Football (6 Lessons)

Pupils will be encouraged to persevere when developina competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They learn to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will be given opportunities to select and apply tactics to outwit the opposition



Tennis (6 Lessons)

Tennis is a net and wall game. In this unit pupils develop their understanding of the principles of net and wall games. In all games activities. pupils have to think about how they use skills, strategies and tactics to outwit the opposition, Pupils learn key skills such as racket control, hitting a ball and how to score points. Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.



Tag Rugby (6 Lessons

In this unit pupils will learn to keep possession of the ball using attacking skills. They will play uneven and then even sided games, developing strategies and social skills to self-manage games. Pupils will understand the importance of playing fairly and keeping to the rules. Pupils will think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances and suggest improvements.



Yoga

(6 Lessons) In this project, pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve wellbeing by building strength. flexibility and balance. The learning includes breathing and meditation. Pupils will work independently and with others to create their own yoga flows



Ball skills (6 Lessons) In this unit pupils have

opportunities to develop a variety of ball skills without the restrictions of specific rules related to well known games. They will develop their accuracy and consistency when tracking a ball, explore a variety of throwing techniques and learn to select the appropriate throw for the situation. They will develop catching with one and two hands as well as dribbling with feet and hands. These skills are applied to small group games. Pupils will have the



Baskethall (6 Lessons)

Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking throwing. catching and dribbling. Pupils will learn to use attacking skills to maintain possession of the ball. They will start by playing uneven and then move onto even sided games. Pupils will understand the importance of playing fairly and to the rules. They will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition as well as learn how to evaluate



Hockey (6 Lessons

Pupils will learn to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending. receiving and dribbling a ball They will start by playing uneven and then move onto even sided games. They will begin to think about defending and winning the ball. Pupils will be encouraged to think about how to use skills, strategies and tactics to outwit the opposition. Pupils will understand the importance of playing fairly and keeping to the rules. They will be encouraged to be a supportive teammate and identify why this



Fitness

(6 Lessons) In this unit pupils will take part in a range of activities that explore and develop different areas of their health and fitness. Pupils will be given opportunities to work at their maximum and improve their fitness levels. recognising how the activities make them feel. They will need to persevere when they aet tired or when they find a challenge hard and are encouraged to support others to do the same. Pupils are asked to recognise areas for improvement and suggest activities that they could do to do this Punils will be encouraged to work safely and with control.



Athletics (6 Lessons)

styles and

In this unit pupils will develop the fundamental skills of balancing, running, In this unit, pupils will iumping, hopping and develop basic running, skipping. Pupils will jumping and throwing develop their ability to techniques. They are change direction with set challenges for balance and control. distance and time that They will be given the involve using different opportunity to explore how the body moves at combinations of different speeds as running, jumping and well as how to throwing. As in all athletic activities. accelerate and decelerate. pupils think about how Pupils will be asked to to achieve their observe and recognise greatest possible improvements for their speed, distance or own and others' accuracy and learn performances and how to persevere to identify areas of achieve their personal strength and areas for best. Pupils are also development. Pupils given opportunities to will be given the measure, time and opportunity to work on

(6 Lessons)



Pupils learn how to score points by striking a ball into space and running around cones or bases When fielding, they learn how to play in different fielding roles. They focus on developing their throwing catching and batting skills. In all games activities, pupils have to think about how they use skills. strategies and tactics to outwit the opposition. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.



Rounders



(6 Lessons)

Golf is a target game. As in all target games, in this unit, pupils will explore and develop their accuracy of aiming at a target. In golf, pupils do this using a club. Pupils will develop their understanding of techniques to use over long and short distances. They will have opportunities to apply their skills and knowledge in a range of challenges working individually and with others in both cooperative and competitive environments.

Pupils will learn how to work safely whilst playing golf and develop an awareness of how to play within the rules of the given game.

Year



Football (6 Lessons)

Pupils will be encouraged to persevere when developing competencies in key skills and principles such as defending, attacking, sending, receiving and dribbling a ball. They will start by playing uneven and then move onto even sided games. They learn to work one on one and cooperatively within a team, showing respect for their teammates, opposition and referee. Pupils will

be given opportunities

to select and apply

tactics to outwit the

opposition



Tennis

(6 Lessons) Tennis is a net and wall game. In this unit pupils develop their understanding of the principles of net and wall games. In all games activities. pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are

given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.



Tag Rugby (6 Lessons

In this unit pupils will learn to keep possession of the bal using attacking skills. They will play uneven and then even sided games, developing strategies and social skills to self-manage games. Pupils will understand the importance of playing fairly and keeping to the rules. Pupils will think about how to use skills, strategies and tactics to outwit the opposition. They will learn how to evaluate their own and others' performances and suggest

improvements.



