



	Autumn	Spring	Summer
YEAR 1 AND YEAR 2	<p>Autumn 1: Movement Skills 1</p> <p>Autumn 2: Movement Skills 2</p> <p><u>Key Physical Education vocabulary</u> (sticky knowledge needed to access this unit and also future Physical Education learning):</p> <ul style="list-style-type: none"> • Gallop • Slide • Dodge • Jump • Control • Balance • Coordination • Twist • Turn • Punt • Volley <p><u>Sequence of learning:</u> <u>Autumn 1:</u> 1. Can you move around an area in a variety of ways and stop when instructed? 2. Can you twist and turn? Can you reach and bend?</p>	<p>Spring 1: Movement Skills 3</p> <p>Spring 2: Invasion Skills 1</p> <p><u>Key Physical Education vocabulary</u> (sticky knowledge needed to access this unit and also future Physical Education learning):</p> <ul style="list-style-type: none"> • Catch • Jump • Pass • Receive • Trap • Bounce • Travel • Skip • Variety • Chest pass • Space • Direction • Turn • Control • Dribble • Send <p><u>Sequence of learning:</u> <u>Spring 1:</u></p>	<p>Summer 1: Invasion Skills 2</p> <p>Summer 2: Target Game 2</p> <p><u>Key Physical Education vocabulary</u> (sticky knowledge needed to access this unit and also future Physical Education learning):</p> <ul style="list-style-type: none"> • Bounce • 'On the full' • Track • Opponent • Intercept • Dodge • Pass • Control • Possession • Compete • Space • Punt • Accuracy • Strike • Overarm <p><u>Sequence of learning:</u> <u>Summer 1:</u> 1. Can you catch a ball consistently after one bounce?</p>

	<p>3. Can you manipulate an object with good control and coordination? Can you keep your balance?</p> <p>4. Can you move confidently? Can you jump with control?</p> <p>5. Can you show a sense of awareness and can you dodge? Can you slide to your left and right?</p> <p>6. Can you gallop?</p> <p><u>Autumn 2:</u></p> <p>1. Can you move around with good control? Can you follow instructions, visual and audio?</p> <p>2. Can you travel backwards safely? Can you balance on one leg?</p> <p>3. Can you jump in a variety of ways?</p> <p>4. Can you dodge? Can you move safely with an awareness of others?</p> <p>5. Can you dodge?</p> <p>6. Can you volley and punt?</p>	<p>1. Can you skip using a rope? Can you jump in a variety of ways?</p> <p>2. Can you bounce and travel with a ball with control?</p> <p>3. Can you receive a ball and trap it?</p> <p>4. Can you pass a ball accurately?</p> <p>5. Can you jump for height? Can you catch consistently well?</p> <p><u>Spring 2:</u></p> <p>1. Can you receive a ball and then pass the ball from your chest? Can you move into space after passing a ball?</p> <p>2. Can you move around demonstrating spatial awareness? Can you change direction confidently and competently?</p> <p>3. Can you move and turn under control with a stick and good control?</p> <p>4. Can you dribble a ball with your hands?</p> <p>5. Can you send and receive a ball?</p> <p>6. Can you dribble a ball with good control with your feet?</p>	<p>2. Can you catch a ball consistently on the full?</p> <p>3. Can you track an opponent? Can you intercept?</p> <p>4. Can you run quickly and dodge to beat an opponent?</p> <p>5. Can you pass the ball consistently with control? Can you keep possession of a ball?</p> <p>6. Can you compete with some special awareness in team games?</p> <p><u>Summer 2:</u></p> <p>1. Can you punt a ball with some accuracy?</p> <p>2. Can you punt a ball with both feet with some accuracy?</p> <p>3. Can you strike a ball at a target with some degree of accuracy?</p> <p>4. Can you strike a ball at a target with some degree of force and accuracy?</p> <p>5. Can you throw a ball overarm at a target with some accuracy?</p> <p>6. Can you bounce a ball at a target with some accuracy?</p>
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<p>YEAR 3 AND YEAR 4</p>	<p>Autumn 1: Health Related Fitness</p> <p>Autumn 2: Tri Golf</p> <p><u>Key Physical Education vocabulary</u> (sticky knowledge needed to access this unit and also future Physical Education learning):</p> <ul style="list-style-type: none"> • Stamina • Sustain • Flexibility • Balance • Agility • Coordination • Stance • Grip • Putt • Technique • Control • Chip <p><u>Sequence of learning:</u></p> <p><u>Autumn 1:</u></p> <p>1. Can you demonstrate basic knowledge of what stamina is? Can you sustain physical exertion over periods of time?