

Long term plan – PE End points

Term	FS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	<p><u>Fundamental Movement Skills (U1)</u> To explore footwork and different pathways To travel in different ways To travel in and turn in a variety of ways To develop movement, balancing, riding and ball skills Skip, hop, stand on one leg and hold pose for a game like musical statues Refine fundamental movement skills such as rolling, crawling, walking, jumping, running, hopping, skipping and climbing</p> <p><u>Large Ball Skills</u></p>	<p><u>Fundamental Movement Skills (U1)</u> To move with fluency and control in a variety of ways To maintain balance when still and on the move To follow instructions correctly To keep trying when things get difficult To enjoy working on simple tasks</p> <p><u>Fundamental Movement Skills (U3)</u> To roll a large or small ball to a partner To throw a tennis ball and catch it with a partner To kick the ball accurately to a partner</p>	<p><u>Fundamental Movement Skills (U1)</u> To sidestep forwards and backwards To sidestep forwards and backwards, including a range of travel patterns To sidestep in different ways, using complex foot patterns and a range of agility skills To balance on one leg while squatting up and down To balance with your eyes closed in a stationary position and when squatting To balance with your eyes closed in a stationary position and when completing ankle extensions</p>	<p><u>Fundamental Movement Skills (U1)</u> To complete 3-step zig-zag patterns, forwards and backwards To sidestep in a zig-zag pattern, using more complex movements To use zig-zag patterns, and adding knee and foot up movements To balance while squatting with and without our eyes closed To balance on an uneven surface To balance on an uneven surface while moving up and down</p> <p><u>Hockey Skills</u> To move the ball with the stick,</p>	<p><u>Fundamental Movement Skills (U1)</u> To combine 3 step zig-zag patterns with cross overs To complete zig-zag footwork patterns, with crossovers, at high speed To use left and right foot to complete further complex zig-zag pattern challenges To balance on an uneven surface when completing squats To complete ankle extensions on an uneven surface To balance on either foot while collecting equipment from the floor</p> <p><u>Hockey Skills</u></p>	<p><u>Fundamental Movement Skills (U6)</u> To alternately catch tennis balls rebounding from a wall To roll and chase a ball, then stop it with control in a variety of positions To compete fairly in games of Scatterball To throw and kick to a partner with accuracy and at the same time To chase after a bouncing ball and react in time to catch and collect it To compete fairly in a Scatterball Round Robin Competition</p> <p><u>Football</u></p>	<p><u>Fundamental Movement Skills (U6)</u> To throw and kick to a partner with accuracy and at the same time To chase after a bouncing ball and react in time to catch and collect it To compete fairly in games of Throlf, using team tactics to outwit your opponents To kick a ball to a partner, whilst also throwing and hitting to each other To react to a ball thrown over our heads, then catch it in inventive ways To compete fairly in a Throlf competition, using team tactics to</p>

	<p>To perform skills with control</p> <p>To perform skills with some level of consistency</p> <p>Further develop and refine ball skill including throwing, catching, kicking, passing and aiming</p>	<p>To react and catch a large ball dropped by a partner</p> <p>To react and catch a tennis ball dropped by a partner</p> <p>To react and catch a tennis ball in a one-legged balance position</p>	<p><u>Football Skills</u></p> <p>To keep control of the ball</p> <p>To dribble with various parts of my feet</p> <p>To pass with accuracy</p> <p>To change direction with the ball</p> <p>To shoot with accuracy and with either foot</p> <p>To be an effective team player</p>	<p>keeping it in your possession</p> <p>To send the ball to a teammate by pushing the ball</p> <p>To pass the ball whilst moving around</p> <p>To possession of the ball while effectively attacking an opponent</p> <p>To be able to shoot with accuracy to beat the goalkeeper</p> <p>To use strategies and tactics to win a game of hockey</p>	<p>To pass and receive the ball in a variety of ways.</p> <p>To dribble with the ball.</p> <p>To get past an opponent.</p> <p>To tackle an opponent and win the ball back.</p> <p>To hit the ball.</p> <p>To use and apply the hockey skills learnt, in game situations.</p>	<p>To use a range of skills to move with the ball</p> <p>To use the correct technique to pass the ball</p> <p>To keep possession of the ball</p> <p>To use different tactics for attacking in invasion games</p> <p>To win back possession of the ball</p> <p>To adapt movements for attacking and defending</p>	<p>outwit your opponents</p> <p><u>Netball</u></p> <p>To understand the basics of netball</p> <p>To understand the footwork rule in netball</p> <p>To escape from a defender and find the space to receive a pass</p> <p>To defend effectively in a competitive situation</p> <p>To use the 'Centre Pass' to set up effective attacking play</p> <p>To apply the skills learnt into full games of netball</p>