Yoga (6 Lessons) In this project, pupils learn about mindfulness and body awareness. They learn voga poses and techniques that will help them to connect their mind and body. The unit looks to improve wellbeing by building strength, flexibility and balance. The learning includes breathing and meditation. Pupils will work independently and with others to create their own yoga flows



opportunity to take on

different roles and

work both individually

and with others

Dodgeball

(6 Lessons) Dodgeball is a target game. In this unit pupils will improve on kev skills used in dodgeball such as throwing, dodging and catching. They learn how to apply simple tactics to outwit their opponents. In dodgeball, pupils achieve this by hitting opponents with a ball whilst avoiding being hit Pupils are given opportunities to play games independently and are taught the importance of being honest whilst playing to the rules.



their own and others'

performances

Pupils will be encouraged to persevere when developina competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling. Pupils will learn to use attacking skills to maintain possession of the ball. They will start by playing unever and then move onto even sided games. Pupils will understand the importance of playing fairly and to the rules. They will be encouraged to think about how to use skills, strategies and tactics to outwit the

opposition as well as



Pupils will learn to contribute to the game use simple attacking tactics to outwit the fairly and keeping to the rules. They will be

encouraged to be a



behaviour is important.

by helping to keep possession of the ball. In this unit pupils will take part in a range of tactics using sending, activities that explore receiving and dribbling and develop different a ball. They will start areas of their health by playing uneven and and fitness. Pupils will then move onto even be given opportunities sided games. They will to work at their begin to think about maximum and improve defending and winning their fitness levels, the ball. Pupils will be recognising how the encouraged to think activities make them about how to use feel. They will need to skills, strategies and persevere when they get tired or when they opposition. Pupils will find a challenge hard understand the and are encouraged to importance of playing support others to do



Fitness (6 Lessons)

the same. Pupils are

asked to recognise

areas for improvement

In this unit, pupils will develop basic running. jumping and throwing techniques. They are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities. pupils think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal

best.



record scores

(6 Lessons

Netball (6 lessons) Netball is an invasion game. In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities. pupils have to think about how they use skills, strategies and tactics to outwit the opposition. In netball pupils do this by maintaining possession and moving the ball towards goal to score. Pupils develop their understanding of the

importance of fair play

and honesty while self-



their own and with

others, taking turns

and sharing ideas.

Pupils learn how to score points by striking a ball into space and running around cones or bases. When fielding, they learn how to play in different fielding roles. They focus on developing their throwing. catching and batting skills. In all games activities, pupils have to think about how they use skills, strategies and tactics to outwit the opposition. Pupils are given opportunities to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the



Golf (6 Lessons)

Golf is a target game. As in all target games, in this unit, pupils will explore and develop their accuracy of aiming at a target. In golf, pupils do this using a club. Pupils will develop their understanding of techniques to use over long and short distances. They will have opportunities to apply their skills and knowledge in a range of challenges working individually and with others in both cooperative and competitive environments.

