

Autumn 1 Humankind	Vocabulary	Objectives:	  Quote/ Video Resources	
Tennis / Fundamental Movement Skills	1/2	Hand Eye Coordination Underarm Overarm Technique Body Position Dribbling Control Racket Attacking Defending Travelling Accuracy	Objectives: <ul style="list-style-type: none"> Practice basic striking, sending and receiving. Use hand eye coordination to catch a ball with consistency. Accurately throw under arm. Use the correct technique to throw over arm accurately. Vary the types of throw used for accuracy and distance (at a target). Investigate different ways of dribbling with a ball. Use throwing and catching skills in a game. Show a basic understanding of attacking and defending. 	 “Start where you are, use what you have, do what you can.” -Arthur Ashe Catching Highlights Throwing Coaching
	3/4	<i>Accuracy</i> Rally Underarm Serve Body Position Hand Eye Coordination Racket	<ul style="list-style-type: none"> Build a rally with a partner. Accurately serve underarm. Practice the correct technique for hitting a ball accurately Demonstrate the correct body position when hitting a ball in different ways. Using hand eye coordination to strike a moving ball with a racket. 	“Champions keep playing until they get it right.” -Billie Jean King Amazing Shots and Rallies
	5/6	<i>Accuracy</i> <i>Rally</i> <i>Body Position</i> Hand Eye Coordination Overarm Serve Strokes Forehand Backhand Smash Racket	<ul style="list-style-type: none"> Begin a rally using an accurate serve. Maintain a rally with a partner. Understand the different types of serve that can be used to begin a game. Demonstrate different strokes with accuracy. Think carefully about what shot is best to play in order to achieve the best outcome. 	“Champions keep playing until they get it right.” -Billie Jean King Opponents Applauding Amazing Shots Emma Raducanu US Open Final

Humankind Autumn 2		Vocabulary	Objectives:	Participation	Engages with debate Curious Quote/ Video Resources
Dance	1/2	Link Level Unison Mirroring Stimulus	<ul style="list-style-type: none"> • Copy and explore basic movements and body shapes and begin to link their ideas. • Begin to change the speed, level and size of their actions. • Use simple choreographic devices such as unison and mirroring. • Create movements in response to a stimulus. • Choose movements to communicate a mood feeling or idea. • Move in time with a piece of music. • Begin to reflect on and discuss their own movements as well as their peers. 		<p>“I may not be there yet, but I am closer than I was yesterday.”</p> <p>-Misty Copeland</p> <p>English Barn Dance Lion King Musical</p>
	3/4	<i>Stimulus</i> Sequence Improvise Rhythm Expression Confidence Dynamics Canon	<ul style="list-style-type: none"> • Improvise independently and with a partner to create a simple sequence. • Investigate ways of moving in response to a stimulus to convey a clear idea. • Perform with some rhythm, expression and spatial awareness. • Perform learnt skills and techniques with control and confidence. • Vary dynamics of their actions fluently within a sequence. • Use simple dance vocabulary to compare and improve work. • Build on learnt choreographic devices and include Canon. 		<p>“I may not be there yet, but I am closer than I was yesterday.”</p> <p>-Misty Copeland</p> <p>Haka River Dance Bhangra Troika</p>
	5/6	<i>Stimulus</i> <i>Rhythm</i> <i>Expression</i> Transition Fluent Compose Dance Style	<ul style="list-style-type: none"> • Compose independent and collaborative dances that reflect the chosen dance style. • Use transitions to link moves and actions together smoothly. • Ensure all actions fit the rhythm of the music. • Move appropriately and with required style in relation to a stimulus. • Demonstrate strong controlled movements showing an awareness of their use of space. • Perform confidently applying skills and techniques to create a fluent and controlled sequence. • Use dramatic expression in dance movements and motifs. • Use more complex dance vocabulary to compare and improve work. 		<p>“I may not be there yet, but I am closer than I was yesterday.”</p> <p>-Misty Copeland</p> <p>The Evolution of Dance Diversity Performance Diversity BLM Performance</p>

GYMNASTICS, Skill Specific Progression:

Inventions	Rolls	Jumps	Balances
Year 1/2	Log Roll Curled Side Roll (Egg Roll) Teddy Bear Roll	Straight Jump Tuck Jump Star Jump	Standing Balances Kneeling Balances Balances on Apparatus Balances with a Partner
Year 3/4	Forward Roll Backward Roll	Straddle Jump Straight Jump Half Turn Split Leap Tiptoe, Step, Jump, Hop	1,2,3 and 4 Point Balances Balances on Apparatus Collaborative Balances
Year 5/6	Standing Forward Roll Pike and Straddle Forward Roll Backward Roll	Pike Jump Straight Jump Full Turn Split Leap (Half Turn) Tiptoe, Step, Jump, Hop	1,2,3 and 4 Point Balances Balances on Apparatus Collaborative Balances Pike, Tuck, Star, Straight and Straddle Shapes

Inventions Spring 1		Vocabulary	Objectives: Specific gymnastics skill progression is at the end of the document.	Participation	Engages with debate Curious Quote/ Video Resources
Gymnastics	1/2	Sequence Control Contrasting Direction 	<ul style="list-style-type: none"> • Copy, explore and remember actions and movements to create their own sequence. • Recognise and copy contrasting actions (small/tall, narrow/wide). • Travel in different ways, changing direction and speed. • Hold still shapes and simple balances. • Move on, around, under, over, and through different objects and equipment. • Hold a still shape whilst balancing on different points of the body. • Perform a variety of jumps and rolls with control. • Perform range of gymnastic moves on different pieces of equipment. • Move with increasing control and spatial awareness • Climb onto and jump off the equipment safely. 		<p>"I'd rather regret the risks that didn't work out than the chances I didn't take at all."</p> <p>– Simone Biles.</p> <p>Simone Biles Floor</p>
	3/4	Sequence Control Level Coordination Vault Transitions 	<ul style="list-style-type: none"> • Choose ideas to compose a movement sequence with transitions. • Use an increasing range of actions, directions, speed and levels in their sequences. • Develop the quality of their actions, shapes and balances. • Carry out balances (independently and with a partner). • Travel in different ways with coordination, control and care. • Perform a variety of jumps and rolls with confidence and control. • Vault safely onto equipment and jump off. • Climb onto and jump off the equipment safely. • Begin to understand the steps involved in performing a cartwheel. 		<p>"I'd rather regret the risks that didn't work out than the chances I didn't take at all."</p> <p>– Simone Biles.</p> <p>Max Whitlock Floor 2016 Forward Roll Variety</p>
	5/6	Sequence Vault Transitions Centre of Gravity 	<ul style="list-style-type: none"> • Create their own complex and well executed sequences with transitions involving the full range of actions and movements (travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching). • Demonstrate precise and controlled placement of body parts while performing jumps, shapes, rolls and balances. • Recognise the position of their centre of gravity and how this effects the balance. • Vault onto and over equipment in variety of ways (with use of a spring board). • Apply skills and techniques consistently, showing precision and control. • Climb onto and jump off the equipment safely. • Perform a controlled cartwheel. 		<p>"I'd rather regret the risks that didn't work out than the chances I didn't take at all."</p> <p>– Simone Biles.</p> <p>Simone Biles Highlights</p>

Inventions Spring 2	Vocabulary	Objectives:	   Quote/ Video Resources	
Invasion Games / Fundamental Movement Skills	1/2	Striking Hand Eye Coordination Technique Body Position Control Racket Accuracy	<ul style="list-style-type: none"> • Display control of a ball using a racket. • Use striking skills in a game. • Strike a moving and stationary ball with accuracy • Kick a ball using the correct body position and body parts. • Strike a ball for distance. • Pass the ball to a partner in various ways (i.e. kicking, throwing, bouncing and rolling). 	<p>“Behind every kick of the ball there has to be a thought.”</p> <p>-Dennis Bergkamp</p> <p>Great Team Goals Roger Federer Ball Control</p>
	3/4	<i>Control</i> <i>Accuracy</i> <i>Body Position</i> Spatial Awareness Dribbling Scanning Possession	<ul style="list-style-type: none"> • Demonstrate various ways of shooting (i.e. – with your feet, hands or a stick). • Move with the ball in a variety of ways with some control and fluency. • Pass the ball in accurately in various ways at an appropriate speed. • Demonstrate attacking and defending skills in a game. • Make the best use of the space to pass and receive the ball. • Keep and win back possession of the ball effectively. 	<p>“Behind every kick of the ball there has to be a thought.”</p> <p>-Dennis Bergkamp</p> <p>Team GB Women's Hockey Gold NBA Beautiful Pass Highlights</p>
	5/6	<i>Control</i> <i>Accuracy</i> <i>Body Position</i> <i>Spatial Awareness</i> <i>Scanning</i> <i>Possession</i> <i>Dribbling</i>	<ul style="list-style-type: none"> • Successfully move with the ball in a variety of ways. • Pass the ball with speed and accuracy using appropriate techniques. • Link a range of skills together e.g. passing and receiving the ball on the move. • Demonstrate good decision making in a game (i.e. – when to shoot, pass or move with the ball). • Communicate with teammates during a game. • Use a range of attacking and defending techniques. • Demonstrate the importance of finding space to support teammates. 	<p>“Behind every kick of the ball there has to be a thought.”</p> <p>-Dennis Bergkamp</p> <p>Legendary Teamwork Goals Women's Rugby World Cup Tries</p>