Autumn 2	<p><u>Dance</u></p> <p>To confidently put shapes into a sequence</p> <p>Repeat a sequence of moves with interesting movements</p>	<p><u>Fundamental Movement Skills (U2)</u></p> <p>Jump and land in a controlled and balance manner</p> <p>To confidently jump in all directions</p>	<p><u>Fundamental movement skills (U2)</u></p> <p>To confidently jump in all directions</p> <p>To jump with a turn in both directions</p> <p>To jump and complete a tuck in</p>	<p><u>Fundamental Movement Skills (U2)</u></p> <p>To jump with a turn in both directions</p> <p>To jump and complete a tuck in the air but still land safely</p>	<p><u>Fundamental Movement Skills (U2)</u></p> <p>To jump with a turn in both directions</p> <p>To jump in all directions, landing with control</p> <p>To jump and land safely in a variety</p>	<p><u>Fundamental Movement Skills (U1)</u></p> <p>To control a large ball in a variety of ways</p> <p>To be able to react and catch a dropped ball using only one hand</p>	<p><u>Fundamental Movement Skills (U1)</u></p> <p>To control a large ball in a complex variety of ways</p> <p>To be able to react and catch a dropped ball using only one hand,</p>

	<p>Use a variety of move depending on the music Combine different movements with ease and fluency</p>	<p>To jump with a turn in both directions To sit in a balanced way To maintain balance in a seated position with various hands or feet lifted To balance in a seated position with all hands and feet lifted</p> <p><u>Dance</u> Create multiple standing and floor shapes - balanced on both feet. - with limbs in different planes. - with 3 points of contact. - facing down Travel between shapes including jumping. Create movements led by large horizontal single arm circles and semi-circles leading into – stepping</p>	<p>the air but still land safely To maintain balance in a seated position with various hands or feet lifted To balance in a seated position with all hands and feet lifted To balance in a seated position while moving objects</p> <p><u>Dance</u> Create multiple standing and floor shapes - with torso beginning to rotate. - with 3 points of contact with the floor. - facing down and up Travel between shapes including jumping with rotation. Create movements led by large vertical single arm circles and semi-circles</p>	<p>To jump confidently in all directions To balance in a seated position with hand and feet lifted To balance in a seated position while moving objects To balance in a seated V-shaped position while picking up cones and moving them from side-to-side</p> <p><u>Dance</u> Create multiple standing and floor shapes - with torso rotated. - with 3 points of contact with the floor. - facing up and sideways. Travel between shapes including stepping into jumping. Rotate in jumps. Create exact and repeatable movement led by both single arm</p>	<p>of different positions To balance in a seated position and move upper body simultaneously To balance in a seated V-shaped position and move upper body simultaneously To balance in a seated position with eyes closed, and receiving external forces</p> <p><u>Dance</u> Create multiple standing and floor shapes - balanced on 1 foot. - with arms at different planes. - with torso rotated and bent. - with 2 points of contact with the floor. - facing up and sideways. Travel between shapes including rotation - on the floor and in the</p>	<p>To play games of End Ball using tactics that are effective To throw and kick at the same time, with control To show increasing competent skills when handling a large ball To compete fairly in an Endball Round Robin Competition</p> <p><u>Dance</u> Create multiple standing and floor shapes - balanced on 1 foot with other foot higher than 45°. - with 2 points of contact using combination of hands, arms and shoulders for support Travel between shapes including rotation - on the floor (spirals and turns) and in the air. - in different</p>	<p>using different finishing positions To play Tag Netball using tactics that can be changed to become more effective To show increasing competent and consistent skills when handling a large ball To review and feedback on team performance To be confident taking on the role of player, coach and official To compete fairly in a Tag Netball Round Robin Competition</p> <p><u>Dance</u> Create multiple standing and floor shapes - balanced on the ball of each foot higher than 45°. - with torso forward. - with arms short. - with 2 points of contact</p>
