|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Year 3** | **Year 4** | **Year 5** | **Year 6** |
| **Autumn 1** | **DANCE (Dance East)**  **O.A.A.** | **GYMNASTICS (Bridges)**  **O.A.A.** | **NET/WALL: Squash**  **O.A.A.** | **NET/WALL: Squash**  **INVASION: Netball** |
| **Links to prior learning**  ***Sticky Vocabulary*** | Respond to different stimuli. Whole group movement. Sequences, relationships & performance. (Yr2)  stimuli, character, expression, gesture, performance  Team building & communication. (Yr2)  Problem-solve, communicate, lead, follow, trust | How to be an ‘excellent’ gymnast. Explore movements & balances in a symmetrical way. (Yr3)  fluency, contrast, unison, canon,  Collaborate effectively. Apply simple tactics. Develop leadership skills. (Yr3)  challenge, combine, plan, assess, solve | Forehand, backhand, serve – apply in game situations to win points. (Yr4)  tactic, volley, underarm, overarm,  Collaborate & communicate effectively. Apply simple tactics. Leadership skills. (Yr4)  design, instruct, extend | Forehand, backhand, serve, volley – apply in games to win points. (Yr5)  overhead, positioning, strategy,  Passing, footwork, shooting & officiating in mini games. (Yr5)  collaborate, free pass, penalty pass, re-possession, compete |
| **Autumn 2** | **GYMNASTICS: Symmetry/Asymmetry**  **INVASION: Netball** | **DANCE (Dance East)**  **INVASION: Netball** | **ATHLETICS: Sportshall Athletics**  **INVASION: Netball** | **ATHLETICS: Sportshall Athletics**  **INVASION: Tag Rugby** |
| **Links to prior learning**  ***Sticky Vocabulary*** | How to be a ‘champion’ gymnast – silence, stretching toes & fingers, still balances (Yr2)  control, pathway, direction, symmetry, asymmetry  Passing & receiving & keeping possession. (Yr2)  control, space, defend, attack, teamwork | Partner sequences in character to show relationship. Thematic dance motifs. (Yr3)  phrases, dynamics, contact, focus, pattern,  Passing, receiving & creating space. Combining passing & moving. (Yr3)  footwork, score, compete, positions, pivot | Running at speed, throwing for accuracy & distance, standing jumps. (Yr4)  technique, agility, strategy, precision  Passing, moving, shooting & footwork developed. (Yr4)  opposition, perform, consistent, intercept, block | Relays, throwing for accuracy, standing jumps, evaluating performance. (Yr5)  technique, agility, strategy, precision  Passing & moving to create attacking opportunities. Defending tactics. (Yr5)  try-area, contest, support, compete, perform |
| **Spring 1** | **NET/WALL: Squash**  **INVASION: Hockey** | **NET/WALL: Squash**  **INVASION: Hockey** | **DANCE (Dance East)**  **INVASION: Hockey** | **HEALTH-RELATED FITNESS**  **INVASION: Hockey** |
| **Links to prior learning**  ***Sticky Vocabulary*** | Sending & striking with intent. (Yr2)  forehand, backhand, serve, racket,  How to dribble & control a ball. (Yr2)  dribble, control, pass, push, fair play | Forehand, backhand, mini games. How to outwit an opponent. (Yr3)  return, score, ready position, boundaries  Passing, receiving, moving to create space. Shooting. (Yr3)  intercept, opposition, compete, defend, attack | Contrasting relationships & interlinking dance movements. Choreography & performance. (Yr4)  improvisation, motif, formation, choreography  Combine passing & dribbling to create attacking & shooting opportunities. Blocking & tackling. (Yr4)  position, power, distance, perform, tactics | Cardio fitness, flexibility & strength. (Yr5)  Defending, tackling, passing, dribbling. Transition from defence to attack. (Yr5)  retain, pressure, support, consistent, tactical |
