

	Autumn	Spring	Summer
YEAR 1 AND YEAR 2	<p>Autumn 1: Net and Wall Skills 1</p> <p>Autumn 2: Net and Wall 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"> <li>• Send</li> <li>• Receive</li> <li>• Strike</li> <li>• Volley</li> <li>• Rally</li> <li>• Bounce</li> <li>• Opposite</li> <li>• Forehand</li> <li>• Backhand</li> <li>• Stance</li> </ul> <p><u>Sequence of learning:</u></p> <p><u>Autumn 1:</u></p> <ol style="list-style-type: none"> <li>1. Can you send and receive a ball with some degree of accuracy?</li> <li>2. Can you strike a ball with one hand whilst it is airborne?</li> <li>3. Can you strike and volley a ball with some degree of accuracy?</li> </ol>	<p>Spring 1: Striking and fielding Skills 1</p> <p>Spring 2: Striking and fielding 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"> <li>• Strike</li> <li>• Tee</li> <li>• Track</li> <li>• Flight</li> <li>• Technique</li> <li>• Cleanly</li> <li>• Underarm/overarm</li> <li>• Fielders</li> <li>• Send</li> <li>• Receive</li> <li>• Wicketkeeper</li> <li>• Barrier</li> </ul> <p><u>Sequence of learning:</u></p> <p><u>Spring 1:</u></p> <ol style="list-style-type: none"> <li>1. Can you strike a ball off a tee?</li> </ol> <p>Can you run when you hit the</p>	<p>Summer 1: Tri Golf</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"> <li>• Stance</li> <li>• Grip</li> <li>• Putt</li> <li>• Speed</li> <li>• Direction</li> <li>• Iron</li> <li>• Chip</li> <li>• Accuracy</li> <li>• Strike</li> <li>• Distance</li> <li>• Relay baton</li> <li>• Jump</li> <li>• Land</li> <li>• Control</li> <li>• Timing</li> <li>• Obstacle</li> </ul> <p><u>Sequence of learning:</u></p>



	<p>4. Can you send a ball against a wall and receive it back?                      5. Can you keep a rally going against a wall with yourself and a partner?                      6. Can you strike with accuracy?</p> <p><u>Autumn 2:</u></p> <p>1. Can you send and receive a ball with some degree of accuracy?                      2. Can you strike and volley a ball with some degree of accuracy?                      3. Can you keep a rally going against a wall using a racket with yourself and a partner?                      4. Can you develop a good grip, stance and control using the ball for short tennis?                      5. Can you develop a good grip and stance for Short Tennis? Can you send a ball over a net?                      6. Can you send and receive a ball over a net using forehand and backhand?</p>	<p>ball to gather runs? Can you work as a group to field a ball?                      2. Can you get into a good 'ready position' to catch a ball? Can you track the flight of a ball and catch it?                      3. Can you roll a ball to a target accurately?                      4. Can you throw a beanbag underarm accurately?                      5. Can you pick up a ball cleanly using good technique? Can you roll a ball accurately?                      6. Can you pick up and throw overarm? Can you strike accurately? Can you support other fielders by backing up?</p> <p><u>Spring 2:</u></p> <p>1. Can you send and receive a ball with some degree of accuracy? Can you catch a ball after a bounce? Can you strike a ball off a tee?                      2. Can you bowl overarm? Can you stop the ball as wicketkeeper?                      3. Can you pick up a ball one handed and return it underarm?</p>	<p><u>Summer 1:</u></p> <p>1. Can you use an effective stance and grip to putt efficiently?                      2. Can you control the direction and speed of a putt?                      3. Can you stand in the correct position and use the iron to chip the ball towards a target area?                      4. Can you strike a ball with some accuracy and elevation using an iron club?                      5. Can you choose which club to use appropriately to the situation?                      6. Can you sustain good performance and etiquette whilst playing a round of golf?</p> <p><u>Summer 2:</u></p> <p>1. Can you show a sense of anticipation to begin work? Can you react quickly?                      2. Can you jump and land safely cushioning the landing and retaining balance? Can you coordinate a run with a jump?                      3. Can you throw for accuracy?                      4. Can you run within a lane and dip to finish? Can you transfer a relay baton during a race?</p>