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		<p>Jump from a static position, arms up and down.</p> <p>With a partner I can -</p> <p>Create standing and floor shapes in contrast to my partner's - with our body parts crossing over.</p> <p>Travel between shapes in unison.</p> <p>Turn forwards and backwards through horizontal large arm circle - and finish away. - in unison. - in canon.</p> <p>Create, in unison, jumps with rotation from a static position.</p> <p>Create 2 ways of moving linked to the silk - using both hands at the same time. - connected to standing shapes.</p>	<p>leading into - stepping. - body movements. - turning. - jumps with 180° and 360° rotations.</p> <p>With a partner I can -</p> <p>Create standing and floor shapes - opposite and entwined with my partner. - in close contact but without touching.</p> <p>Incorporate jumping when travelling between shapes - in canon.</p> <p>Create movement and turn forwards and backwards through horizontal and vertical large arm circle and semi-circle - in unison. - finishing in partner shapes.</p> <p>Create 2 ways of moving linked to the silk - using 3 or 4 limbs and pausing throughout my</p>	<p>and leg circles and semicircles leading into - body dropping and turning. - turning with the body tilted. - jumps with 180° and 360° forward and backward rotations (starfish and barrel roll jumps).</p> <p>With a partner I can -</p> <p>Create standing and floor shapes - opposite and entwined with my partner. - as close as possible without touching. - facing up, down and sideways. - jumping with rotation when moving between shapes. - in canon.</p> <p>Create movement led by horizontal and vertical single arm circles and semi-circles - followed with steps. - followed with body action.</p>	<p>air. - in different directions.</p> <p>Create sequences of movement led by combined arm, shoulder, leg and foot circles and/ or semi-circles leading into - turning. - jumping with good height, speed and various body shapes in the air.</p> <p>With a partner I can -</p> <p>Create standing and floor shapes - at different levels. - without contact. - with 1 hand contact.</p> <p>Jump with backward rotation when moving between shapes.</p> <p>Create multiple ways of moving linked to the silk - where silk moves lead me into stepping, jumping, floor moves and floor shapes.</p>	<p>directions. - at different speeds.</p> <p>Create complex movements led by a combination of circles made with different body parts and in different planes leading into - stepping, body movements and turns. - jumps with 1 foot take-off and landing, other leg extended. - jumps with 180° rotation and change of direction in the air (landing facing backwards).</p> <p>With a partner I can -</p> <p>Create standing and floor shapes in close contact - both balancing on 1 foot. - cross-bodied with 2 points of contact with the floor</p> <p>Travel with my partner - incorporating spirals, rotation</p>	<p>supported on hands, arms and/ or shoulders. - with limbs outstretched.</p> <p>Travel between shapes, including jumps with backward rotation (barrel roll jump).</p> <p>Create complex movements led by circles of all sizes and in different planes, performed simultaneously by different body parts leading into - stepping, body action and turning. - jumping with 360° rotation. - jumping with 1 foot take-off and landing. - jumping with change of leg position in the air.</p> <p>With a partner I can -</p> <p>Create standing and floor shapes - with contact. - balanced on the ball of 1 foot, arms short. - with</p>
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			<p>movement. - fluently and without stopping.</p>	<p>- in unison. - in canon. - mirroring my partner Create multiple ways of moving linked to the silk - pausing my movement to create shapes. - using those shapes as my starting and finishing positions. - including jumps with rotation.</p>		<p>on the floor, jumping and cross-bodied finishing positions. Create multiple ways of moving linked to the silk - where the silk moves lead me into jumping, a turn and a jump, floor and floor shapes. - fluently without stopping.</p>	<p>2 points of contact using hands, arms and/or shoulders for support. Travel together with my partner - using spirals, rotation on the floor and in the air. - in different directions and at different speeds. Create multiple ways of moving linked to the silk - where silk moves lead me into jumping, floor work and into floor shapes. - pausing in balanced shapes in between moves. I Perform continuously from start to finish and in reverse.</p>
<p>Spring 1</p>	<p><u>Gymnastics</u> Create tuck and star shapes Create tuck and star shapes on low apparatus</p>	<p><u>Fundamental Movement Skills (U5)</u> To roll and collect a large ball, with control To throw and catch a tennis ball,</p>	<p><u>Fundamental Movement Skills (U5)</u> To throw and catch a tennis ball, with and without a bounce</p>	<p><u>Fundamental movement skills (U5)</u> To react, move and catch a ball To react and catch a small ball dropped from</p>	<p><u>Fundamental Movement Skills (U5)</u> To react and catch a small ball dropped from shoulder height,</p>	<p><u>Fundamental Movement Skills (U3)</u> To balance on a beam, while catching a large ball from a variety of heights</p>	<p><u>Fundamental Movement Skills (U3)</u> To balance on a beam, while hitting a ball back to a partner with a racket</p>