Pupils will learn how to

and suggest activities learn how to evaluate supportive teammate managing games and people they play with that they could do to their own and others' and identify why this learning and abiding by and against. do this. Pupils will be performances behaviour is important. key rules, as well as encouraged to work evaluating their own safely and with control and others' performances. Autumn Sprina Summer Year 5 Athletics (6 Lessons Tag Rugby (6 Lessons In this unit, pupils are In this unit pupils will set challenges for Rounders Netball Basketbal develop key skills and distance and time that (6 Lessons) Dodgeball (6 lessons) **Fitness** Tennis principles such as involve using different (6 Lessons) Netball is an invasion (6 Lessons) In this unit pupils will (6 Lessons) Yoga (6 Lessons) quality and Pupils will improve defending, attacking, styles and game. In this unit Dodgeball is a target Swimming develop key skills and In this unit pupils will (6 Lessons) their defending and Tennis is a net and throwing, catching, combinations of pupils develop their game. In this unit (12 Lessons) principles such as take part in a range of Pupils learn about wall game. In this unit running and dodging. running, jumping and attacking play, This unit is aimed at understanding of the defending, attacking, pupils improve on key activities that explore mindfulness and body pupils develop their When attacking, pupils throwing. As in all developing further attacking and developing swimmers skills used in dodgeball throwing, catching, and develop different awareness. They learn understanding of the will support the ball athletic activities, knowledge of the defending principles of dribbling and shooting. such as throwing, In this unit, pupils will areas of their health yoga poses and principles of net and principles and tactics carrier using width and pupils think about how invasion games. In all be introduced to dodging and catching. Pupils will learn to use and fitness. They will techniques that will wall games. In all of each. Pupils will drawing defence. to achieve their games activities. They learn how to specific swimming attacking skills to learn different games activities, help them to connect When defending, pupils greatest possible begin to develop select and apply strokes on their front pupils have to think maintain possession components of fitness their mind and body. pupils have to think consistency and learn how to tag, how speed, height, distance and on their back. They about how they use including speed, as well as defending tactics to the game to The unit looks to about how they use to track and slow down or accuracy and learn control in dribbling. outwit their opponent. will learn how to travel, skills, strategies and skills to gain stamina, strength, coimprove well being by skills, strategies and an opponent, working how to persevere to passing and receiving tactics to outwit the In dodgeball, pupils float and submerge possession. Pupils will ordination, balance building strength, tactics to outwit the as a defensive unit. achieve their personal a ball. They will also opposition. In netball be encouraged to work achieve this by hitting with increasing and agility. Pupils will flexibility and balance. opposition. Pupils are best. They learn how to learn the basics of They will play pupils do this by opponents with a ball confidence. They will The learning includes collaboratively to think be given opportunities given opportunities to collaboratively in both goalkeeping, Pupils improve by identifying maintaining whilst avoiding being learn and use different about how to use to work at their work co-operatively breathing and areas of strength as uneven and then even will evaluate their own possession and hit. Pupils are given kicking and arm skills, strategies and maximum and improve meditation taught and other's with others as well as sided games. Pupils well as areas to opportunities to play actions. Pupils will be moving the ball tactics to outwit the on their personal through fun and independently, they are develop. Pupils are nerformances, will be encouraged to towards goal to score games independently given opportunities to opposition. They fitness levels. They will engaging activities. able to lead and think about how to use also given suggesting Pupils develop their and are taught the observe others and develop their need to persevere Pupils will be given the officiate showing improvements. They skills, strategies and opportunities to lead understanding of the understanding of the importance of being provide feedback. They when they get tired or honesty and fair play opportunity to work when officiating as will learn the tactics to outwit the importance of fair play honest whilst playing will also be introduced collaboratively with importance of fair play when they find a importance of playing whilst abiding by the opposition. They well as observe and and honesty while self and honesty while self to the rules. Pupils are to some personal challenge hard and are rules. Pupils develop others and be given provide feedback to games fairly, abiding develop their managing games and survival skills and how given opportunities to managing games, as encouraged to support the opportunity to by the rules of the their tactical understanding of the others. learning and abiding by to stay safe around evaluate and suggest others to do the same. well as developing create their own flows awareness, learning importance of fair play game and being kev rules, as well as improvements to their their ability to evaluate water Pupils are asked to and lead others. and honesty while self respectful of their how to outwit an In this unit pupils learn evaluating their own own and others' their own and others' recognise areas in the following athletic opponent. managing games, as teammates, opponents and others' performances. performances which they make the well as developing activities: long competitively. and referees. performances. most improvement their ability to evaluate distance running, using the data they their own and others' sprinting, relay, triple have collected. performances. jump, shot put and javelin. Year 6



Football (6 Lessons)

Pupils will improve their defending and attacking play, developing further knowledge of the principles and tactics of each Punils will begin to develop consistency and



Tennis (6 Lessons)

Tennis is a net and wall game. In this unit pupils develop their understanding of the principles of net and wall games. In all games activities, pupils have to think about how they use skills, strategies and



Tag Rugby (6 Lessons

In this unit pupils will develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball



Yoga (6 Lessons)

Pupils learn about mindfulness and body awareness. They learn yoga poses and techniques that will help them to connect their mind and body. The unit looks to improve well being by building strength,



Dodgeball (6 Lessons)

Dodgeball is a target game. In this unit pupils improve on key skills used in dodgeball such as throwing, dodging and catching. They learn how to select and apply tactics to the



Raskethall (6 Lessons) In this unit pupils will

develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting. Pupils will learn to use attacking skills to maintain possession as well as defending



Hockey (6 Lessons)

In this unit pupils will improve their defending and attacking skills playing even-sided games. They will start to show control and fluency in dribbling, sending and receiving a ball in a



Fitness

(6 Lessons) In this unit pupils will take part in a range of activities that explore and develop different areas of their health and fitness. They will learn different





(6 Lessons)

In this unit, pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. As in all athletic activities. pupils think about how



Netball

(6 lessons) Netball is an invasion game. In this unit pupils develop their understanding of the attacking and defending principles of invasion games. In all games activities

Pupils develop the consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. They learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. In all games activities. pupils have to think about how they use skills, strategies and tactics to outwit the opposition, Pupils work with a partner and group to organise and self-manage their own games. Pupils play with honesty and fair play when playing

Pupils develop the

quality and

consistency of their

fielding skills and

understanding of when

to use them such as

throwing underarm and

overarm, catching and

retrieving a ball. They

learn how to play the



work safely whilst

playing golf and

develop an awareness

of how to play within

the rules of the given

game.

