

Term	<u>Autumn 1</u>	<u>Autumn 2</u>	<u>Spring 1</u>	Spring 2	<u>Summer 1</u>	Summer 2
	<u>8 weeks</u>	<u>7 weeks</u>	<u>6 Weeks</u>	6 weeks	<u>5 Weeks</u>	<u>6 Weeks</u>
Reception	Fundamentals – unit 1 F.M.S <u>Key skills:</u> Physical: rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball Social: co-operation, supporting others Emotional: honesty, perseverance Thinking: using tactics, decision making	Fundamentals – unit 2 F.M.S <u>Key skills:</u> Physical: hopping, galloping, skipping, sliding, jumping, changing direction, balancing, running Social: working safely, responsibility, working with others Emotional: managing emotions, challenging myself Thinking: selecting and applying actions	Ball skills – Unit 1 Games <u>Key skills:</u> Physical: rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball Social: co-operation, supporting others Emotional: honesty, perseverance Thinking: using tactics, decision making	Gymnastics – unit 2 Body Management <u>Key skills:</u> Physical: shapes, balances, jumps, rock and roll, barrel roll, straight roll, progressions of a forward roll, travelling Social: leadership, taking turns, helping others Emotional: determination Thinking: selecting and applying skills, creating sequences	Games – Unit 1 Games <u>Key skills:</u> Physical: running, balancing, changing direction, striking a ball, throwing Social: communication, co- operation, taking turns, supporting and encouraging others Emotional: honesty and fair play, managing emotions Thinking: using tactics, decision making	Ball skills – unit 2 Games <u>Key skills:</u> Physical: rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball Social: co-operation, sharing and taking turns Emotional: determination Thinking: using tactics, decision making



	Fundamentals	Sending and receiving	Striking and Fielding	Dance	Athletics	Gymnastics
	F.M.S	Games	Games		F.M.S	Body Management
				Key skills:	Key Skills:	
	Key Skills:	Key Skills:	Key Skills:	Perform simple sequences of		Key Skills:
	Physical: balancing, sprinting,	Physical: rolling, kicking,	Physical: throwing, catching,	movement combining actions	Physical: running at varying	Physical: travelling actions,
	jogging, dodging, jumping,	throwing, catching, tracking	retrieving a ball, tracking a	with changes in speed and	speeds, agility, balance,	shapes, balances, jumps,
	hopping, skipping		ball, striking a ball	changes in level with a partner.	jumping, hopping and leaping	barrel roll, straight roll,
		Social: taking turns,			in combination and for	forward roll progressions
н,	Social: taking turns, supporting	supporting and encouraging	Social: communication,	To perform in front of a larger	distance, throwing for distance	
Year	and encouraging others, working	others, respect,	supporting and encouraging	audience		Social: sharing, working safely
>	safely, communication	communication	others, consideration of		Social: working safely,	
			others		collaborating with others	Emotional: confidence
	Emotional: challenging myself,	Emotional: challenging				
	perseverance, honesty	myself, perseverance,	Emotional: perseverance,		Emotional: working	Thinking: observing and
		honesty, being happy to	honesty and fair play		independently, honesty and	providing feedback, selecting
	Thinking: selecting and applying,	succeed			playing to the rules,	and applying actions
	identifying strengths, listening		Thinking: using tactics,		determination	
	and following instructions	Thinking: transferring skills	selecting and applying skills,			
			decision making		Thinking: exploring ideas	



