

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 begin to understand basic tactics for attacking and defending</p> <p>To understand the rules of competitive games</p> <p>To begin to understand that resilience is not giving up and bouncing back from set-backs</p> <p>To begin to describe how they have improved</p> <p>To recognise and describe the effect of exercise on the body</p>	<p>To run, dodge, throw, catch, pass, dribble and kick to a static partner from 5+ metres away</p> <p>To begin to link basic movements together to make sequences of movement (e.g. running and catching)</p> <p>To begin to use basic tactics for attacking and defending</p> <p>To play competitive games against themselves and others</p> <p>To begin to demonstrate character building skills: resilience</p> <p>To begin to compare their performances with previous ones to demonstrate improvement</p>	<p>Build upon: <i>(Movement Skills)</i> To move in different ways with control: balance, run, hop, jump, leap and create body shapes</p> <p>Prepare for: To run, dodge, throw, catch, pass, dribble and kick to a static partner from 8+ metres away and use skills in combination with increasing competence.</p> <p>To use basic tactics for attacking and defending with increasing competence</p>
Autumn Indoor	<p>Gymnastics: To understand how to use equipment safely</p> <p>To understand how to roll in different ways</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 begin to recognise their own success as well as others'</p> <p>To begin to talk about how they can improve (reflection)</p>	<p>To use gymnastics equipment safely</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. To begin 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 increasing confidence</p> <p>Prepare for: To develop movement and balance on the floor, bench, vault and climbing apparatus with confidence, including a 3-point hold</p>
	<p>Net & Wall Skills:</p>	<p>To catch, throw and strike small balls to a static partner 5+ metres away in a range of activities</p>	<p>Build upon: <i>(Ball/Bat & Racquet Skills)</i></p>

Spring Outdoor	<p>To understand how to catch, throw and strike small balls</p> <p>To understand the rules of competitive games</p> <p>To begin to recognise their own success as well as others'</p> <p>To understand that good teamwork shows effective communication and co-operation</p>	<p>To begin to use basic skills in combination to make a movement sequence (e.g. running and catching)</p> <p>To play competitive games against themselves and others</p> <p>To begin to compare performances with previous ones to demonstrate improvement</p> <p>To develop effective communication and co-operation to begin to work as a team</p>	<p>Catch, throw, kick, pass and strike different sized balls to a static partner 3-5 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 static partner 8+ metres away in a range of activities</p>
Spring 1 Indoor	<p>Dance: To remember dance routines with 8-12 steps</p> <p>To begin to recognise their own success as well as others' through evaluation</p> <p>To begin to talk about how they can improve</p> <p>To recognise and describe the effects of exercise on the body</p>	<p>To develop and perform a dance in response to a stimulus (8-12 steps)</p> <p>To link simple movements, beginning to use a range of movement patterns with a partner or small groups</p> <p>To explore actions which express their ideas for dance</p> <p>To give and listen to feedback about a performance</p> <p>To compare their performances with previous ones to achieve their personal best (reflection)</p>	<p>Build Upon: To develop and perform a short dance in response to a stimulus (5-8 steps), selecting appropriate actions that match the stimulus</p> <p>Prepare For: To develop and perform a dance in response to a stimulus (10-15 steps), exploring and experimenting imaginatively with actions that suit the stimulus</p>
Spring 2 Indoor & Summer Indoor	<p>Swimming: To begin to understand arm, head and body position to perform different strokes</p> <p>To begin to understand techniques to perform self-rescue (e.g. floating, treading water, attracting attention)</p>	<p>To begin to swim competently, confidently and proficiently over 25 metres</p> <p>To begin to use a range of strokes effectively (e.g. front crawl, backstroke and side stroke)</p> <p>To begin to perform safe self-rescue in different water-based situations</p>	<p>Build upon: Not applicable</p> <p>Prepare for: To swim competently, confidently and proficiently, using a range of strokes, and perform safe self-rescue</p>
Spring 2 Outdoor	<p>Outdoor & Adventurous Activities: To understand how to use a simple map</p> <p>To understand a set of instructions</p> <p>To understand that listening to and sharing ideas shows co-operation</p>	<p>To begin to take part in outdoor and adventurous activity challenges within a team</p> <p>To follow a simple map with increasing confidence and accuracy to complete a challenge</p> <p>To orientate themselves with increasing confidence and</p>	<p>Build upon: Not applicable</p> <p>Prepare for: To take part in outdoor and adventurous activities both individually and within a team with some competence</p>

		<p>accuracy around a short trail</p> <p>To begin to use effective communication and co-operation to work as a team</p>	
<p>Summer 1 Outdoor</p>	<p>Striking & Fielding Skills:</p> <p>To understand how to catch, throw and strike a small ball</p> <p>To understand the rules of competitive games</p> <p>To begin to understand basic tactics for attacking and defending</p> <p>To understand that good teamwork shows effective communication and co-operation</p> <p>To understand the reasons for warming up and cooling down</p>	<p>To catch, throw and strike different sized balls to a large target or static partner 5+ metres away in a range of activities</p> <p>To begin to use basic skills in combination to make a movement sequence</p> <p>To play competitive activities against themselves and others</p> <p>To begin to use basic tactics for attacking and defending</p> <p>To begin to compare performances with previous ones to demonstrate improvement</p> <p>To develop effective communication and co-operation to begin to work as a team</p>	<p>Build upon: <i>(Bat & Racquet Skills)</i></p> <p>To control a ball by pushing, catching, dribbling or kicking it to a static partner from 3-5m away in a range of activities</p> <p>Prepare for:</p> <p>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, using skills in combination with increasing competence</p>
<p>Summer 2 Outdoor</p>	<p>Athletics:</p> <p>To understand how to run, jump, throw and hurdle</p> <p>To understand the difference between 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 begin to recognise their own success as well as others'</p>	<p>To run, jump and throw in isolation and begin to use them in combination (e.g. running and jumping)</p> <p>To begin to develop flexibility, strength, technique, control and balance for athletics</p> <p>To play competitive games against themselves and others</p> <p>To begin to demonstrate character building values: integrity</p> <p>To compare their performances with previous ones and demonstrates improvement</p>	<p>Build upon:</p> <p>To develop basic movements for athletics: run, jump, throw and hurdle with competence</p> <p>Prepare for:</p> <p>To run, jump and throw in isolation and use them in combination with increasing competence</p>