	<p>Create tuck and star shapes on large apparatus Use core muscle strength to achieve good posture when sitting on the floor Develop overall body-strength, balance, co-ordination and agility</p>	<p>with and without a bounce To use our hand to send and receive a large ball along the floor, to and from a partner To catch a large ball after 2 bounces To react and catch a large ball after one bounce To react and catch a small ball dropped from shoulder height, from varying distances</p> <p><u>Gymnastics</u> Create different floor shapes Create a variety of shapes on and against low apparatus Create a variety of shapes on, against and in contact with high apparatus Travel on different body parts</p>	<p>To use our hand to send and receive a large ball along the floor, to and from a partner To use our foot to send and receive a large ball along the floor, to and from a partner To react and catch a large ball after one bounce To react, move and catch a ball To react and catch a small ball dropped from shoulder height, from varying distances</p> <p><u>Gymnastics</u> Balance on different points and patches Balance in a variety of ways using low apparatus Balance in a variety of ways using high apparatus</p>	<p>shoulder height, from varying distances To react and catch a ball across the body, from varying distances To balance in a mini front support position while moving objects onto and off our backs To balance in the front support position while twisting into various positions To balance in a back support position while transferring a cone on and off the body</p> <p><u>Gymnastics</u> Travel smoothly and fluently on different body parts Travel in different ways using hand apparatus Create partner sequences using the hand</p>	<p>from varying distances To react and catch a ball across the body, from varying distances To react and catch a ball, when starting with your back to the ball To balance in the front support position while twisting into various positions To balance in a back support position while transferring a cone on and off the body To rotate from a front to a back support position, fluently</p> <p><u>Gymnastics</u> Create clear and precise shapes in flight Use hand apparatus in flight Create partner sequences using the hand apparatus and a</p>	<p>To move with fluency and control in the 3 step zig-zag pattern, with knee raises and foot behind To compete fairly in a Beanbag Raid games To balance on a beam, while catching 2 balls continuously from a variety of heights To move backwards with fluency and control in the 3 step zig-zag pattern, with knee raises and foot behind To compete fairly in a Beanbag Raid competition</p> <p><u>Gymnastics</u> Creating accurate shapes while using hand apparatus Creating accurate shapes while using hand</p>	<p>To compete fairly in games of Dodgeball, taking on a variety of roles – player, coach and official To play Dodgeball and understand what tactics your team should use to be successful To move backwards with fluency and control, in a 3 step zig-zag pattern To compete fairly in a Dodgeball competition, taking on a variety of roles – player, coach and official</p> <p><u>Gymnastics</u> Perform accurate shapes in flight while using hand apparatus Perform accurate shapes in flight while using hand apparatus and large apparatus Balance with control while</p>
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		Travel on different body parts, using low apparatus Travel on different body parts, using high apparatus	Travel with control in a variety of pathways Travel with control, in a variety of ways, using low apparatus Travel with control, in a variety of ways, using high apparatus	apparatus and a range of different travelling Rotate our bodies in a controlled, safe way Explore different ways of rotating with a partner Create partner sequences using rotations on different parts of our body	range of different flights Create accurate movement patterns Travel on, under and over low apparatus Travelling on, under and over high apparatus	apparatus and large apparatus Rotating in an accurate and controlled way while using hand apparatus Travelling on, under and over low apparatus in a controlled way Travelling with a partner in a variety of ways Rotating in a variety of ways using low apparatus	using hand apparatus Balance with control while using hand apparatus and large apparatus Travel using low apparatus in a variety of ways Travel with a partner in a variety of ways
Spring 2	<u>Fundamental Movement Skills (U6)</u> To stop a rolling ball using different parts of our body To collect a ball in a balanced position To roll and chase a ball with control To explore different ways of moving on the floor	<u>Fundamental Movement Skills (U6)</u> To roll, chase and collect a ball with control To roll, chase and collect a ball from different starting positions To roll and collect the ball when completing more complex challenges, but still with control	<u>Fundamental Movement Skills (U6)</u> To roll, chase and collect a ball from different starting positions To roll and collect the ball when completing more complex challenges, but still with control To roll and collect the roll in the long barrier position	<u>Fundamental Movement Skills (U6)</u> To chase and catch a ball from a range of different starting positions To chase a bouncing ball and collect it in balanced positions To collect a ball in the long barrier position To balance on a low beam using a	<u>Fundamental Movement Skills (U6)</u> To roll, chase and collect a large ball with control To chase and stop a ball in a variety of controlled ways To react to a ball thrown overhead, chasing and then catching it To balance on a low beam while	<u>Fundamental Movement Skills (U2)</u> To move along a line fluidly in all directions, while maintaining our balance To balance on one leg with a partner To compete fairly in games of Steal the Treasure To side step, turn and perform 'grapevines',	<u>Fundamental Movement Skills (U2)</u> To play River Crossing and what tactics your team should use to be successful To maintain a 'Counter Balance' with a partner To compete fairly in games of River Crossing, taking on a variety of roles – player,

	<p>To balance in a mini-front support position To balance in a mini-front support position while moving objects in a controlled way</p>	<p>To maintain a balanced Front Support position To maintain balance in the Back Support position To maintain our balance when completing more complex challenges</p> <p><u>Ball Skills</u> To track and receive a ball To bounce a ball with control To throw and catch a ball To throw and catch with a partner To throw with accuracy To throw with control</p>	<p>To maintain balance in the Back Support position To maintain our balance when completing more complex challenges To balance in the front and back support positions while transferring objects onto and across the body</p> <p><u>Ball skills</u> To roll and stop the ball with control To throw different objects at a target To throw overarm for distance and accuracy To catch in a range of ways To bounce a ball and catch a bouncing ball To throw and catch, using a variety of objects</p>	<p>good stance position To balance on a low beam, while raising one knee To balance on a low beam while catching a ball</p> <p><u>Tag Rugby Skills</u> To evade and tag opponents To evade opponents while keeping control of the rugby ball. To pass the ball accurately and receive the ball safely. To pass the ball accurately and receive the ball safely on the move. To pass the ball accurately and receive the ball safely in a game situation. To apply learned skills in a game of tag rugby.</p>	<p>receiving a small force To balance on a low beam and catch a ball throw at various heights To balance on a low beam and hit a ball back to a partner</p> <p><u>Tag Rugby Skills</u> To throw and catch a rugby ball correctly To execute a successful pass of a rugby ball while on the move To know, understand and apply the rules of tagging in Tag Rugby To intercept the ball in a competitive game of Tag Rugby. To use attacking and defending skills and knowledge to make tactical decisions To apply attacking and defending</p>	<p>while balancing on a line To maintain a 'Counter Balance' with a partner To compete fairly in a Steal the Treasure competition</p> <p><u>Tag Rugby</u> To play conditioned games using some of the basic rules of Tag Rugby To develop passing backwards in attack and how to defend To progress basic skills into a conditioned game of Touch Rugby To initiate a technical Roll ball and understand the idea of a 3 person drive To understand the main rules in Touch and apply them to a conditioned game.</p>	<p>coach and official To side step, turn and perform 'grapevines', while balancing on a line To compete fairly in a River Crossing competition, taking on a variety of roles – player, coach and official</p> <p><u>Tag Rugby</u> To be able to evade and tag opponents To be able to pass and receive the ball at speed To be able to pass and receive a pass at speed in a game situation To refine attacking and defending skills To develop tactics as a team To apply learned skills in a game of tag rugby</p>
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					skills in a game of tag rugby and to watch and evaluate the performance of others.	To understand the main rules in Touch and apply them to a conditioned game.	