	Dance	Net and Wall games	Invasion Games	Athletics	Gymnastics	Striking and Fielding
		Games	Games	F.M.S	Body Management	Games
	Key skills:					
	Perform simple sequences of	Key skills:	<u>Key Skills</u>	Key skills:	<u>Key skills:</u>	Key skills:
	movement combining actions	Physical: throwing, catching,	Physical: dribble, throw,	Physical: running at different	Physical: shapes, balances,	Physical: throwing and
	with changes in speed and	racket skills, ready position,	catch, kick, receive, run,	speeds, jumping for distance,	shape jumps, travelling	catching, tracking a ball,
	changes in level with a partner.	hitting a ball	jump, change direction,	throwing for distance	movements, barrel roll,	bowling, batting
			change speed		straight roll, forwards roll	
	To perform in front of a larger	Social: support, co-		Social: working safely,		Social: communication,
	audience	operation, respect,	Social: communication,	collaborating with others	Social: sharing, working safely	collaboration
		communication	kindness, support others, co-			
	Ball skills		operation, respect,	Emotional: working	Emotional: confidence,	Emotional: honesty,
	Games	Emotional: perseverance,	collaborate	independently, determination	independence	acceptance, controlling
	Kasa aldua	honesty	Free stills and the second states	This lite as a base of a second second disc	This literates a base of a second	emotions
	Key skills:	Thinking, desision making	Emotional: empathy,	Thinking: observing and providing feedback, exploring ideas	Thinking: observing and	Thinking, calest and apply
~	Physical: roll, track, dribble with feet, kick, throw, catch, dribble	Thinking: decision making, reflection, comprehension,	perseverance, honesty, integrity, independence	reeuback, exploring lueas	providing feedback, selecting and applying actions	Thinking: select and apply, using tactics, decision making
Year 2	with hands	selecting and applying	integrity, independence			using tactics, decision making
 ≻	with hands		Thinking: creativity, select			
	Social: inclusion, communication,	Dance	and apply, comprehension,			
	collaboration, leadership	Bunce	problem solving, provide			
	Emotional: independence,	Key skills:	feedback			
	honesty, perseverance,	Perform simple sequences				
	determination	of movement combining	Dance			
		actions with changes in				
	Thinking: comprehension, select	speed and changes in level	<u>Key skills:</u>			
	and apply skills, use tactics	with a partner.	Perform simple sequences of			
			movement combining actions			
		To perform in front of a	with changes in speed and			
		larger audience	changes in level with a			
			partner.			
			To perform in front of a			
			larger audience			



s Athletics F.M.S Moverarm Physical: sprinting, jumping for	Gymnastics Body Management Key skills:
Key skills:	
	Key skills:
	Key skills:
nd overarm Physical: sprinting, jumping for	
, , , , , , , , , , , , , , , , , , , ,	Physical: individual point and
racking a distance, push and pull	patch balances, straight roll,
ieving a ball, throwing for distance	barrel roll, forward roll,
	straight jump, tuck jump, star
Social: working collaboratively,	jump, rhythmic gymnastics
and working safely	
ect,	Social: collaboration,
uraging Emotional: perseverance,	communication, respect
determination	
	Emotional: confidence
ind fair play, Thinking: observing and	
s, managing providing feedback	Thinking: observing and
	providing feedback, selecting
	and applying actions,
ind providing	evaluating and improving
cs, decision	
	eving a ball, throwing for distance Social: working collaboratively, working safely Emotional: perseverance, determination Thinking: observing and providing feedback



Tag Rugby	Gymnastics Body Management	Rounders	Athletics	OAA
Games	Body Management	Games	F.IVI.S	Kovskille
Key skills: Physical: passing, catching, dodging, tagging, scoringr.Social: communication, collaboration, inclusionEmotional: honesty and fair 	Key Skills Physical: individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand Social: work safely, determination, collaboration, communication, respect	Key skills: Physical: underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, batting Social: collaboration and communication, respect, supporting and encouraging others	<u>Key skills:</u> Physical: pacing, sprinting technique, jumping for distance, throwing for distance Social: working collaboratively, working safely Emotional: perseverance, determination	Key skills:Physical: balance, dodging, runningSocial: communication, teamwork, trust, inclusion, listeningEmotional: confidence, resilience, determination, honesty, integrityThinking: planning, map
strategies and using tactics, observing and providing feedback	Emotional: confidence, perseverance Thinking: observe and provide feedback, select and apply actions, creativity, evaluate and improve	confident to take risks, managing emotions Thinking: observing and providing feedback, using tactics, decision making	providing feedback, exploring ideas	reading, decision making, tactics, problem solving
Swimming	Swimming	Swimming	Swimming	Swimming
ear Each child will receive half a year swimming at Ogden Waters.	Each child will receive half a year swimming at Ogden Waters.	Each child will receive half a year swimming at Ogden Waters.	Each child will receive half a year swimming at Ogden Waters.	Each child will receive half a year swimming at Ogden Waters.
e Swim competently, confidently and proficiency over a distance of 25	NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.	NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres. Use a range of strokes effectively	NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.	NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.
Use a range of strokes effectively (e.g. front crawl, backstroke	Use a range of strokes effectively (e.g. front crawl, backstroke Perform safe self-rescue	(e.g. front crawl, backstroke Perform safe self-rescue	Use a range of strokes effectively (e.g. front crawl, backstroke Perform safe self-rescue	Use a range of strokes effectively (e.g. front crawl, backstroke Perform safe self-rescue
- e	GamesKey skills: Physical: passing, catching, dodging, tagging, scoringr.Social: communication, collaboration, inclusionEmotional: honesty and fair play, perseverance, confidenceThinking: planning strategies and using tactics, observing and providing feedbackearSwimming Each child will receive half a year swimming at Ogden Waters.yNC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.yUse a range of strokes effectively (e.g. front crawl,	GamesBody ManagementKey skills: Physical: passing, catching, dodging, tagging, scoringKey Skills Physical: individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder standr.Social: communication, icollaboration, inclusionKey Skills Physical: individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder standr.Social: honesty and fair play, perseverance, confidenceSocial: work safely, determination, collaboration, communication, respectThinking: feedbackplanning strategies and using tactics, observing and providing feedbackEmotional: confidence, perseveranceThinking: observing and providing feedbackEmotional: confidence, perseveranceEmotional: confidence, perseveranceearSwimming todden waters.Swimming strategies and using tactics, observing and providing feedback, select and apply actions, creativity, evaluate and improveearSwimming todden waters.Swimming strategiesyNC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.NC objectives: Swim competently, confidently and proficiency over a distance of 25 metres.yUse a range of strokes effectively (e.g. front crawl, backstrokeUse a range of strokes effectively (e.g. front crawl, backstroke	GamesBody ManagementGamesKey skills: Physical: passing, catching, dodging, tagging, scoringKey Skills Physical: individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand confidenceKey skills: Physical: underarm and overarm throwing, catching, tracking a ball, fielding and retrieving a ball, battingr.Social: communication, collaboration, inclusionKey Skills Physical: individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand communication, respect, supporting and encouraging othersSocial: collaboration and communication, respect, supporting and encouraging othersThinking: feedbackplanning provide feedback, select and apply actions, creativity, evaluate and improveEmotional: honesty and fair play, confident to take risks, managing emotionsearSwimming teach child will receive half a year swimming at Ogden Waters.Swimming Each child will receive half a year swimming at Ogden Waters.NC objectives: Swim competently, confident of as providen of 25 metres.NC objectives: Swim competently, confident y and proficiency over a distance of 25 metres.NC objectives; Swim competently, confident y and proficiency over a distance of 25 metres.NC objectives; Swim competently, confident y and proficiency over a distance of 25 metres.NC objectives; Swim competently, confident y and proficiency over a distance of 25 metres.NC objectives; Swim competently, confident y and proficiency over a distance of 25 metres.NC obje	GamesBody ManagementGamesF.M.SKey skills: Physical: passing, catching, dodging, tagging, scoring of dodging, tagging, scoring prixical: individual and physical: individual and



