



LITTLETON GREEN COMMUNITY SCHOOL

PHYSICAL EDUCATION



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“My Vision for P.E is that all students develop the fundamental skills to take part in a range of diverse sports whilst developing a ‘love for sport’ and an understanding of why physical activity is important for healthy lifestyles.”

Mrs C. Greener

Physical Education Subject Lead

Physical Education Curriculum Aims

- To develop competence to excel in a **broad range of physical activities**
- To make sure students are **physically active for a sustained period of time.**
- To give the chance for students **to engage in competitive sports** and activities
- To lead **healthy, active** lives.

EYFS and PE

Physical development educational programme (taken from the EYFS Framework 2020)

Physical activity is vital in children’s all-round development, enabling them to pursue happy, healthy and active lives. Gross and fine motor experiences develop incrementally throughout early childhood, starting with sensory explorations and the development of a child’s strength, co-ordination and positional awareness through tummy time, crawling and play movement with both objects and adults. By creating games and providing opportunities for play both indoors and outdoors, adults can support children to develop their core strength, stability, balance, spatial awareness, co-ordination and agility. Gross motor skills provide the foundation for developing healthy bodies and social and emotional well-being. Fine motor control and precision helps with hand-eye co-ordination which is later linked to early literacy. Repeated and varied opportunities to explore and play with small world activities, puzzles, arts and crafts and the practise of using small tools, with feedback and support from adults, allow children to develop proficiency, control and confidence.

Early learning goals that link to PE:

EYFS Physical development

ELG Gross motor skills

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, hopping, skipping and climbing.



What does Physical Education look like at Littleton Green Community School?

* Each topic begins with sharing a 'Big Question'. This enables the pupils to see the bigger picture and gives purpose to what they are learning.

BIG QUESTION



ENDPOINT EXPLORATION

* At the beginning of the topic, teachers share a WAGOLL (What a Good One Looks Like). Here the learning process is explored and the children have the opportunity to input to their journey to the endpoint.

ENDPOINT ASSESSMENT



* This is a product to showcase the learning which has taken place and the knowledge learnt. It can involve a prior session to create success criteria based on the concepts and a critical evaluation lesson.



ACTIVATING PRIOR KNOWLEDGE

* Throughout the topic, there are built in opportunities for children to access their prior knowledge to help them make connections and make the learning stick. This may be through key vocabulary, knowledge organisers, carefully thought out questioning and more.

THE LEARNING JOURNEY



* A series of learning opportunities where concepts are built on. Here the meaning is made and connections are formed.



KEY VOCABULARY

* At the start and throughout the learning journey, children will be taught key vocabulary need to access the learning and secure the key knowledge .

KNOWLEDGE ORGANISERS



* A resource which is available to children for them to learn the 'sticky knowledge' to master the learning. These are working documents that the children refer to and add their new learning to.

PHYSICAL EDUCATION



START



EYFS

Early Years

PHYSICAL DEVELOPMENT

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, hopping, skipping and climbing.

Year 1

- Can I control my body when travelling?
- Can I still participate in sport if I have a disability?
- Which part of my body provides the best base for balancing?
- Which technique is the best for accurately passing the ball?
- Can I use rolling, travelling and balancing to create a sequence?
- Can I throw under arm at a range of targets?
- Can I copy a short dance routine?
- Which is the best way to catch?
- How do I control my body when taking part in athletics?
- Can I create my own dance routine?
- Are there different ways to win at rounders?
- How does orienteering differ from ball sports?

1



Year 2

- Why does multi-skills help us to run, kick, and roll in a game?
- Can I be inclusive when playing team games?
- Can I plan and perform a sequence of movements?
- Can I use a range of techniques to kick a football to a teammate?
- How does feedback help you when following a sequence?
- Can you identify space using tactics in hockey?
- Can I create and make a sequence linking moves together?
- Which tennis shot can you control more?
- Can you win without winning?
- Can I change my speed and rhythm in a dance to show a feeling?
- Can you explain the technique for hitting a ball?
- How does orienteering differ from other team sports?