</p>	<p>Spring 1: Hockey</p> <p>Spring 2: Tennis</p> <p><u>Key Physical Education vocabulary</u> (sticky knowledge needed to access this unit and also future Physical Education learning):</p> <ul style="list-style-type: none"> • Control • Dribble • Direction • Pass • Jab stick tackle • Tackle • Position • Strike • Forehand • Backhand • Volley • Opponent <p><u>Sequence of learning:</u></p> <p><u>Spring 1:</u></p> <p>1. Can you control a hockey stick and dribble a ball in a race?</p> <p>2. Can you develop your dribbling technique and change direction easily?</p>	<p>Summer 1: Rounders</p> <p>Summer 2: Athletics</p> <p><u>Key Physical Education vocabulary</u> (sticky knowledge needed to access this unit and also future Physical Education learning):</p> <ul style="list-style-type: none"> • Receive • Tactics • Bowling • Batting • Ground fielding • High catching • Sprint • Coordination • Speed • Technique • Consistency • Accuracy • Overarm <p><u>Sequence of learning:</u></p> <p><u>Summer 1:</u></p> <p>1. Can you send and receive a tennis ball using good catching and throwing techniques? Can you</p>

	<p>2. Can you understand what flexibility is? Can you develop balance, agility and coordination?</p> <p>3. Can you demonstrate what core muscles do and where they are? Can you demonstrate good muscular control?</p> <p>4. Can you explain how plyometrics is used in sport?</p> <p>5. Can you show an understanding of which parts of our bodies make us run faster? Can you demonstrate a good sprinting technique?</p> <p>6. Can you reuse the techniques you have worked on this half-term? Can you improve your previous scores?</p> <p><u>Autumn 2:</u></p> <p>1. Can you use basic club control? Can you use an effective stance and grip to putt efficiently?</p> <p>2. Can you evaluate the work of others using correct technical language? Can you use an effective putting technique?</p> <p>3. Can you pitch the ball while controlling the distance the ball travels?</p> <p>4. Can you use an effective stance and grip to chip effectively?</p>	<p>3. Can you pass a ball accurately and control a ball passed to you?</p> <p>4. Can you pass in a variety of ways using good technique?</p> <p>5. Can you perform a jab stick tackle?</p> <p>6. Can you compete in a hockey tournament and work effectively in a team?</p> <p><u>Spring 2:</u></p> <p>1. Can you take up a ready position and move into good positions to strike ball?</p> <p>2. Can you hit consistent forehand returns?</p> <p>3. Can you get into a good position to play backhand shots with some consistency?</p> <p>4. Can you volley a ball on the front and backhand striking the ball downwards?</p> <p>5. Can you move into the correct position to play a variety of shots?</p> <p>6. Can you use tactics against an opponent?</p>	<p>demonstrate tactical awareness whilst playing a small sided game?</p> <p>2. Can you demonstrate leadership skills? Can develop basic bowling and batting skills?</p> <p>3. Can you develop throwing skills? Can you develop ability to hit the ball and make decisions about running?</p> <p>4. Can you develop ground fielding skills? Can you develop awareness of the rules?</p> <p>5. Can you develop high catching skills? Can you develop awareness of tactics?</p> <p>6. Can you perform well in a range of positions in a competitive game? Can you demonstrate increasing awareness of tactics?</p> <p><u>Summer 2:</u></p> <p>1. Can you use correct technique to start a sprint? Can you develop your coordination to improve speed?</p> <p>2. Can you combine sprinting with low hurdles?</p> <p>3. Can you develop the technique and consistency of your jumps?</p> <p>4. Can you warm up prior to exercise and sustain performance? Can you develop the technique,</p>
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	<p>5. Can you use an effective technique to chip and putt? 6. Can you apply your learnt skills to a 10-16 hole, golf course?</p>		<p>accuracy and consistency of your overarm throw? 5. Can you work well with others? Can you accurately replicate the techniques for running, jumping and throwing events? 6. Can you replicate the techniques for running, jumping and throwing events in competitive situations?</p>
<p>YEAR 5 AND YEAR 6</p>	<p>Autumn 1: Cricket</p> <p>Autumn 2: Tennis</p> <p><u>Key Physical Education vocabulary</u> (sticky knowledge needed to access this unit and also future Physical Education learning):</p> <ul style="list-style-type: none"> • Overarm • Grip • Stance • Strike • Fielding • Bowling • Pull shot • Wicketkeeper • Straight drive • Footwork • V grip • Forehand • Backhand 	<p>Spring 1: Health Related Fitness</p> <p>Spring 2: Tag Rugby</p> <p><u>Key Physical Education vocabulary</u> (sticky knowledge needed to access this unit and also future Physical Education learning):</p> <ul style="list-style-type: none"> • Sustain performance • Stamina • Endurance • Power • Strength • Flexibility • Speed • Balance • Reaction time • Plyometrics • Pop pass • Receiver • Dodge 	<p>Summer 1: Ultimate Frisbee</p> <p>Summer 2: Athletics</p> <p><u>Key Physical Education vocabulary</u> (sticky knowledge needed to access this unit and also future Physical Education learning):</p> <ul style="list-style-type: none"> • Receive • Anticipate • Pass • Strategy • Defender • Opponent • Attack • Retain possession • Breach defence • Space • Send • Pace • Temp



