the previous years. The children should now be able to complete designated circuits precisely. Tennis working on previous skills and children should confidently now be able to play rallies between themselves- using forehand and backhand hits accurately.	La Crosse is being revisited this year. Children are able to pull from previous experience but should be much more confident in this sport- skills, rules and positions. Children are revisiting athletics in the same term- the children can build on previous skills and use their knowledge to better themselves in given sports and our annual sports day.
Year B – 5/6 2020/21	Football Y5- -Use a variety of techniques to pass a ball- Throw in, kicking with the side of their foot, dribbling to another player. - Begin to explain the positions of players	Netball Y5- Throw a ball with control and accuracy- Using the three main passes (Chest, bounce and shoulder). -Complete a game within a team -Can explain the positions, their roles	Hockey Y5- Use a variety of techniques to pass the puck -Play competitive games and apply basic principles- Knowing the roles of the team and areas each player can access. - Working on of travel,	Dance Y5- When composing it is imaginative, creative and expressive. Movements show control. Y6- Perform dances using advanced techniques with a range of dance styles and forms.	Badminton/ Ultimate frisbee Y5- Use a variety of techniques to pass the shuttlecock/Frisbee. -Hit the shuttlecock with a racket control and accuracy Y6- Understanding the	Rounders 5- Pass the ball to others in a controlled manner. -Strike a ball with control and accuracy with a bat. - Begin to think of tactics in order to manage a team. Y6- Can demonstrate these skills confidently to others.



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<p>and what areas they are allowed to access. - Consider and explain basic rules.</p> <p>Y6-Strike a ball with control and accuracy- to another player/ into the goal. -Play competitive games and apply basic principles. -Complete a game within a team-working together/ having tactics. - Explain rules and tactics in detail. Gain possession of the ball confidently. Explain the positions of players and what areas they are allowed to access/ take on the role of captain.</p> <p>Swimming Y5- Swim with confidence and begin to reach a distance of 25 metres. Begin to use a range</p>	<p>and areas each position can enter. Y6-Can demonstrate these skills confidently to others- Pivoting, catching the ball with two hands, logically thinking about their next move. -Play competitive games and apply basic principles Demonstrating use of space and talking to other members of the team, - Explain rules and tactics in detail- positions and their roles in the game/ taking on the role of captain.</p> <p>Swimming Y5- Swim with confidence and begin to reach a distance of 25 metres. Begin to use a range of strokes effectively. Begin to know how to perform a self-safe</p>	<p>send chase, receive, dodge, avoid, attack, defend, Y6-Strike the puck with control and accuracy - ensuring the hockey stick is used correctly. -Complete a game within a team. - Explain rules and tactics in detail. - Working within a control area.</p> <p>Gymnastics Y5- Control a take off and landing Create a fluid sequence applying learnt skills. Y6- Show accuracy, control within a range of movements. Show strength and stamina consistently within a range of movements. Develop and adapt techniques to improve performance.</p> <p>Skills-Develop flexibility, strength, technique, control and balance. -Perform using a range of movements and patterns.</p>	<p>Skills-Develop flexibility, strength, technique, control and balance. -Perform dances using a range of movements and patterns. - Confidently critique dance and create multiple copies working on critiques each time.</p> <p>Archery Y5- Identify risks - Be able to show a degree of accurately towards a target. -Compare performance with previous ones. - Discuss how to improve self-performance.</p> <p>Y6- identify risks and notify others. - Be able to aim accurately towards a target. - To take part in an adventurous activity individually. -Compare performance with previous ones and demonstrate improvement to achieve a new personal best.</p>	<p>strength needed to tap the shuttlecock over the net. -Play competitive games and apply basic principles -Complete a game 1v1 and also in a double.</p> <p>Cricket Y5-Use a variety of techniques to throw a ball accurately- Understanding the weight behind the ball and how it is different to a tennis ball. Y6-Strike a ball with control and accuracy with a cricket bat. -Play competitive games and apply basic principles -Complete a game within a team. - Explain rules and tactics in detail.</p>	<p>-Play competitive games and apply basic principles in detail. - Explain the rules and each base. - Lead a team in a game.</p> <p>Athletics Y5- Combine a range of running, jumping and throwing techniques. Y6- Show speed, within a range of movements. Show strength and stamina consistently within a range of movements.</p> <p>Skills-Use running, jumping, throwing and catching in isolation and in combination, - Demonstrate strength and flexibility in movements. -Accuracy and control within a range of movements. -Show speed, within a range of movements. -Show stamina consistently.</p>
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	<p>of strokes effectively. Begin to know how to perform a self-safe rescue in a pool situation.</p> <p>Y6- Swim with confidence and swim distances of 25 metres or more. Be able to perform a safe self-rescue confidently and know how to stay safe in different water situations.</p> <p>Skills-Swim competently, confidently and proficiently over a distance of 25 metres -Use a range of strokes effectively -Perform safe self-rescue in different water-based situations</p>	<p>rescue in a pool situation.</p> <p>Y6- Swim with confidence and swim distances of 25 metres or more. Be able to perform a safe self-rescue confidently and know how to stay safe in different water situations.</p> <p>Skills-Swim competently, confidently and proficiently over a distance of 25 metres -Use a range of strokes effectively -Perform safe self-rescue in different water-based situations</p>	<p>-Develop and adapt techniques. -Control takeoff and landing.</p>			
<p>Why this? Why now?</p>	<p>Children should now have a sound knowledge of the skills needed to play football. The basic rules should be</p>	<p>Children are able to apply all skills needed in netball to complete a game. Children will be working in different</p>	<p>Hockey is being revisited from Year A 3/4 - This allows children to consolidate skills previously taught while also learning specific rules of</p>	<p>During dance the children are specifically working as a group in order to follow a routine and to create their own interpretive pieces. This allows</p>	<p>Cricket is taught in this half of the summer term to allow the children to consolidate the basic skills already learned in order to play the game.</p>	<p>Children are revisiting athletics in the same term- the children can build on previous skills and use their knowledge to better</p>



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	<p><i>understood and during these two years the children will be working on more complex rules and taking on more of a leadership role within the team.</i></p> <p><i>During the swimming term the children will be working on distance, competency and specific skills within the strokes.</i></p>	<p><i>teams focusing on the skills needed for each position.</i></p> <p><i>During the swimming, term the children will be working on distance, competency and specific skills within the strokes.</i></p>	<p><i>the game- particular skills needed to be revisited are passing and defending.</i></p> <p><i>Gymnastics is placed before dance for the preparation of flexibility and coordination needed for Dance,</i></p>	<p><i>for creativity, flexibility and coordination to be independently drawn on from the previous years.</i></p> <p><i>For the final time, the children will cover archery. They are continuing to focus on precision and aim, working on personal goals and building up stamina to work on hitting the target every time.</i></p>	<p><i>Children this year can build on these skills and explain the tactics needed in order to be successful. It also prepares the children in order for some of the skills to be transferred into rounders.</i></p> <p><i>Frisbee/badminton are two sports introduced in Year 3/4. Both sports focus on hand eye coordination and need to be precise with their hitting/passing skills. Badminton has transferable skills taught in tennis in the previous year.</i></p>	<p><i>themselves in given sports and our annual sports day.</i></p> <p><i>Rounders happens after cricket to allow the children to apply some of the basic skills they have learned in this game. This game requires teamwork, leadership, catching, throwing and hitting. All of the skills the children have built up throughout the years of multi-skills and ball work.</i></p>
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