



Knowing more. Remembering more. Applying more!

	Autumn 1	Autumn 1	Autumn 2	Autumn 2
Year 5	Gymnastics Matching, mirroring and contrast.	Invasion game skills	Dance The Haka	Leadership
Knowledge I know....	I know how to perform an Arabesque I know to use gymnastics terminology in my feedback	I know the importance of keeping my eye on the ball I know how to create space for my teammates I know I need to communicate with my team mates.	I know how to translate words and ideas into actions I know how to translate images into actions to communicate meaning	I know that good leaders are positive and enthusiastic I know what appropriate and inappropriate behaviour looks like I know the importance of clear instructions
Skills I can...	I can control an Arabesque I can perform a sequence mirroring a partners symmetrical and asymmetrical shapes I can work as a group to demonstrate fluent routines involving mirroring and contrasts. I can perform elements of unison and canon in a group routine	I can show a range of dribbling skills when in possession I can shoot for goal I can use the full width of the pitch I can overlap and underlap I can track an opponent I can be mobile and fluid in my attacking I can make use of extra players on my team	I can communicate effectively with a partner/group I can use canon formation changes I can show different levels and pathways when I travel I can creatively change static actions into travelling movements I can evaluate the work of others using accurate technical language	I can recognise when teams are unfair I can arrange tasks for maximum involvement of everyone I can suggest ways to manage inappropriate behaviour effectively I can lead a warm up effectively I can persevere when things are difficult.
Vocabulary	Arabesque, mirroring, symmetrical, asymmetrical, fluent routine, contrasts, canon, unison.	Communicate, dribbling, possession, shoot, goal, pitch, overlap, underlap, track, mobile, fluid.	Communication, canon, formation, pathways, travelling.	Lead, warm up, persevere, unfair, communication, involvement.



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	Spring 1	Spring 1	Spring 2	Spring 2
Year 5	Gymnastics	Hockey	Dance	Dodgeball
	Partner work, under and over		British values	
Knowledge	I know what an arch and bridge are I know how to leapfrog safely I know how to perform to an audience	I know that everyone plays right handed I know that I can only use the flat side of the stick I know that I cant lift the stick higher than my waist I know when defending to close the space I know the basic rules of hockey	I know how to translate words and ideas into actions I know how to translate images into actions to communicate meaning	I know not to turn my back on the other team I know the agreed rules of the game I know what my own strengths are and how to improve
Skills	I can create a sequence with a partner involving supporting bodyweight on front and back I can travel in interesting ways over benches creating fluent and controlled sequence I can create opportunities for others to travel over and under me I can work over and under on the floor and apparatus I can perform with good technique and seamless transitions	I can hold the stick correctly I can dribble with my head up I can send and receive under pressure I can work with a partner to get past a defender I can support my teammates by communicating well with them	I can show different levels and pathways when I travel I can creatively change static actions into travelling movements I can evaluate the work of others using accurate technical language I can use canon formation changes I can communicate effectively with a partner/group	I can throw hard and low at my opponents I can dodge to evade a ball I can catch balls low down and thrown at pace at me I can abide by the rules I can work as a group to come up with some tactics I can choose the right moment to attack and defend
Vocabulary	Arch, bridge, leapfrog, sequence, bodyweight, travel, fluent, controlled, seamless.	Stick, close space, send, receive, pressure, support, communicating.	Levels, pathways, travelling, evaluate, canon, communication.	Attack, defend, tactics, pace, dodge, evade.



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	Summer	Summer 1	Summer 2	Summer 2
Year 5	Swimming	Outdoor Adventurous Activities	Team Building and Problem Solving	Cricket
Knowledge I know....	<p>I know how to enter and exit the water safely.</p> <p>I know how to stay safe in the water.</p> <p>I know the difference between strokes.</p>	<p>I know how to keep a partner safe</p> <p>I know that I need to contribute to a plan, even if it's only through good listening</p> <p>I know what Ordnance Survey symbols mean</p> <p>I know how to use a map</p>	<p>I know the difference between non-verbal and verbal communication</p> <p>I know the importance of clear instructions</p>	<p>I know to slide my bat over the crease when running</p> <p>I know how to grip the bat correctly</p> <p>I know which calls I should use when batting</p> <p>I know what overthrows are</p>
Skills I can...	<p>I can perform breaststroke arm movements.</p> <p>I can perform breaststroke leg movements.</p> <p>I can float on my back and look at the roof.</p> <p>I can perform backstroke arm movements.</p> <p>I can swim 10 m across using a stroke of my choice.</p>	<p>I can work well as part of a team</p> <p>I can think creatively to find solutions to challenges</p> <p>I can give clear instructions</p> <p>I can stay focussed</p> <p>I can navigate my way around using a map</p> <p>I can work quickly and effectively against the clock</p>	<p>I can work effectively with others</p> <p>I can make a plan</p> <p>I can perform calmly under pressure</p> <p>I can work with others to apply a plan</p> <p>I can keep going when things are not necessarily going as I would want them to</p>	<p>I can throw overarm accurately</p> <p>I can catch consistently well under pressure</p> <p>I can bowl with a run up</p> <p>I can show tactical awareness as a fielder</p> <p>I can play a square cut shot</p> <p>I can link my skills and perform effectively in a competitive game</p>
Vocabulary	Breaststroke, backstroke, float, stroke.	Teamwork, navigate, solutions, instructions, against the clock.	Non-verbal, verbal, communication, plan, pressure.	Crease, bat, grip, overthrows, overarm, tactical awareness, square cut shot, fielder, bowler.



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	Autumn 1	Autumn 1	Autumn 2	Autumn 2
Year 6	Gymnastics Counter balance and counter tension	Netball	Dance WW2	Football
Knowledge I know....	<p>I know what the difference between counter balancing and counter tension is</p> <p>I know what push and pull forces are</p> <p>I know how to peer assess</p>	<p>I know how to signal for a pass</p> <p>I know the rules around shooting for goal</p> <p>I know what the different roles are</p> <p>I know where I am allowed on court when playing specific positions</p>	<p>I know how to translate words and ideas into actions</p> <p>I know how to translate images into actions to communicate meaning</p>	<p>I know how to get free from a defender</p> <p>I know what an overload, overlap and underlap are</p> <p>I know the basic rules of the game</p> <p>I know the school games values</p>
Skills I can...	<p>I can hold a controlled balance on a variety of points and patches on a given number of body parts</p> <p>I can create a sequence of moves in unison with a partner</p> <p>I can evaluate the work of others</p> <p>I can challenge myself to improve</p> <p>I can perform asymmetrical counter balances in a sequence using canon or unison</p>	<p>I can send and receive a ball accurately</p> <p>I can shoot with good technique</p> <p>I can land and pivot to pass the ball</p> <p>I can participate purposefully in a netball match</p> <p>I can apply some tactics</p> <p>I can play by the rules</p>	<p>I can use different levels and pathways when I travel</p> <p>I can now how to use canon formation changes</p> <p>I can creatively change static actions into travelling movements</p> <p>I can evaluate the work of others using accurate technical language</p> <p>I can communicate effectively with a partner/group</p>	<p>I can pass and receive the ball accurately</p> <p>I can combine skills to allow my team to retain possession</p> <p>I can communicate well with my teammates</p> <p>I can attack and defend confidently</p> <p>I can play competitive games and control my emotions</p>
Vocabulary	Controlled balance, points, patches, sequence, unison, asymmetrical, counter balance, canon.	Send, receive, technique, pivot, tactics.	Levels, pathways, travel, canon, formation, static, travelling, evaluate.	Pass, receive, retain possession, communicate, competitive.



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Year 6	Gymnastics Flight	Health-related Fitness	Dance Through the ages	Tag Rugby
Knowledge I know....	<p>I know to land safely</p> <p>I know to take off from one foot and then spring from two into flight</p> <p>I know how to leapfrog safely</p> <p>I know how to mount and dismount apparatus safely</p> <p>I know what canon and unison are</p>	<p>I know the physical and mental benefits of regular exercise</p> <p>I know why core strength and stamina are important</p> <p>I know why relaxation and stretching are important</p> <p>I know how to measure the elements of fitness</p>	<p>I know how to translate words and ideas into actions</p> <p>I know how to translate images into actions to communicate meaning</p>	<p>I know how to grip a ball</p> <p>I know what a knock on and a forward pass are</p> <p>I know what offside is</p>
Skills I can...	<p>I can take off from one foot and two</p> <p>I can create shapes whilst in flight</p> <p>I can land with soft knees</p> <p>I can share space and apparatus effectively</p> <p>I can perform jumps gracefully</p> <p>I can create a sequence as a group</p>	<p>I can sustain my pace whilst running</p> <p>I can motivate myself to do my best</p> <p>I can show determination and perseverance</p> <p>I can improve on previous performances</p> <p>I can communicate with others and work as part of a team</p>	<p>I can use different levels and pathways when I travel</p> <p>I can use canon formation changes</p> <p>I can creatively change static actions into travelling movements</p> <p>I can evaluate the work of others using accurate technical language</p> <p>I can communicate effectively with a partner/group</p>	<p>I can send and receive the ball on the run</p> <p>I can pass well to my left and right</p> <p>I can dummy a pass</p> <p>I can pass, missing out players in a line</p> <p>I can compete in a game of Tag Rugby</p>
Vocabulary	Take off, flight, apparatus, gracefully, sequence.	Sustain, pace, motivate, determination, perseverance, communicate.	Levels, pathways, travel, canon, formation, static, evaluate, communicate	Send, receive, pass, dummy, offside, knock on, grip.



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	Summer 1	Summer 1	Summer 2	Summer 2
Year 6	Swimming	Danish Longball	Basketball	Athletics
Knowledge I know....	I know how to enter and exit the water safely. I know the names of different swimming strokes. I know how to stay safe in the water.	I know what position I need to get in to throw a ball well I know to call my name if taking responsibility for a high catch	I know the rules of the game I know the difference between person v person defence and zonal marking	I know how to throw safely I know how running a bend differs from running a straight I know my take off foot and lead leg I know how to position myself to receive a baton
Skills I can...	I can lean on my hand and jump into the water. I can swim backstroke, breaststroke and free style the length of the pool. I can swim more than one length of the pool. I can use breathing techniques. I can identify safety procedures and know when to ask for help.	I can throw with accuracy I can act decisively under pressure I can send and receive whilst on the move I can disguise my throw I can intercept a ball I can work effectively as part of a team	I can pass and receive the ball I can use different skills such as varying speed and direction to get past defenders I can attack and defend with confidence	I can change pace and run at different tempos I can sustain my pace over long distances I can throw with accuracy and power I can perform the correct techniques for triple jump, high jump and standing jump I can combine sprinting with hurdling I can transfer a relay baton effectively as part of a team
Vocabulary	Breaststroke, backstroke, freestyle, stroke, length.	Throw, accuracy, decisively, pressure, send, receive, disguise, intercept.	Person v person, zonal marking, pass, receive, vary speed, direction, attack, defend	Run a straight, run a bend, take off foot, lead leg, baton, pace, sustain, accuracy, power, technique.