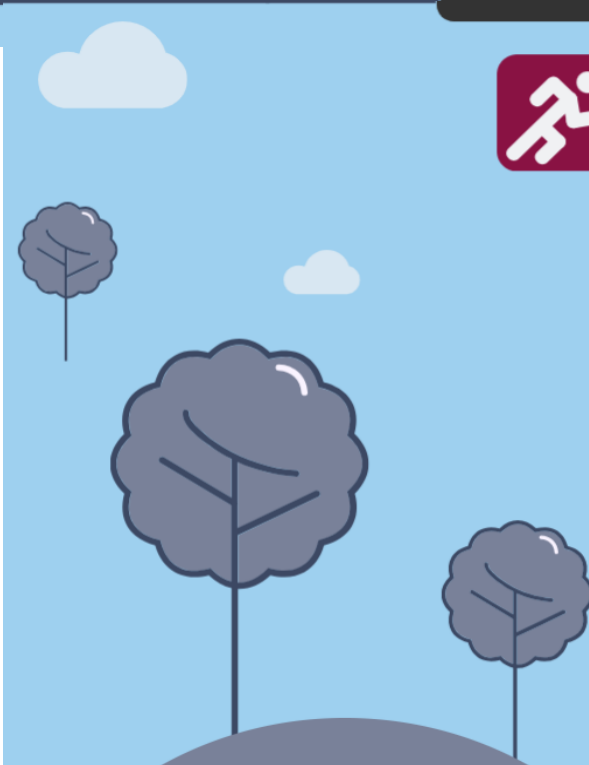
2



Year 3

- Can you win without winning?
- Why will apparatus showcase my strength?
- How do I improvise and move freely when reacting to a different stimulus?
- Which is the best way to move through water?

3



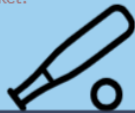
Cont...



Year 4

- Is it more difficult to complete a task with a disability?
- Why is communication key in rounders?
- How important is communication when working with a partner?
- How do you throw and catch in handball to score?
- Why do you use a range of golf clubs?
- What muscles do you use when changing speed and direction during a sequence?
- What are the components of being a good leader in dance?
- What strokes can you use to accurately return a tennis serve?
- Can you win without winning?
- How can you move your body to communicate an idea of emotion?
- How can I follow a map to find the quickest route?
- How can I maximise my score in cricket?

4



Year 5

- Is it more difficult to complete a task with a disability?
- Can you identify space using tactics in hockey?
- Why do you engage your core muscles when creating sequences?
- Why is teamwork in defending and attacking important in rugby?
- Is a chest pass always the best in netball?
- What muscles do you use when balancing and changing shape?
- How can I move to show emotion through dance?
- When attacking in tennis what stroke would you play?
- Can you win without winning?
- How can you be a good leader in dance?
- Why is following a compass important when changing a route?
- How can I use my batting skills to gain more points?

5



Year 6

- How can we be more inclusive in sports?
- Can I identify space using tactics in hockey?
- Can I create a synchronised routine with others?
- How do you communicate in tag rugby as a team?
- When would you use leaders in basketball?
- Why is timing important when transitioning from obstructions?
- Can I use my body to express an emotion through dance?
- Which is the best way to control a ball using a lacrosse stick?
- Why is strength training important for mobility?
- Why does the style of music help to portray different emotions?
- Why is planning a rescue route important in understanding danger?
- How do you win a match of badminton in singles or doubles?

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WHOLE SCHOOL OVERVIEW OF CONCEPTS

EYFS

ELG Gross motor skills

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, hopping, skipping and climbing.

Key Stage 1























Gymnastic Movements	Basic Movements and team games	Dance	
<ul style="list-style-type: none"> • Developing balance, agility and co-ordination, and begin to apply these in a range of activities. 	<ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as participate in team games, developing simple tactics for attacking and defending. 	<ul style="list-style-type: none"> • Perform dances using simple movement patterns. 	

Key Stage 2

Gymnastics	Competitive Games	Athletics	Outdoor and adventurous activity	Dance	Evaluate
<ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. 	<ul style="list-style-type: none"> • Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination. 	<ul style="list-style-type: none"> • Take part in outdoor and adventurous activity challenges both individually and within a team. 	<ul style="list-style-type: none"> • Perform dances using a range of movement patterns. 	<ul style="list-style-type: none"> • Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Year group Coverage and Progression of Knowledge




EYFS	
Key Concepts	
Physical development ELG Gross motor skills	<ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, hopping, skipping and climbing.