Summer 1	<p><u>Bat and Ball Skills</u> To hold a ball correctly Use a beanbag in different ways To use a bat to hit a ball To use racket to hit a ball To drop and catch a ball Use a ball with both hands</p>	<p><u>Fundamental Movement Skills (U4)</u> To roll a ball around the body with control To roll a ball around the body using one hand To maintain control of the ball when moving it around our body in different ways To balance with a partner in a seated balance position To balance with a partner in a standing balance position To balance with a partner to complete a range of challenges</p>	<p><u>Fundamental Movement Skills (U4)</u> To roll a ball around the body using one hand To maintain control of the ball when moving it around our body in different ways To maintain control of the ball when moving it in a range of different directions To balance with a partner in a standing balance position To balance with a partner to complete a range of challenges To balance with a partner on one leg</p>	<p><u>Tennis Skills</u> To use effective footwork, movement and positioning in the context of net and wall games To roll and throw a ball accurately To develop ball control when using a racket To hit a ball accurately using the forehand technique To use the backhand technique in different ways To play competitive net and wall-based games</p> <p><u>Outdoor Adventurous Activities</u></p>	<p><u>Tennis Skills</u> To be in the ready position before playing a shot To hit the ball and keeping a rally going To read the flight of the ball To understanding where to stand and move on the court To react to the ball direction and position ready for the shot To maintain a rally over a prolonged period of time</p> <p><u>Outdoor Adventurous Activities</u> To locate where a clue is on the school grounds</p>	<p><u>Tennis</u> To be able to change direction of ball To be able to push ball using forehand and backhand To understand what shots can be used in attacking play To be able to play a backhand shot To be able to play a tennis serve To be able to apply all skills learnt in a tennis match</p> <p><u>Outdoor adventurous Activities</u> To use a compass to navigate around an area</p>	<p><u>Tennis</u> To control the ball to develop a cooperative rally To developing the underarm serve To develop footwork and return of serve To be in the correct position on the court at all times To recover to the right place after each shot To develop the serve and recognise the 5 basic ways to win a point</p> <p><u>Outdoor Adventurous Activities</u> To build trust, when working in a small group</p>

		<p><u>Bat and Ball Skills</u> To hold a racket correctly and use it to control a beanbag in different ways To use a racket to hit a ball or beanbag with control To apply racket skills to play a target game To use a cricket bat to control a ball along the ground To use a cricket bat to hit a ball with control To apply bat and ball skills to play a small-sided game</p>	<p><u>Tennis Skills</u> To throw a ball to a partner correctly and with accuracy To use a tennis racket to move a tennis ball around the playground To understand the action we use when playing a tennis shot To hit the tennis ball with a racket correctly To aim tennis shot towards a target To be able to perform a rally with a partner</p>	<p>To create letter shapes with the body To work as a team in order to solve a problem To use a map to find a location To orientate a map around the school area To problem solve by following a set process To work together as a large group to solve a problem</p>	<p>To work as a team to solve a problem To solve problems as a pair To communicate clearly when you are not able to use one of your key senses To use teamwork to orienteer around a large area To complete a full orienteering task as quickly as possible</p>	<p>To work as a team to solve problems To use a map to navigate around an area to find certain clues To plan a strategy to solve problems as a group To build trust in a partner by guiding them when they have a lost one of their key senses To work together effectively as a team to reach a common goal</p>	<p>To use a compass to locate and move to particular areas on a map To use a map to visit a number of clues in a short space of time To work effectively in a large group To communicate clear with a partner to guide them safely around an area To work as a team to cross over an area, quickly and safely</p>
Summer 2	<p><u>Athletics Skills</u> To run at speed To jump for distance To throw for distance To complete obstacle races To understand what a Sports Day is</p>	<p><u>Athletics Skills</u> To move at different speeds To move along different pathways To jump for height To jump for distance</p>	<p><u>Athletic Skills</u> To walk and run with good posture and balance To describe how the use of arms can affect jumping for height To throw a small object for</p>	<p><u>Athletics Skills</u> To practise and refine existing running, jumping and throwing skills To sprint effectively and reach top speed</p>	<p><u>Athletics Skills</u> To practice and improve existing running, jumping and throwing skills To improve running technique for sprinting including the sprint finish</p>	<p><u>Athletics</u> To refine existing running, jumping and throwing skills To use an effective technique for sprinting including the sprint start</p>	<p><u>Athletics</u> To practice and refine fundamental skills needed for athletics To work as a team to competitively perform a sprint relay</p>

	<p>To understand competition and sportsmanship To understand the value of 'taking part' rather than winning</p> <p><u>Fundamental Movement Skills (U4)</u> Move a ball from one hand to the other Start slowly and then speed up. Roll a ball along the floor to make an imaginary shape, e.g. circle, triangle. Take turns with a partner to roll a ball in the shape of a letter or number Roll a ball around lots of different objects Move a ball around with the hands</p>	<p>To jump in different ways To perform a jumping sequence</p> <p><u>Ball Skills</u> To track and receive a ball To bounce a ball with control To throw and catch with control To throw and catch a ball with a partner To throw overarm accurately and for distance To throw a quoit correctly</p>	<p>distance using an overarm throw To complete different athletics events with speed, control and accuracy To take off from different position and land safely To throw using the pull throw technique for distance throwing</p> <p><u>Cricket Skills</u> To use the skills of rolling and stopping a ball To throw underarm with accuracy To throw overarm with accuracy and for distance To hold a cricket bat correctly and use it to hit a ball To use a range of cricket skills To combine skills to play a competitive team game</p>	<p>To run over hurdles, and at speed To jump for distance and land safely To develop and refine different throwing techniques To throw, using different push throw techniques</p> <p><u>Cricket Skills</u> To catch a ball with accuracy To use an overarm throw to hit a target with accuracy To strike a ball in an intended direction To successfully use a range of fielding techniques To use striking and fielding skills in a game To design and play games that use striking and fielding skills</p>	<p>To practise and improve relay running To jump for distance and land safely To pull throw for distance throwing To refine running, jumping and throwing skills</p> <p><u>Cricket Skills</u> To use correct techniques for catching a ball when fielding in cricket To use an overarm throw to hit a target with accuracy and use the long barrier technique to stop a rolling ball To use defensive hitting techniques for batting in cricket To use attacking hitting techniques for batting in cricket To use the correct technique for bowling overarm</p>	<p>To sustain my running pace over longer distances To practise jumping for height To fling throw correctly for distance To use a variety of throwing techniques</p> <p><u>Cricket</u> To bowl overarm correctly and accurately To bat the ball using the 'Straight Drive' shot To field the ball correctly and throw accurately at a target To play small group games of cricket using the roles of batter, fielder, bowler, wicketkeeper and umpire To use defending and attacking tactics in a game of cricket</p>	<p>To control running pace over a range of distances To refine hurdling technique To practice and refine jumping techniques To throw for distance using a heave throw technique</p> <p><u>Cricket</u> To react quickly and catch balls thrown at different heights and angles To attack the ball using effective fielding techniques To throw the ball accurately over a large distance To strike a bowled ball over a large distance into space To bowl a ball overarm at a target</p>
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					in cricket from a standing position To use a range of fielding, batting and bowling skills in a Kwik Cricket match	To use the roles learnt previously to adapt the game of cricket	To apply cricket skills to full games Demonstrate selection of most effective techniques in a competitive situation.
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