

Term/Week	Knowledge, Skills and Understanding (KSU)							
	Topic/Lesson content	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn (i) & (ii)	Fitness Circuits and Orienteering	<p>Multi Ability Testing-Agility, Balance and Coordination and apply these in a range of activities. i.e., Teacher led simple circuits.</p> <p>OAA – orienteering using simple flags/clues/markers placed around school.</p> <p>Teamwork/Team Building Games</p>	<p>Multi Ability Testing-Agility, Balance and Coordination and apply these in a range of activities. i.e., Teacher led simple circuits.</p> <p>OAA – orienteering using simple flags/clues/markers placed around school.</p> <p>Teamwork/Team Building Games</p>	<p>Multi Ability Testing-Agility, Balance and Coordination and apply these in a range of activities. i.e. Teacher led simple circuits.</p> <p>OAA – orienteering using simple flags/clues/markers placed around school.</p> <p>Teamwork/Team Building Games</p>	<p>Multi Ability Testing- Teacher led Fitness Circuit Agility, Balance and Coordination and apply these in a range of activities. i.e. Simple circuits (children think of own activities)</p> <p>OAA-orienteering using simple maps, flags/clues/markers placed around school.</p> <p>Teamwork/Team Building Games</p>	<p>Multi Ability Testing- Teacher led Fitness Circuit Agility, Balance and Coordination and apply these in a range of activities. i.e. Simple circuits (children think of own activities)</p> <p>OAA-orienteering using simple maps, flags/clues/markers placed around school.</p> <p>Teamwork/Team Building Games</p>	<p>Multi Ability Testing- Teacher led Fitness Circuit. Use outdoor gym equipment as part of fitness circuits.</p> <p>Pupils to suggest simple activities for each station.</p> <p>OAA-Orienteering – Develop problem solving skills individually and as a group.</p> <p>Teamwork/Team Building Games</p>	<p>Fitness training-planning the circuit-endurance/stamina and speed.</p> <p>Use new outdoor gym equipment as part of fitness circuits.</p> <p>OAA-Orienteering – Use skills to solve problems individually and as a group. Children plan and set out own courses around school for others to follow. Simple map work.</p> <p>Teamwork/Team Building Games</p>
Spring (i)	Gymnastics & Dance	<p>Gymnastics-Travel, ways of moving.</p> <p>Dance-developing movement patterns. Floor balances & routines.</p>	<p>Gymnastics-Travel, ways of moving.</p> <p>Dance-developing movement patterns. Floor balances & routines.</p>	<p>Gymnastics-Travel, ways of moving.</p> <p>Dance-developing movement patterns. Floor balances & routines.</p>	<p>Gymnastics- develop flexibility, strength, technique, control & balance. Different point balances.</p> <p>Dance-developing movement using a range of patterns. Cross Curricular</p>	<p>Gymnastics- develop flexibility, strength, technique, control & balance. Different point balances.</p> <p>Dance-developing movement using a range of patterns. Cross Curricular</p>	<p>Gymnastics- develop flexibility, strength, technique, control & balance. Different point balances.</p> <p>Dance-developing movement using a range of patterns. Cross Curricular Movement/Fitness routines on Apple TV</p>	<p>Gymnastics-developing sequences – develop technique. Choice of balances to create a routine. Flight – improving take off & landing using springboard.</p> <p>Dance-developing a movement phrase changing speed, levels. Cross Curricular.</p> <p>Movement/Fitness routines on Apple TV</p>

Spring (ii)	Competitive/ Invasion Games	Invasion Games-Football. Basic skills – ball control, passing, dribbling	Invasion Games-Football. Basic skills – ball control, passing, dribbling.	Invasion Games-Football. Basic skills – ball control, passing, dribbling, shooting.	Invasion Games- Football. Basic skills – ball control, passing, dribbling and shooting. Fun team games.	Invasion Games- Football. Basic skills – ball control, passing, dribbling and shooting. Fun team games.	Competitive/Invasion Games -Football dribbling/passing skills, small sided games applying basic principles suitable for attacking & defending.	Competitive/Invasion Games – Football dribbling/passing, small sided games applying basic principles for attacking & defending.
Summer (i)	Striking & Fielding	Striking and Fielding-Rounders/Cricket-ball skills throwing, catching and hitting balls of varying sizes with different bats and racquets.	Striking and Fielding-Rounders/Cricket-ball skills throwing, catching and hitting balls of varying sizes with different bats and racquets.	Striking and Fielding-Rounders/Cricket-ball skills throwing, catching and hitting balls of varying sizes with different bats and racquets.	Striking and Fielding-Rounders/Cricket-ball skills throwing, catching and hitting balls of varying sizes with different bats and racquets.	Striking and Fielding-Rounders/Cricket-ball skills throwing, catching and hitting balls of varying sizes with different bats and racquets.	Striking and Fielding-throwing, catching and batting – Adapted rounders/Kwik cricket.	Striking and Fielding-throwing and catching and different batting techniques. Kwik cricket – rules, fielding and batting skills. Simplified rules of rounders.
Summer (ii)	Athletics	Athletics-master basic movements including running, jumping and throwing. Practise Sports Day events.	Athletics-master basic movements including running, jumping and throwing. Practise Sports Day events.	Athletics-master basic movements including running, jumping and throwing. Practise Sports Day events.	Athletics – Running, jumping and throwing (javelin, discus & shot) in preparation for Sports Day. Compare performances with previous ones & demonstrate ways to improve to achieve their personal best.	Athletics – Running, jumping and throwing (javelin, discus & shot) in preparation for Sports Day. Compare performances with previous ones & demonstrate ways to improve to achieve their personal best.	Athletics – Running, jumping and throwing (javelin, discus & shot) develop strength (i.e. to improve distance of a throw). Compare performances with previous ones & demonstrate ways to improve to achieve their personal best.	Athletics-techniques for sprinting, jumping and throwing. (javelin, discus & shot) Develop strength (i.e. to improve distance of a throw). Compare performances with previous ones & demonstrate ways to improve to achieve their personal best.
	Net and racquet	Net and Racquet-developing ball control and grip.	Net and Racquet-developing ball control and grip.	Net and Racquet-developing ball control and grip.	Net and Racquet-developing ball control in a simple rally and developing grip.	Net and Racquet-developing ball control in a simple rally and developing grip.	Net and Racquet-developing a simple rally – tennis/badminton	Net and Racquet-mini red tennis developing a rally. Playing in doubles. Mini tournament.

Resources:

Useful subject links: