













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	<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. 		<p>“Start where you are, use what you have, do what you can.”</p> <p>-Arthur Ashe</p> <p>Catching Highlights Throwing Coaching</p>
	3/4	Accuracy 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. 		<p>“Champions keep playing until they get it right.”</p> <p>-Billie Jean King</p> <p>Amazing Shots and Rallies</p>
	5/6	Accuracy Rally Body Position 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. 		<p>“Champions keep playing until they get it right.”</p> <p>-Billie Jean King</p> <p>Opponents Applauding Amazing Shots</p> <p>Emma Raducanu US Open Final</p>



		<ul style="list-style-type: none"> ● Demonstrate different strokes with accuracy. ● Think carefully about what shot is best to play in order to achieve the best outcome. 		
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Humankind Autumn 2		Vocabulary	Objectives:		  Quote/ Video Resources
D a n c e	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. 		<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 </p>



			<ul style="list-style-type: none">● Use simple dance vocabulary to compare and improve work.● Build on learnt choreographic devices and include Canon.	Troika
5/6	<p><i>Stimulus</i> <i>Rhythm</i> <i>Expression</i> Transition Fluent Compose Dance Style</p> 	<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.		  Quote/ Video Resources
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Gymnastics	1/2	<p>Sequence Control Contrasting Direction</p> 	<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	<p>Sequence Control Level Coordination Vault Transitions</p> 	<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	<p><i>Sequence</i> <i>Vault</i> Transitions Centre of Gravity</p> 	<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	<p>Objectives:</p> 	  <p>Quote/ Video Resources</p>
Inv asi on Ga me s / Fun da me	1/2	<p>Striking Hand Eye Coordination Technique Body Position Control Racket Accuracy</p>	<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>

ntal Mo ve me nt Skill s	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</p> <p>NBA Beautiful Pass Highlights</p>
	5/6	<i>Control</i> <i>Accuracy</i> <i>Body Position</i> Spatial Awareness Scanning Possession Dribbling	<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</p> <p>Women's Rugby World Cup Tries</p>

Civilisations Summer 1	Vocabulary	Objectives: 	  <p>Quote/ Video Resources</p>
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At h l e t i c s	1/2	<p>Pace Distance Over arm Under Arm Accuracy</p> 	<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	<p>Sprinting Baton Momentum Technique</p> 	<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	<p>Relay Stride Competitive Personal Best</p> 	<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 Quote/ Video Resources
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	Hand Eye Coordination 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	Hand Eye Coordination 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>