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		<p>4. Can you strike a ball to leg? Can you make a barrier to stop a ball struck hard at you?</p> <p>5. Can you chase a ball and throw it back? Can you strike a ball off a tee whilst on the move?</p> <p>6. Can you bowl underarm? Can you play a game using many of the skills you have learned?</p>	<p>5. Can you jump with control and good timing? Can you time your take off to clear an obstacle?</p> <p>6. Can you throw in a variety of ways? Can you throw for distance?</p>
YEAR 3 AND YEAR 4	<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"> <li>• Stamina</li> <li>• Sustain</li> <li>• Flexibility</li> <li>• Balance</li> <li>• Agility</li> <li>• Coordination</li> <li>• Stance</li> <li>• Grip</li> <li>• Putt</li> <li>• Technique</li> <li>• Control</li> </ul>	<p>Spring 1: Netball</p> <p>Spring 2: Dodgeball</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"> <li>• Pass</li> <li>• Defend</li> <li>• Attack</li> <li>• Mark</li> <li>• Timekeeper</li> <li>• Centre pass marker</li> <li>• Scorer</li> <li>• Officiate</li> <li>• Shadowing</li> <li>• Possession</li> </ul>	<p>Summer 1: Cricket</p> <p>Summer 2: OAA</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"> <li>• Stance</li> <li>• Bowl</li> <li>• Overarm</li> <li>• Run up</li> <li>• Fielders</li> <li>• Wicket</li> <li>• Position</li> <li>• Positional names (bowler etc)</li> <li>• Stump</li> <li>• Strike</li> </ul>

	<ul style="list-style-type: none"> <li>• Chip</li> </ul> <p><u>Sequence of learning:</u> <u>Autumn 1:</u></p> <ol style="list-style-type: none"> <li>1. Can you demonstrate basic knowledge of what stamina is? Can you sustain physical exertion over periods of time?</li> <li>2. Can you understand what flexibility is? Can you develop balance, agility and coordination?</li> <li>3. Can you demonstrate what core muscles do and where they are? Can you demonstrate good muscular control?</li> <li>4. Can you explain how plyometrics is used in sport?</li> <li>5. Can you show an understanding of which parts of our bodies make us run faster? Can you demonstrate a good sprinting technique?</li> <li>6. Can you reuse the techniques you have worked on this half-term? Can you improve your previous scores?</li> </ol> <p><u>Autumn 2:</u></p> <ol style="list-style-type: none"> <li>1. Can you use basic club control? Can you use an effective stance and grip to putt efficiently?</li> </ol>	<ul style="list-style-type: none"> <li>• Receive</li> <li>• Positional names (GA etc)</li> <li>• Chest pass</li> <li>• Bounce pass</li> <li>• Overhead pass</li> <li>• Opposition</li> <li>• Sidestep</li> <li>• Dodge</li> </ul> <p><u>Sequence of learning:</u> <u>Spring 1:</u></p> <ol style="list-style-type: none"> <li>1. Can you pass a netball in a variety of ways? Can you combine skills fluently and effectively in tasks? Can you identify the main aspects of a good performance and suggest how a performance could be improved? Can you start to play High 5 netball related games?</li> <li>2. Can you pass a netball in a variety of ways? Can you defend individually and/or part of a team? Can you combine skills fluently and effectively in tasks?</li> <li>3. Can you attack as part of a team? Can you shoot? Can you identify the main aspects of a good performance and suggest how a performance could be improved? Can you start to play High 5 netball related games?</li> </ol>	<ul style="list-style-type: none"> <li>• Crease</li> <li>• Non-throwing arm</li> <li>• Controls</li> <li>• Clue</li> <li>• Ordnance survey</li> <li>• Precision</li> <li>• Navigate</li> <li>• Strategy</li> <li>• N,E,S,W</li> </ul> <p><u>Sequence of learning:</u> <u>Summer 1:</u></p> <ol style="list-style-type: none"> <li>1. Can you position yourself well within a stance to receive a ball bowled at you?</li> <li>2. Can you bowl a ball overarm with a straight arm? Can you take up a wicket keeping stance and take balls bowled on both sides of the wicket?</li> <li>3. Can you throw accurately and powerfully? Can you slide your bat to make your ground?</li> <li>4. Can you bat with a partner, communicating effectively? Can you bowl with increasing accuracy?</li> <li>5. Can you bowl with a run up? Can you communicate with a partner when batting?</li> <li>6. Can you back up your fellow fielders in the field? Can you play purposefully in a competitive game taking on multiple roles effectively?</li> </ol>
