

Below outlines the learning focus for each term

Term	Learning Focus		Conceptual Development
	Knowledge	Skills	
Autumn Outdoor	<p>Invasion Games: To understand how to apply basic movements: running & dodging, pushing, throwing, catching, dribbling and kicking</p> <p>To develop an increasing awareness of basic tactics for attacking and defending</p> <p>To understand the rules of competitive games</p> <p>To understand that resilience is not giving up and bouncing back from set-backs</p> <p>To describe in some detail how they have improved</p> <p>To understand why exercise is good for your health</p>	<p>To run, dodge, throw, catch, pass, dribble and kick to a static partner from different heights and directions from 8+ metres away</p> <p>To link basic movements together to make sequences of movement (e.g. running and catching) with increasing competence</p> <p>To use basic tactics for attacking and defending with increasing competence</p> <p>To play competitive games against themselves and others</p> <p>To demonstrate character building skills: resilience</p> <p>To compare their performances with previous ones to demonstrate improvement</p>	<p>Build upon: To run, dodge, throw, catch, pass, dribble and kick to a static partner from 5+ metres away and begin to use them in combination (e.g. running and catching)</p> <p>To begin to use basic tactics for attacking and defending</p> <p>Prepare for: To run, dodge, throw, catch, pass, dribble and kick to a moving partner from 10+ metres away and use skills in combination competently</p> <p>To use basic tactics for attacking and defending competently</p>
Autumn & Spring 1 Indoor	<p>Swimming: To understand arm, head and body position to perform different strokes</p> <p>To understand techniques to perform self-rescue (e.g. floating, treading water, attracting attention)</p>	<p>To swim competently, confidently and proficiently over 25 metres or more</p> <p>To use a range of strokes effectively (e.g. front crawl, backstroke, side stroke)</p> <p>To perform safe self-rescue in different water-based situations</p>	<p>Build upon: To begin to swim competently, confidently and proficiently, using a range of strokes, and perform safe self-rescue</p> <p>Prepare for: Not applicable</p>
Spring 1 Outdoor	<p>Net & Wall Skills: To understand how to catch, throw and strike small balls</p> <p>To understand the rules of competitive games</p> <p>To recognise their own success as well as others'</p> <p>To describe in some detail how they have improved</p> <p>To understand that good teamwork shows effective communication and co-operation</p>	<p>To catch, throw and strike small balls from different directions and heights to a static partner 8+ metres away in a range of activities</p> <p>To use basic skills in combination to make a movement sequence (e.g. running and catching) with increasing competence</p> <p>To play competitive games against themselves and others</p> <p>To compare performances with previous ones to</p>	<p>Build upon: To catch, throw and strike small balls to a static partner 5+ metres away in a range of activities</p> <p>Prepare for: To catch, throw and strike small balls from different directions and heights to a moving partner 10+ metres away in a range of activities</p>

		demonstrate improvement To use effective communication and co-operation to work as a team most of the time	
Spring 2 Outdoor	Outdoor & Adventurous Activities: To understand how to use a simple map with cardinal directions: North, East, South and West To understand simple multi-step instructions To understand directional language To understand that listening to and sharing ideas shows co-operation	To take part in outdoor and adventurous activities both individually and within a team with some competence To follow a simple map with confidence and accuracy to complete a challenge To orientate themselves with confidence and accuracy around a short trail To use effective communication and co-operation to work as a team	Build upon: To begin to take part in outdoor and adventurous activities within a team Prepare for: To take part in outdoor and adventurous activities both individually and within a team with increased competence
Spring 2 Indoor	Dance: To remember dance routines with 10-15 steps To recognise their own success as well as others' through evaluation To begin to know how to use success criteria to select appropriate dynamics, relationships and space To describe in some detail how they have improved To understand why exercise is good for your health	To develop and perform a dance in response to a stimulus (10-15 steps) To link simple movements using a range of movement patterns with a partner or group To explore and experiment imaginatively with actions that suit the stimulus To begin to vary dynamics, relationships and space To give and listen to feedback about a performance To compare their performances with previous ones to achieve their personal best (reflection)	Build Upon: To develop and perform a dance in response to a stimulus (8-12 steps), exploring how to change actions and movements Prepare For: To develop and perform a dance in response to a stimulus (15-20 steps) To experiment imaginatively with actions that suit the stimulus and have some effect on the audience
Summer 1 Outdoor	Striking & Fielding Skills: To understand how to catch, throw and strike a small ball To understand the rules of competitive games To develop an increasing awareness of basic tactics for attacking and defending To understand that good teamwork shows effective communication and co-operation To understand why exercise is good for your health	To catch, throw and strike different small balls from different directions and heights to a static partner 8+ metres away in a range of activities To use basic skills in combination to make a movement sequence with increasing competence To play competitive activities against themselves and others To use basic tactics for attacking and defending with increasing competence	Build upon: To catch, throw and strike different sized balls to a static partner 5+ metres away in a range of activities, beginning to use skills in combination Prepare for: To catch, throw and strike different sized balls to a moving partner 10+ metres away in a range of activities, using skills in combination competently

		<p>To compare performances with previous ones to demonstrate improvement</p> <p>To use effective communication and co-operation to work as a team most of the time</p>	
Summer 2 Outdoor	<p>Athletics: To understand how to run, jump, throw and hurdle</p> <p>To understand how to pace themselves for sprinting and long distance running</p> <p>To understand the rules of competitive games</p> <p>To understand that integrity makes a game fair and is important to improve</p> <p>To recognise their own success as well as others'</p>	<p>To run, jump and throw in isolation and use them in combination with increasing competence</p> <p>To demonstrate increasing flexibility, strength, technique, control and balance for athletics</p> <p>To play competitive games against themselves and others</p> <p>To demonstrate character building values: integrity</p> <p>To compare their performances with previous ones and demonstrates improvement</p>	<p>Build upon: To run, jump and throw in isolation and begin to use them in combination (e.g. running and jumping)</p> <p>Prepare for: To run, jump and throw in isolation and use them in combination with competence</p>
Summer Indoor	<p>Gymnastics: To understand how to perform a forward roll and diving forward roll</p> <p>To understand how to apply good posture for all body shapes and jumps</p> <p>To understand how to safely land with bent knees and out-stretched arms</p> <p>To recognise their own success as well as others'</p> <p>To describe in some detail how they can improve (reflection)</p>	<p>To perform basic movement and balance on the floor with control</p> <p>To link floor movement and floor balance skills with flow and control</p> <p>To perform a jump off an object, mount and land safely</p> <p>To travel with confidence and skill around, under, over and through balancing and climbing equipment, including a 3-point hold</p> <p>To demonstrate reflection by evaluating their performance and others'</p>	<p>Build upon: To develop movement and balance on the floor, vault, bench and climbing apparatus with confidence</p> <p>Prepare for: To develop movement and balance on the floor, bench, vault and climbing apparatus with confidence, including a 2 and 3-point hold</p>