	Tag Rugby	Gymnastics	OAA	Volleyball	Rounders	Athletics
	Games			Games	Games	
	Key skills:	Key skills:	Key skills:	Key skills:	Key skills:	Key skills:
	Physical: throw, catch, run,	Physical: symmetrical and	Physical: balance, co-	Physical: throw, catch, jump, set,	Physical: throw, catch, bowl,	Physical: pace, sprint, relay
	change speed, change direction	asymmetrical balances,	ordination, run at speed, run	dig, serve, rally	bat, field	changeovers, jump for
		rotation jumps, straight roll,	over distance			distance, push throw, pull
	Social: communication, support,	forward roll, straddle roll,		Social: communication, respect,	Social: communication,	throw
	collaboration, sporting behaviour	backward roll, cartwheel,	Social: negotiation,	support and encourage others	respect, collaboration	
		bridge, shoulder stand	communication, leadership,			Social: collaboration,
	Emotional: honesty, confidence,		work safely	Emotional: perseverance,	Emotional: honesty,	negotiation, communication,
Year 5	patience	Social: work safely, support		honesty, determination	confidence, perseverance, self-	supporting others
Ye		others, collaboration	Emotional: empathy,		regulation	
	Thinking: make decisions, select		confidence, resilience	Thinking: using tactics, select and		Emotional: perseverance,
	and apply skills, comprehension,	Emotional: confidence,		apply skills, identify strengths and	Thinking: assess, make	confidence, concentration,
	apply tactics, analysis	perseverance, resilience,	Thinking: problem solving,	areas for development, reflection	decisions, comprehension,	determination
		determination	reflect, critical thinking, select		reflection, select and apply	
			and apply, comprehension		skills, tactics	Thinking: observing and
		Thinking: observe and				providing feedback, selecting
		provide feedback, creativity,				and applying, comprehension
		reflection, select and apply				
		actions, evaluate and				
		improve sequences				



Games Key skills: Physical: throwing & catching, bowling, tracking, fielding & retrieving a ball, batting
Physical: throwing & catching, bowling, tracking, fielding &
bowling, tracking, fielding &
0 , 0 , 0
retrieving a ball, batting
Social: organising & self-
managing a game, respect,
supporting & encouraging
others, communicating ideas
& reflecting with others
Emotional: honesty & fair
play, confident to take risks,
managing emotion
Thinking: decision making,
o o ,
using tactics, identifying how to improve, selecting skills
play mar