| **Spring 2** | **DANCE: Weather or Wildcats**  **INVASION: Tag Rugby** | **DANCE: Cats, Space or Umbrella**  **INVASION: Tag Rugby** | **GYMNASTICS: Counter Balance/Tension**  **STRIKING & FIELDING: Cricket** | **GYMNASTICS: Matching & Mirroring**  **STRIKING & FIELDING: Cricket** |
| ***Links to prior learning***  ***Sticky Vocabulary*** | Respond to stimuli. Whole group movement. Linking movements & creating motifs. (Yr2)  stimuli, character, expression, gesture, performance  Passing & receiving. Explored dodging, attacking & defending. (Yr2)  forwards, backwards, sideways, tag, pass | Develop characters, extend stories, develop characterisation. (Yr3)  phrases, dynamics, contact, focus, pattern,  Moving with the ball, passing & receiving. Tagging. Creating space. (Yr3)  possession, attack, defend, | Explore movements & balances creating bridges & sequence formation. (Yr4)  complex sequence, adaptation,  Batting & fielding, bowling underarm, stopping & returning ball. Striking the ball. (Yr4)  boundary, stumps, bail, wicket, stance | Apply ‘excellent’ gymnastics to everything & explore new concepts. (Yr5)  elements, combinations,  Batting & bowling tactics; refined stopping, catching & throwing. Combine bowling & fielding tactics. Scoring. (Yr5)  defensive, offensive, over, single, wide ball |
| **Summer 1** | **ATHLETICS & HEALTH-RELATED FITNESS**  **STRIKING & FIELDING: Cricket** | **ATHLETICS & HEALTH-RELATED FITNESS**  **STRIKING & FIELDING: Cricket** | **ATHLETICS & HEALTH-RELATED FITNESS**  **INVASION: Tag Rugby** | **DANCE (DANCE EAST)**  **ATHLETICS** |
| ***Links to prior learning***  ***Sticky Vocabulary*** | Jumping combinations, running  speed, force, power, distance, track  Hitting a ball into a space. Underarm throwing to beat an opponent. (Yr2)  batsman, bowler, wicket- keeper, fielders, no-ball | Running for speed, acceleration, team running, throwing for accuracy, standing long jump. (Yr3)  agility, standing long/triple jump, distance v accuracy  Throwing overarm, catching, striking with intent. (Yr3)  four, six, run, innings, strike | Running at speed, stride patterns, pace, throwing, standing triple jump. (Yr4)  record, force, overtake,  Passing, moving & creating space. 3v3 games. Defending in games. Combine passing & moving to create an attack & score. (Yr4)  try-line, 3-steps, tagging, ball carrier, defence | Extended sequences in compositions, improvisation. Performance & reflection. (Yr5)  canon, unison, composition, collaboration, musicality  Relays, sprinting, throwing a range of objects, evaluating performance. (Yr5)  trajectory, accelerate, decelerate |
| **Summer 2** | **O.A.A. Problem Solving**  **STRIKING & FIELDING: Rounders** | **O.A.A. Problem Solving**  **STRIKING & FIELDING: Rounders** | **O.A.A. Problem Solving**  **STRIKING & FIELDING: Rounders** | **O.A.A. Orienteering**  **STRIKING & FIELDING: Rounders** |
| ***Links to prior learning***  ***Sticky Vocabulary*** | Consolidate teamwork, trust & communication. (Yr2)  challenge, problem-solve, lead, follow, plan  Hitting a ball into a space. Underarm throwing to beat an opponent. (Yr2)  batting, fielding, backstop, box, no-ball | Leadership as part of teamwork, trust & communication. (Yr3)  trust, solve, describe  Underarm & overarm throwing, stopping the ball in a game. (Yr3)  strike, zone, half-rounder, bases, innings | What makes an effective team – leadership, cooperation & responsibility. (Yr4)  design, instruct, effect, decipher  Fielding, bowling, backstop – fielding tactics. Batting – where & why. (Yr4)  stance, momentum, direct, tactic | Develop effective leadership. (Yr5)  extend, orienteering, effectiveness  Maximising players, fielding techniques, apply tactics in mini games. (Yr5)  predict, place, select, defensive, offensive |