

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 have a good understanding of basic team tactics for attacking and defending</p> <p>To know how and when to transition from attacking to defending</p> <p>To understand the rules of competitive games</p> <p>To understand that resilience is showing regular practice to improve and bouncing back from setbacks</p> <p>To suggest thoughtful and appropriate strengths and improvement</p>	<p>To run, dodge, throw, catch, pass, dribble and kick from 10+ metres away in a game situation</p> <p>To link basic movements together to make sequences of movement (e.g. running and catching) with competence in a game situation</p> <p>To use basic team tactics for attacking and defending in a game situation</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 moving partner 10+ metres away and use skills in combination with competence</p> <p>To use basic tactics for attacking and defending with competence</p> <p>Prepare for: To become expert in running, dodging, throwing, catching, passing, dribbling and kicking technique, applying them across different sports and physical activities</p> <p>To use a range of tactics and strategies to overcome opponents in direct competition through team games</p>
Autumn Indoor	<p>Gymnastics: To understand how to perform a forward roll, diving forward roll, backward roll and cartwheel</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 suggest thoughtful and appropriate strengths and improvement</p> <p>To understand the importance of exercise for health, fitness and wellbeing</p>	<p>To perform basic movement and balance on the floor with control, including a cartwheel, headstand and handstand</p> <p>To link floor movement and floor balance skills with flow and control</p> <p>To perform various jumps 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 2 and 3-point hold competently</p> <p>To thoroughly evaluate a performance</p>	<p>Build upon: To develop movement and balance on the floor, vault, bench and climbing apparatus with confidence, including a 2 and 3-point hold</p> <p>Prepare for: To develop their technique and improve their performance in competitive sports, such as gymnastics</p>

Spring Outdoor	<p>Net & Wall Skills: To understand how to catch, throw and strike different sized balls</p> <p>To understand the rules of competitive games</p> <p>To recognise their own success as well as others'</p> <p>To thoughtfully describe how they have improved</p> <p>To understand that good teamwork shows effective communication and co-operation</p>	<p>To catch, throw and strike balls from different directions and heights to a moving partner in a competitive game situation 10+ metres away</p> <p>To use basic skills in combination to make a movement sequence (e.g. running and catching) with competence and confidence</p> <p>To play competitive games against themselves and others</p> <p>To compare performances with previous ones to demonstrate improvement</p> <p>To demonstrate effective communication and co-operation to work well as a team</p>	<p>Build upon: 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> <p>Prepare for: To become expert in catching, throwing and striking technique, applying them across different sports and physical activities</p>
Spring 1 Indoor	<p>Dance: To remember dance routines with 20+ steps</p> <p>To recognise their own success as well as others' through evaluation</p> <p>To know how to choose and use success criteria to select appropriate dynamics, relationships and space</p> <p>To suggest thoughtful and appropriate strengths and improvement</p> <p>To understand the importance of exercise for health, fitness and wellbeing</p>	<p>To develop and perform a dance in response to a stimulus (20+ steps)</p> <p>To link movements using a range of movement patterns with a group</p> <p>To experiment imaginatively with actions that suit the stimulus and have an effect on the audience</p> <p>To vary dynamics, relationships and space with competence</p> <p>To give and listen to feedback about a performance, responding positively to it</p>	<p>Build Upon: To develop and perform a dance in response to a stimulus (15-20 steps), selecting actions that suit the stimulus and have some effect on the audience</p> <p>Prepare For: To perform dances using advanced dance techniques within a range of dance styles and forms</p>
Spring 2	<p>Outdoor & Adventurous Activities:</p> <p>To know how to successfully navigate a more complex map using map features</p> <p>To make an informed decision on the most effective map to navigate a course</p> <p>To understand that listening, sharing and valuing ideas shows co-operation</p>	<p>To take part in outdoor and adventurous activities both individually and within a team competently and confidently</p> <p>To use a range of maps styles and make an informed decision on the most effective map</p> <p>To design an orienteering course that can be followed and offers challenge to others</p> <p>To use effective communication and co-operation to work as a team</p>	<p>Build upon: To take part in outdoor and adventurous activities both individually and within a team with increasing competence</p> <p>Prepare for: To take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems</p>

<p>Summer Outdoor</p>	<p>Striking & Fielding Skills: To understand how to catch, throw and strike different sized balls</p> <p>To understand the rules of competitive games</p> <p>To have a good understanding of basic team tactics for attacking and defending</p> <p>To understand that good teamwork shows effective and respectful communication</p> <p>To understand the importance of exercise for health, fitness and wellbeing</p>	<p>To catch, throw and strike different sized balls to a moving partner 10+ metres away in competitive games, using skills in combination competently</p> <p>To use basic skills in combination to make a movement sequence competently</p> <p>To play competitive activities against themselves and others</p> <p>To use basic team tactics for attacking and defending competently</p> <p>To compare performances with previous ones to demonstrate improvement</p> <p>To use effective and respectful communication to work as a team</p>	<p>Build upon: To catch, throw and strike balls to a moving partner 10+ metres away in a range of activities, using skills in combination competently</p> <p>Prepare for: To become expert in catching, throwing and striking technique, applying them across different sports and physical activities</p> <p>To use a range of tactics and strategies to overcome opponents in direct competition through team games</p>
<p>Summer Indoor (To be taught outside)</p>	<p>Athletics: To understand how to run, jump, throw and hurdle</p> <p>To understand how to pace themselves for long distance running, including monitoring their breathing</p> <p>To understand the rules of competitive games</p> <p>To know how to show self-motivation by working consistently 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 competence in a competitive situation</p> <p>To demonstrate 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: self-motivation</p> <p>To compare their performances with previous ones and demonstrate improvement</p>	<p>Build upon: To run, jump and throw in isolation and use them in combination with competence</p> <p>Prepare for: To develop their technique and improve their performance in competitive sports, such as athletics</p>