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	<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>5. Can you use an effective technique to chip and putt?</p> <p>6. Can you apply your learnt skills to a 10-16 hole, golf course?</p>	<p>4. Can you shoot with technique and accuracy? Can you identify the main aspects of a good performance and suggest how a performance could be improved? Can you start to play High 5 netball related games?</p> <p>5. Can you defend individually and/or part of a team? Can you attack as part of a team? Can you shoot with technique and accuracy? Can you identify the main aspects of a good performance and suggest how a performance could be improved? Can you officiate and take on added roles of responsibilities within the game?</p> <p>6. Can I use the skills and knowledge learnt from the unit of work in a small netball round robin competition?</p> <p><u>Spring 2:</u></p> <p>1. Can you develop an effective throwing technique?</p> <p>2. Can you develop dodging techniques? Can you work well with others?</p> <p>3. Can you develop your catching skills? Can you demonstrate</p>	<p><u>Summer 2:</u></p> <p>1. Can you communicate effectively with your teammates?</p> <p>2. Can you work together in a small group to solve problems? Can you interpret the rules of an activity?</p> <p>3. Can you demonstrate an understanding of how to navigate around an area following directions?</p> <p>4. Can you identify and make a shape in a group whilst blindfolded?</p> <p>5. Can you identify areas of the school grounds using a map? Can you find numbers written on control markers to complete the sum?</p> <p>6. Can you identify where a number of controls are situated around the school grounds via photographic clues?</p>
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		<p>understanding and interpretation of rules and accept decisions given?</p> <p>4. Can you evaluate and improve the performance of your team? Do you know how to work alongside and against others when attacking and defending?</p> <p>5. Can you work well with others in a range of contexts? Can you demonstrate attacking techniques? Can you officiate a game effectively?</p> <p>6. Can you demonstrate understanding and interpretation of rules and accept decisions given? Can you compete against others effectively?</p>	
<p>YEAR 5 AND YEAR 6</p>	<p><u>Autumn 1: Danish Longball</u></p> <p><u>Autumn 2: Dodgeball</u></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"> <li>• Track</li> <li>• Opponent</li> <li>• Send</li> <li>• Receive</li> </ul>	<p><u>Spring 1: Health Related Fitness</u></p> <p><u>Spring 2: Tag Rugby</u></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"> <li>• Sustain performance</li> <li>• Stamina</li> <li>• Endurance</li> <li>• Power</li> </ul>	<p><u>Summer 1: Netball</u></p> <p><u>Summer 2: OAA</u></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"> <li>• Receive</li> <li>• Send</li> <li>• Intercept</li> <li>• Defend</li> </ul>



	<ul style="list-style-type: none"> <li>• Pathway</li> <li>• Stance</li> <li>• Gather the ball (cleanly)</li> <li>• Tactics</li> <li>• Retrieve</li> <li>• Trajectory</li> <li>• Intercept</li> <li>• Sportsmanship</li> <li>• Reaction</li> <li>• Dodge</li> <li>• Blocking</li> <li>• Tactics</li> </ul> <p><u>Sequence of learning:</u> <u>Autumn 1:</u></p> <ol style="list-style-type: none"> <li>1. Can you throw with accuracy at a still target?</li> <li>2. Can you pick up a ball on the run using one hand or two as appropriate?</li> <li>3. Can you both send and receive whilst on the move?</li> <li>4. Can you catch a ball whilst on the move?</li> <li>5. Can you track an opponent's run?</li> <li>6. Can you make good decisions under pressure and work effectively in a competitive situation?