

Year Group	Unit 1 (Autumn 1)	Unit 2 (Autumn 2)	Unit 3 (Spring 1)	Unit 4 (Spring 2)	Unit 5 (Summer 1)	Unit 6 (Summer 2)
Early Years	<p>Fundamental movement skills How do you catch a ball? Showing dominance of a preferred hand <i>New learning</i></p>	<p>Fundamental movement skills Demonstrates increasing control when throwing, catching, rolling and kicking. <i>New learning</i></p>	<p>Gymnastics Can you control your body when travelling and balancing? <i>New learning</i></p>	<p>Gymnastics Can they jump and land with control. <i>New learning</i></p>	<p>Fundamental movements Showing good control and coordination <i>New learning</i></p>	<p>Fundamental movements Athletics To understand how to throw new objects <i>New learning</i></p>
Year 1	<p>Fundamental movement skills Can you move with control while performing a skill <i>Builds on from Fundamental movement skills from early years</i></p>	<p>Fundamental movement skills Can they throw in different ways? Explain why they perform that skill? <i>Builds on from Fundamental movement skills from early years</i></p>	<p>Health and Fitness Describe how their body feels before during and after exercise. <i>New learning</i></p>	<p>Gymnastics/dance Can you copy sequences and repeat them with control <i>New learning</i> <i>Builds on from early years gymnastics</i></p>	<p>Fundamental movements Strike and fielding Can they catch with both hands and hit a ball with a bat <i>Builds on from Fundamental movement skills from early years</i></p>	<p>Fundamental movements Athletics Can they run, throw, and understand how to measure scores. <i>Builds on from Fundamental movement skills from early years</i></p>
Year 2	<p>Fundamental movement skills Use basic skills in competitive situation <i>Builds on from year 1 Fundamental movements</i></p>	<p>Fundamental movement skills/ football Can use hitting, kicking and rolling in a game <i>Builds on from Fundamental movement skills from early years</i> <i>New learning</i></p>	<p>Health and Fitness Can they demonstrate how to exercise safely <i>Builds on from year 1 fitness</i></p>	<p>Gymnastics Can they plan and show a sequence of movement <i>Builds on from year 1 gymnastics</i></p>	<p>Rounders/tennis Can they decide on the place to be positioned during a game? <i>New learning</i> <i>Builds on from Fundamental movement skills from year 1</i></p>	<p>Fundamental movements Athletics Can they say how they could improve their result <i>Builds on from Fundamental movement skills from year 1</i></p>
Year 3	<p>Matball/ hockey What is an invasion game? Do they know rules and use e them to keep the game fair <i>New learning</i></p>	<p>Football/ skittleball What skills can be used invasion games? Can they keep possession of the ball with some success <i>Builds on from year 2 football and year 3 matball unit</i></p>	<p>Health and Fitness Explain why it is important to warm up and cool down? <i>Builds on from year 2 fitness</i></p>	<p>Gymnastics/dance Can they compare other student sequence and use their ideas to improve their own work <i>Builds on from year 2 gymnastics and ks1 dance</i></p>	<p>Rounders/tennis/ cricket Are they aware of space and are able to use space to cause problems for the oppositions <i>Builds on from striking and fielding unit in year 2</i></p>	<p>Athletics They can link running with jumping activities with control Are able to throw a number objects and recognise how to improve performance. <i>New learning</i></p>

Year 4	<p>Tag rugby/hockey They can vary tactics and adapt skills to what is happening</p> <p><i>New learning</i></p>	<p>Football/handball They can move to find a space when they are not in possession of the ball</p> <p><i>Builds on from year 3 football year 3 matball</i></p>	<p>Health and Fitness Can explain why keeping fit is good for their health</p> <p><i>Builds on from year 3 fitness</i></p>	<p>Gymnastics/dance Can work with a partner to create, repeat and improve a sequence with at least 3 phrases. They can take lead when working with a partner or a group.</p> <p><i>Builds on from year 3 gymnastics and dance</i></p>	<p>Rounders/tennis/ cricket Can hit a ball accurately and with control</p> <p><i>Builds on from striking and fielding unit in year 3</i></p>	<p>Athletics They can jump in different ways, run over a long distance and sprint shot distance.</p> <p><i>Builds on from year 3 athletics</i></p>
Year 5	<p>Tag rugby/hockey They can gain possession working as a team</p> <p><i>Builds on from rugby and hockey from year 4</i></p>	<p>Football/handball They can pass in different ways. They can use a number of techniques to pass, dribble and shoot.</p> <p><i>Builds on from year 4 football and handball</i></p>	<p>Health and Fitness Can explain why exercise is important</p> <p><i>Builds on from year 4 fitness</i></p>	<p>Netball/basketball Can choose the best tactics for attacking and defending.</p> <p><i>New learning and Builds on from year 5 handball unit</i></p>	<p>Rounders/tennis/ cricket They can use forehand and back hand with a racquet. Can they field?</p> <p><i>Builds on from striking and fielding unit in year 4</i></p>	<p>Athletics Can they throw with accuracy? Can they follow specific rules Can compare skills and techniques others have used.</p> <p><i>Builds on from year 4 athletics</i></p>
Year 6	<p>Tag rugby/hockey They can explain complicated rules. Can they lead others in game situations</p> <p><i>Builds on from rugby and hockey from year 5</i></p>	<p>Football/handball Can they make a team plan and communicate with others</p> <p><i>Builds on from year 5 football and handball</i></p>	<p>Fitness/dance Can explain why they need regular exercise. Can they create imaginative dances</p> <p><i>Builds on from year 4 dance</i> <i>Builds on from year 5 fitness</i></p>	<p>Netball/basketball Do they apply their skills, techniques and ideas? Can they analyse and explain why they have used specific skills or techniques.</p> <p><i>Builds on from year 5 basketball and netball unit</i></p>	<p>Rounders/tennis/ cricket Can they choose the best tactics to defend and to attack?</p> <p><i>Builds on from striking and fielding unit in year 5</i></p>	<p>Athletics Can they demonstrate stamina? Can they create their own success criteria for evaluating</p> <p><i>Builds on from year 5 athletics</i></p>