	<ul style="list-style-type: none"> • Rally • Volley • defend • Lob • Serve • Tactics <p><u>Sequence of learning:</u></p> <p><u>Autumn 1:</u></p> <ol style="list-style-type: none"> 1. Can you catch consistently well under pressure? Can you throw accurately using overarm technique? 2. Can you grip the bat correctly, take up a suitable stance and strike the ball consistently well? 3. Can you perform a range of fielding techniques confidently and consistently? 4. Can you consistently demonstrate a basic bowling technique? 5. Can you link and apply your cricketing skills and techniques? 6. Can you link your skills and perform in a competitive game? <p><u>Autumn 2:</u></p> <ol style="list-style-type: none"> 1. Can you strike a ball and then get back into the ready position? 	<ul style="list-style-type: none"> • Sender • Attack • Defend • Dummy pass • Pocket pass • Weaving • Direction • Dummy half • Feint pass <p><u>Sequence of learning:</u></p> <p><u>Spring 1:</u></p> <ol style="list-style-type: none"> 1. Can you explain the benefits of regular exercise? 2. Can you warm up prior to exercise and sustain performance over periods of time? 3. Do you demonstrate enjoyment in competing and challenging yourself to improve? 4. Can you be reflective and recognise success in yourself and others? 5. Do you demonstrate enjoyment in competing and challenging yourself to improve? 6. Can you warm up prior to exercise and sustain your 	<ul style="list-style-type: none"> • Pull throw • Control • Triple jump • Relay • Changeover • Endurance • Pursuit • Chest push <p><u>Sequence of learning:</u></p> <p><u>Summer 1:</u></p> <ol style="list-style-type: none"> 1. Can you send and receive a frisbee accurately? 2. Can you anticipate passes and use a range of strategies to outwit a defender? 3. Can you defend against an opponent, stopping them from having an impact on the game? 4. Can you build attacks gradually retaining possession carefully? Can you time your run to breach a defence? 5. Can you communicate effectively with teammates and quickly find space in tight situations? 6. Can you apply the skills and knowledge in a game situation?
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	<ol style="list-style-type: none"> 2. Can you hit a forehand shot consistently controlling where you hit the ball? 3. Can you get into a good position and play backhand shots with consistency? 4. Can you explain how you hit a backhand differently from a forehand? 5. Can you link good footwork and positioning with a range of shots to play competitive rallies against opponents? 6. Can you use tactics against an opponent? 	<p>performance over periods of time?</p> <p><u>Spring 2:</u></p> <ol style="list-style-type: none"> 1. Can you familiarise yourself with a rugby ball? Can you explain how to tag someone? 2. Can you send and receive a ball under pressure? 3. Can you pass a rugby ball backwards accurately and dummy a pass? 4. Can you pass missing out players in a line? 5. Can you work alongside and against others when attacking and defending? Can you officiate? 6. Can you develop your understanding of the game and compete in a game of Tag Rugby? 	<p><u>Summer 2:</u></p> <ol style="list-style-type: none"> 1. Can you change pace and run at different tempos? Can you sustain pace over longer distances? 2. Can you develop accuracy and consistency of a pull throw? Can you improve the technique of a pull throw? Can you control the power and accuracy of a pull throw? 3. Can you throw with greater control, accuracy and efficiency? Can you consider different throwing implements and use the best technique? 4. Can you perform the correct triple jump technique? Can you increase the number of techniques used in jumping? 5. Can you recap on track and field events from previous weeks? 6. Can you develop fluency and efficiency in running for speed as a team? Can you develop relay changeover skills?
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RAINFORD C.E. GAMES CURRICULUM CYCLE 1