</li> </ol>	<ul style="list-style-type: none"> <li>• Strength</li> <li>• Flexibility</li> <li>• Speed</li> <li>• Balance</li> <li>• Reaction time</li> <li>• Plyometrics</li> <li>• Pop pass</li> <li>• Receiver</li> <li>• Dodge</li> <li>• Sender</li> <li>• Attack</li> <li>• Defend</li> <li>• Dummy pass</li> <li>• Pocket pass</li> <li>• Weaving</li> <li>• Direction</li> <li>• Dummy half</li> <li>• Feint pass</li> </ul> <p><u>Sequence of learning:</u> <u>Spring 1:</u></p> <ol style="list-style-type: none"> <li>1. Can you explain the benefits of regular exercise?</li> <li>2. Can you warm up prior to exercise and sustain performance over periods of time?</li> <li>3. Do you demonstrate enjoyment in competing and challenging yourself to improve?</li> </ol>	<ul style="list-style-type: none"> <li>• Attach</li> <li>• Mark</li> <li>• Tactics</li> <li>• Officiate</li> <li>• Evaluate</li> <li>• Dodge</li> <li>• Pivot</li> <li>• Controls</li> <li>• Navigate</li> <li>• Location</li> <li>• Teamwork</li> <li>• Communication</li> <li>• Non-verbal communication</li> <li>• Guide</li> <li>• Determination</li> <li>• Problem solving</li> <li>• Resilience</li> </ul> <p><u>Sequence of learning:</u> <u>Summer 1:</u></p> <ol style="list-style-type: none"> <li>1. Can you send and receive a netball in different ways?</li> <li>2. Can you pass accurately using a variety of passes?</li> <li>3. Can you land on different feet and pivot to pass and receive the ball?</li> <li>4. Can you create space and develop some attacking principles including how to shoot?</li> </ol>
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	<p><u>Autumn 2:</u></p> <ol style="list-style-type: none"> <li>1. Can you develop an effective throwing technique? Can you explain what makes a good throw in dodgeball?</li> <li>2. Can you develop dodging techniques? Can you work well with others in a range of contexts?</li> <li>3. Can you develop your catching skills? Can you demonstrate understanding and interpretation of the rules and accepts decisions?</li> <li>4. Can you work as part of a team? Can you work alongside and against others when attacking and defending?</li> <li>5. Can you officiate? Can you work well with others?</li> <li>6. Can you compete against others effectively? Can you demonstrate understanding and interpretation of the rules and accepts decisions?</li> </ol>	<ol style="list-style-type: none"> <li>4. Can you be reflective and recognise success in yourself and others?</li> <li>5. Do you demonstrate enjoyment in competing and challenging yourself to improve?</li> <li>6. Can you warm up prior to exercise and sustain your performance over periods of time?</li> </ol> <p><u>Spring 2:</u></p> <ol style="list-style-type: none"> <li>1. Can you familiarise yourself with a rugby ball? Can you explain how to tag someone?</li> <li>2. Can you send and receive a ball under pressure?</li> <li>3. Can you pass a rugby ball backwards accurately and dummy a pass?</li> <li>4. Can you pass missing out players in a line?</li> <li>5. Can you work alongside and against others when attacking and defending? Can you officiate?</li> <li>6. Can you develop your understanding of the game and compete in a game of Tag Rugby?</li> </ol>	<ol style="list-style-type: none"> <li>5. Can you participate purposefully in a netball match?</li> <li>6. Can you participate purposefully in a netball match?</li> </ol> <p><u>Summer 2:</u></p> <ol style="list-style-type: none"> <li>1. Can you use non-verbal communication to solve problems?</li> <li>2. Can you work with a partner to navigate them/be navigated across and through obstacles whilst blindfolded?</li> <li>3. Can you think creatively to find solutions to challenges? Can you work together in a small group to solve problems?</li> <li>4. Can you demonstrate teamwork and a good level of communication to complete a group task? Can you navigate your way around using a map?</li> <li>5. Can you work with a partner to find a number of controls using a map? Can you work quickly and effectively against the clock?</li> <li>6. Can you think creatively to find solutions to challenges? Can you identify the location of a number of controls which relate to specific letters of the alphabet?</li> </ol>
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RAINFORD C.E. GAMES CURRICULUM CYCLE 2

