

Autumn 1 Humankind		Vocabulary	Objectives:	Participation	Engages with debate Curious Quote/ Video Resources
Tennis / Fundamental Movement Skills	1/2	Hand Eye Coordination Underarm Overarm Technique Body Position Dribbling Control Racket Attacking Defending Travelling Accuracy	● 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	Accuracy Rally Underarm Serve Body Position Hand Eye Coordination Racket	● 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	Accuracy Rally Body Position Hand Eye Coordination Overarm Serve Strokes Forehand Backhand Smash Racket	● 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

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Humankind Autumn 2		Vocabulary	Objectives:	Participation	Engages with debate Curious Quote/ Video Resources
D a n c e	1/2	Link Level Unison Mirroring Stimulus	● 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.		"I may not be there yet, but I am closer than I was yesterday." -Misty Copeland English Barn Dance Lion King Musical
	3/4	<i>Stimulus</i> Sequence Improvise Rhythm Expression Confidence Dynamics Canon	● 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.		"I may not be there yet, but I am closer than I was yesterday." -Misty Copeland Haka River Dance Bhangra Troika

	5/6	<i>Stimulus</i> <i>Rhythm</i> <i>Expression</i> Transition Fluent Compose Dance Style 	● 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.	"I may not be there yet, but I am closer than I was yesterday." -Misty Copeland The Evolution of Dance Diversity Performance Diversity BLM Performance
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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 	● 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.		"I'd rather regret the risks that didn't work out than the chances I didn't take at all." – Simone Biles. Simone Biles Floor

	3/4	<i>Sequence Control</i> Level Coordination Vault Transitions	- 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.		"I'd rather regret the risks that didn't work out than the chances I didn't take at all." – Simone Biles. Max Whitlock Floor 2016 Forward Roll Variety
	5/6	<i>Sequence Vault</i> Transitions Centre of Gravity 	- 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 .		"I'd rather regret the risks that didn't work out than the chances I didn't take at all." – Simone Biles. Simone Biles Highlights
Inventions Spring 2		Vocabulary	Objectives: 		  Quote/ Video Resources
Inv asi on Ga me s / Fun da	1/2	Striking Hand Eye Coordination Technique Body Position Control Racket Accuracy	- 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).		"Behind every kick of the ball there has to be a thought." -Dennis Bergkamp Great Team Goals Roger Federer Ball Control

mental Movement Skills	3/4	<i>Control</i> <i>Accuracy</i> <i>Body Position</i> Spatial Awareness Dribbling Scanning Possession	● 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. 	“Behind every kick of the ball there has to be a thought.” -Dennis Bergkamp Team GB Women's Hockey Gold NBA Beautiful Pass Highlights
	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>	● 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. 	“Behind every kick of the ball there has to be a thought.” -Dennis Bergkamp Legendary Teamwork Goals Women's Rugby World Cup Tries

Civilisations Summer 1	Vocabulary	Objectives: 	  Quote/ Video Resources
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At h l e t i c s	1/2	Pace Distance Over arm Under Arm Accuracy 	● 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.	“The sky has no limits, neither should you.” -Usain Bolt Olympic Games Highlights
	3/4	Sprinting Baton Momentum Technique 	● 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.	“The sky has no limits, neither should you.” -Usain Bolt 2016 Paralympics 2012 Paralympics
	5/6	Relay Stride Competitive Personal Best 	● 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.	“The sky has no limits, neither should you.” -Usain Bolt Usain Bolt World Records

Civilisations Summer 2	Vocabulary	Objectives:	Participation	Engages with debate	Curious	Quote/ Video Resources
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Striking and Fielding / Fundamental Movement Skills	1/2	See previous vocabulary that applies to the skills being revisited.	● Re visit any fundamental movement skills that are not secure and begin to apply them in various games/ activities. 	“Take risks, if you win, you will be happy; if you lose, you will be wise.” - Hardik Pandya Greatest Sport Moments
	3/4	<i>Hand Eye Coordination Fielding</i>	● 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. 	“Take risks, if you win, you will be happy; if you lose, you will be wise.” - Hardik Pandya Cricket Catches Cricket Catches 2 Cricket Catches 3 Rounders Highlights
	5/6	<i>Hand Eye Coordination Fielding Strategy</i> 	● 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.	“Take risks, if you win, you will be happy; if you lose, you will be wise.” - Hardik Pandya Cricket World Cup 2019 Rounders Highlights