Civilisations Summer 1	Vocabulary	Objectives:	  Quote/ Video Resources	
Athletics	1/2	Pace Distance <i>Over arm</i> <i>Under Arm</i> Accuracy 	<ul style="list-style-type: none"> • Vary the speed and direction of their running • Begin to select the most suitable pace and speed for distance. • Apply basic running techniques to a variety of situations i.e. Curved/ straight lines and obstacle course. • Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. • Investigate the best jumps and identify the most appropriate to cover different distances. • Throw over and under arm. • Throw different equipment accurately towards a target. • Investigate ways to alter their throwing technique to achieve greater distance. 	<p>“The sky has no limits, neither should you.”</p> <p>-Usain Bolt</p> <p>Olympic Games Highlights</p>
	3/4	Sprinting Baton Momentum Technique 	<ul style="list-style-type: none"> • Begin to develop a sprinting technique using arms and legs. • Understand the importance of adjusting running pace to suit the distance. • Perform a relay focusing on the baton change over. • Develop an effective take off for standing long jump. • Combine a hop step and a jump to perform triple jump. • Investigate ways of increasing distance when performing various jumps. Perform a push throw with control to increase distance. • Perform a pull throw with control to increase distance. • Show control and accuracy when performing an overarm throw. 	<p>“The sky has no limits, neither should you.”</p> <p>-Usain Bolt</p> <p>2016 Paralympics 2012 Paralympics</p>
	5/6	Relay Stride Competitive Personal Best 	<ul style="list-style-type: none"> • Refine the skills of an effective sprinting technique including a sprint start and a competitive finish. • Combine running with jumping fluently over hurdles using a consistent stride pattern. • Work as a team to competitively complete a relay. • Select the most appropriate pace for different distances. • Investigate ways of jumping effectively and competitively to improve their personal bests. • Develop techniques for the standing long jump landing safely with control. • Develop techniques for the ‘Triple Jump’ landing safely with control. • Continue to develop techniques to throw for increased distance improving their personal best. (Push throw and Pull throw) • Perform a fling throw with control to increase distance. 	<p>“The sky has no limits, neither should you.”</p> <p>-Usain Bolt</p> <p>Usain Bolt World Records</p>

Civilisations Summer 2		Vocabulary	Objectives:	Participation	Engages with debate Curious
Striking and Fielding / Fundamental Movement Skills	1/2	See previous vocabulary that applies to the skills being revisited.	<ul style="list-style-type: none"> • Re visit any fundamental movement skills that are not secure and begin to apply them in various games/ activities. • 		<p>“Take risks, if you win, you will be happy; if you lose, you will be wise.”</p> <p>- Hardik Pandya Greatest Sport Moments</p>
	3/4	<i>Hand Eye Coordination</i> Fielding	<ul style="list-style-type: none"> • Using hand eye coordination to strike a moving and a stationary ball with a bat or racket. • Practise and apply batting skills to demonstrate accuracy (at a target). • Use fielding skills to stop a ball from travelling past them. • Throw and catch with control and accuracy. • Practise the best technique for catching a ball and apply it under pressure. • Develop a safe and effective bowling technique. 		<p>“Take risks, if you win, you will be happy; if you lose, you will be wise.”</p> <p>- Hardik Pandya</p> <p>Cricket Catches Cricket Catches 2 Cricket Catches 3 Rounders Highlights</p>
	5/6	<i>Hand Eye Coordination</i> Fielding Strategy	<ul style="list-style-type: none"> • Explore when different shots are best used. • Use good hand-eye coordination to be able to direct a ball when striking or hitting. • Work as a team to develop fielding strategies to prevent the opposition from scoring. • Throw and catch accurately under pressure in a game. • Demonstrate the correct bowling technique accurately and at different speeds. 		<p>“Take risks, if you win, you will be happy; if you lose, you will be wise.”</p> <p>- Hardik Pandya</p> <p>Cricket World Cup 2019 Rounders Highlights</p>