

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Drivers	Environment Creativity Communication Well-being Community	Environment Creativity Communication Well-being Community	Environment Creativity Communication Well-being Community	Environment Creativity Communication Well-being Community	Environment Creativity Communication Well-being Community	Environment Creativity Communication Well-being Community
National Curriculum	<ul style="list-style-type: none">use running, jumping, throwing and catching in isolation and in combinationplay competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defendingperform dances using a range of movement patternscompare their performances with previous ones and demonstrate improvement to achieve their personal best.	<ul style="list-style-type: none">use running, jumping, throwing and catching in isolation and in combinationplay competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defendingcompare their performances with previous ones and demonstrate improvement to achieve their personal best.develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	<ul style="list-style-type: none">use running, jumping, throwing and catching in isolation and in combinationplay competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defendingdevelop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]compare their performances with previous ones and demonstrate improvement to achieve their personal best.perform dances using a range of movement patterns	<ul style="list-style-type: none">use running, jumping, throwing and catching in isolation and in combinationplay competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defendingdevelop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<ul style="list-style-type: none">use running, jumping, throwing and catching in isolation and in combinationplay competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defendingdevelop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<ul style="list-style-type: none">use running, jumping, throwing and catching in isolation and in combinationplay competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defendingdevelop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Chris Quigley Skills	<p>Invasion Games</p> <ul style="list-style-type: none">Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).Work alone, or with team mates in order to gain points or possession.Field, defend and attack tactically by anticipating the direction of play.Choose the most appropriate tactics for a game.Uphold the spirit of fair play and respect in all competitive situations.Lead others when called upon and act as a good role model within a team. <p>Dance</p> <ul style="list-style-type: none">Compose creative and imaginative dance sequences.Perform expressively and hold a precise and strong body posture.Perform and create complex sequences.Express an idea in original and imaginative ways.Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).	<p>Invasion Games</p> <ul style="list-style-type: none">Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).Work alone, or with team mates in order to gain points or possession.Field, defend and attack tactically by anticipating the direction of play.Choose the most appropriate tactics for a game.Uphold the spirit of fair play and respect in all competitive situations.Lead others when called upon and act as a good role model within a team. <p>Gymnastics</p> <ul style="list-style-type: none">Create complex and well-executed sequences that include a full range of movements including: travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching and twisting, gestures, linking skills.Hold shapes that are strong, fluent and expressive.Include in a sequence set pieces, choosing the most appropriate linking elements.Vary speed, direction, level and body rotation during floor performances.Practise and refine the gymnastic techniques used in performances (listed above).Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions)	<p>Invasion Games</p> <ul style="list-style-type: none">Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).Work alone, or with team mates in order to gain points or possession.Field, defend and attack tactically by anticipating the direction of play.Choose the most appropriate tactics for a game.Uphold the spirit of fair play and respect in all competitive situations.Lead others when called upon and act as a good role model within a team. <p>Dance</p> <ul style="list-style-type: none">Compose creative and imaginative dance sequences.Perform expressively and hold a precise and strong body posture.Perform and create complex sequences.Express an idea in original and imaginative ways.Plan to perform with high energy, slow grace or other themes and maintain this throughout a piece.Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).	<p>Invasion Games</p> <ul style="list-style-type: none">Use forehand and backhand when playing racket games.Choose the most appropriate tactics for a game.Uphold the spirit of fair play and respect in all competitive situations.Lead others when called upon and act as a good role model within a team. <p>Gymnastics</p> <ul style="list-style-type: none">Create complex and well-executed sequences that include a full range of movements including: travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching and twisting, gestures, linking skills.Hold shapes that are strong, fluent and expressive.Include in a sequence set pieces, choosing the most appropriate linking elements.Vary speed, direction, level and body rotation during floor performances.Practise and refine the gymnastic techniques used in performances (listed above).Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions).	<p>Striking and Fielding Games</p> <ul style="list-style-type: none">Strike a bowled or volleyed ball with accuracy.Field, defend and attack tactically by anticipating the direction of play.Choose the most appropriate tactics for a game.Uphold the spirit of fair play and respect in all competitive situations.Lead others when called upon and act as a good role model within a team. <p>Athletics</p> <ul style="list-style-type: none">Combine sprinting with low hurdles over 60 metres.Choose the best place for running over a variety of distances.Throw accurately and refine performance by analysing technique and body shape.Show control in take off and landings when jumping. <p>• Compete with others and keep track of personal best performances, setting targets for improvement</p>	<p>Striking and Fielding Games</p> <ul style="list-style-type: none">Strike a bowled or volleyed ball with accuracy.Field, defend and attack tactically by anticipating the direction of play.Choose the most appropriate tactics for a game.Uphold the spirit of fair play and respect in all competitive situations.Lead others when called upon and act as a good role model within a team. <p>Athletics</p> <ul style="list-style-type: none">Combine sprinting with low hurdles over 60 metres.Choose the best place for running over a variety of distances.Throw accurately and refine performance by analysing technique and body shape.Show control in take off and landings when jumping. <p>• Compete with others and keep track of personal best performances, setting targets for improvement</p>