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|  | **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, performanceTeam 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, asymmetryPassing & 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, precisionPassing, moving, shooting & footwork developed. (Yr4)opposition, perform, consistent, intercept, block | Relays, throwing for accuracy, standing jumps, evaluating performance. (Yr5)technique, agility, strategy, precisionPassing & 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, boundariesPassing, receiving, moving to create space. Shooting. (Yr3)intercept, opposition, compete, defend, attack | Contrasting relationships & interlinking dance movements. Choreography & performance. (Yr4)improvisation, motif, formation, choreographyCombine 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, performancePassing & 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, runningspeed, force, power, distance, trackHitting 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 accuracyThrowing 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, musicalityRelays, 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, planHitting 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, describeUnderarm & 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, decipherFielding, bowling, backstop – fielding tactics. Batting – where & why. (Yr4)stance, momentum, direct, tactic | Develop effective leadership. (Yr5)extend, orienteering, effectivenessMaximising players, fielding techniques, apply tactics in mini games. (Yr5)predict, place, select, defensive, offensive |