(6 Lessons)

Golf is a target game. As in all target games, in this unit, pupils will explore and develop their accuracy of aiming at a target. In golf, pupils do this using a club. Pupils will develop their understanding of techniques to use over long and short distances. They will have opportunities to apply their skills and knowledge in a range of challenges working individually and with others in both cooperative and competitive environments Pupils will observe and recognise improvements for their own and others' skills They will be given opportunities to work on their own and with others. As well as design their own



Golf (6 Lessons)

course.

Golf is a target game. As in all target games, in this unit, pupils will explore and develop their accuracy of aiming at a target. In golf, pupils do this using a club. Pupils will develop their

control in dribbling,	tactics to outwit the	carrier using width and	flexibility and balance.	game to outwit their	skills to gain	small game situation	components of fitness	to achieve their	pupils have to think	different roles of	understanding of
passing and receiving	opposition. Pupils are	drawing defence.	The learning includes	opponent. In	possession. Pupils will	and under some	including speed,	greatest possible	about how they use	bowler, backstop,	techniques to use over
a ball. They will also	given opportunities to	When defending, pupils	breathing and	dodgeball, pupils	be encouraged to work	pressure. Pupils will be	stamina, strength, co-	speed, distance or	skills, strategies and	fielder and batter and	long and short
learn the basics of	work co-operatively	learn how to tag, how	meditation taught	achieve this by hitting	collaboratively to think	encouraged to think	ordination, balance	accuracy and learn	tactics to outwit the	to apply tactics in	distances. They will
goalkeeping. Pupils	with others as well as	to track and slow down	through fun and	opponents with a ball	about how to use	about how to use	and agility. Pupils will	how to persevere to	opposition. In netball	these positions. In all	have opportunities to
will evaluate their own			•	''		tactics and collaborate	, , ,		1.1		
	independently, they are	an opponent, working	engaging activities.	whilst avoiding being	skills, strategies and	II.	be given opportunities	achieve their personal	pupils do this by	games activities,	apply their skills and
and other's	able to lead and	as a defensive unit.	Pupils will be given the	hit. Pupils are given	tactics to outwit the	with others to outwit	to work at their	best. They learn how to	maintaining	pupils have to think	knowledge in a range
performances,	officiate showing	They will play	opportunity to work	opportunities to play	opposition. They	their opposition. Pupils	maximum and improve	improve by identifying	possession and	about how they use	of challenges working
suggesting	honesty and fair play	collaboratively in both	collaboratively with	games independently	develop their	will comment on their	on their personal	areas of strength as	moving the ball	skills, strategies and	individually and with
improvements. They	whilst abiding by the	uneven and then even	others and be given	and are taught the	understanding of the	own and other's	fitness levels. They will	well as areas to	towards goal to score.	tactics to outwit the	others in both co-
will learn the	rules. Pupils develop	sided games. Pupils	the opportunity to	importance of being	importance of fair play	performances and	need to persevere	develop. Pupils are	Pupils develop their	opposition. Pupils	operative and
importance of playing	their tactical	will be encouraged to	create their own flows	honest whilst playing	and honesty while self	suggest ways to	when they get tired or	also given	understanding of the	work with a partner	competitive
games fairly, abiding	awareness, learning	think about how to use	and lead others.	to the rules. Pupils are	managing games, as	improve. They will also	when they find a	opportunities to lead	importance of fair play	and group to organise	environments. Pupils
by the rules of the	how to outwit an	skills, strategies and		given opportunities to	well as developing	recognise the	challenge hard and are	when officiating as	and honesty while self-	and self-manage their	will observe and
game and being	opponent.	tactics to outwit the		evaluate and suggest	their ability to evaluate	importance of fair play	encouraged to support	well as observe and	managing games and	own games. Pupils	recognise
respectful of their		opposition. They		improvements to their	their own and others'	and honesty while self	others to do the same.	provide feedback to	learning and abiding by	play with honesty and	improvements for their
teammates, opponents		develop their		own and others'	performances	managing games.	Pupils are asked to	others.	key rules, as well as	fair play when playing	own and others' skills
and referees		understanding of the		performances.			recognise areas in		evaluating their own	competitively.	
u		importance of fair play		poaa			which they make the	In this unit pupils learn	and others'		
		and honesty while self					most improvement	the following athletic	performances.		
		managing games, as					using the data they	activities: long	performances.		
		well as developing					have	distance running, short			
							liave	,			
		their ability to evaluate						distance running, triple			
		their own and others'						jump, discus and shot			
		performances.						put.			