	Block 1a	Block 1b	Block 2a	Block 2b	Block 3a	Block 3b
Preschool /Nursery	 Pass it Over and Under 	 Time to go to the ball 	 Starry Skies Alien Space Hoppers 	 Volcano Run! 	 Fun in the Sun 	 Fantastic Journeys People around the world 
PRODUCT	<ul style="list-style-type: none"> Pat, throw, kick, pass, aim, bat and catch strength, balance and coordination 	<ul style="list-style-type: none"> Body movements, remembering sequences and movement patterns 	<ul style="list-style-type: none"> Body movements, remembering sequences and movement patterns Travelling, climbing 	<ul style="list-style-type: none"> Body movements, remembering sequences and movement patterns Negotiate space successfully when running, jumping, hopping, skipping and throwing. 	<ul style="list-style-type: none"> Join in with games that include racing, chasing, balancing, riding (scooters, trikes and bikes) and ball skills 	<ul style="list-style-type: none"> Join in with games that include racing, chasing, balancing, riding and ball skills Body movements, remembering sequences and movement patterns
Reception	 Under, Over and through Let's Travel 	 Robot Dancing Games 	 Games Ball Games 	 Let's get moving Bean Games	 Dog Agility Move like an animal	 Teamwork Build a course 
PRODUCT	<ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. 	<ul style="list-style-type: none"> Move energetically, running, jumping, dancing, hopping, skipping and climbing. Strength, coordination, balance and agility; join in with or make up games that involve energetic movements. 	<ul style="list-style-type: none"> Strength, coordination, balance and agility; join in with or make up games that involve energetic movements pat, throw, kick, pass, aim, bat and catch 	<ul style="list-style-type: none"> Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. Develop body strength, coordination, balance and agility and join in with or make up games that involve energetic movements. 	<ul style="list-style-type: none"> Move confidently in a range of ways and safely negotiate space, obstacles and terrains Demonstrate strength, balance and coordination when playing. 	<ul style="list-style-type: none"> Adjust speed when running, and jump off objects and land successfully. Negotiate space and obstacles safely, with consideration for themselves and others.





**Transition to
KS1**

Through our bespoke curriculum, Reception children are introduced to the exciting world of Physical Education through a bespoke curriculum designed to help them develop essential movement skills. They begin by learning how to control their bodies through activities like balancing, traveling, jumping, and rolling. Basic fundamental skills such as rolling, passing, catching, and throwing a variety of objects—like balls and beanbags—are introduced to enhance coordination and motor skills. Children also learn how to use equipment safely and explore how their bodies move, gaining an early understanding of physical health. Through fun activities set to music, they practice basic sequences of movement, fostering creativity and building confidence in their physical abilities.

YEAR 1

YEAR 1			
Key Concepts	Gymnastics	Basic Movements and team games	Dance
 <p>Fundamental multi-skills Can I control my body when travelling?</p>	<ul style="list-style-type: none"> Control body when travelling and balancing Roll, curl, travel and balance in different ways 		
	Essential Skills: <ul style="list-style-type: none"> Developing agility and coordination Locomotor, manipulative and stability skills 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>Justify how they control their body when traveling</i>	<i>Show a wide range of sports that involve travelling and discuss similarities and differences</i>	<i>run, jump, change direction, bend, move, forward, backwards, catching, throwing, stability, coordination.</i>
 <p>Invictus Can I still participate in sport if I have a disability?</p>		<ul style="list-style-type: none"> Throw underarm Throw and kick in different ways 	
	Essential Skills: <ul style="list-style-type: none"> To work as a team To understand how effective communication is 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>To follow instructions and find solutions to a problem</i>	<i>Find out about the Invictus games and understand why they exist Watch a range of Invictus games online Person of significance: Kadeena Cox</i>	<i>Over arm throwing, direction, speed, change direction, respect, fair play, throwing, rolling.</i>
 <p>Gymnastics Which part of my body provides the best base for a balance?</p>	<ul style="list-style-type: none"> Make body curled, tense, stretched and relaxed Roll, curl, travel and balance in different ways 		
	Essential Skills: <ul style="list-style-type: none"> Developing fundamental movement skills Developing core muscles to balance Standing and kneeling balances Pike, tuck, star, straight and straddle shapes 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>Demonstrate a range of controlled balances</i>	<i>Person of significance: Jessica Gadirova</i>	<i>bend, control, balance, core, strength, movement, 1 point, 2-point, 3 points balances.</i>

 <p>Football Which technique is the best for accurately passing the ball?</p>		<ul style="list-style-type: none"> To throw and kick in different ways 	
	Essential skills: <ul style="list-style-type: none"> Controlling the ball using different parts of the foot Kicking/ passing and dribbling the ball Communication with each other 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>Demonstrate a variety of ways to kick a football</i>	<i>Watch a football match or take part in a football tournament through school Person of significance: Jude Bellingham</i>	<i>control, kick, side pass, volley, run, jump, change direction, aim, sending, ground, foot</i>
 <p>Gymnastics Can I use rolling, travelling and balancing to create a sequence?</p>	<ul style="list-style-type: none"> Copy sequences and repeat them Roll, curl, travel and balance in different ways 		
	Essential Skills: <ul style="list-style-type: none"> Developing fundamental movement skills Developing core muscles to balance Standing and kneeling balances Pike, tuck, star, straight and straddle shapes Log roll, egg roll and teddy bear roll 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>Copy and repeat a sequence</i>	<i>Watch an Olympic floor performance to spot the skills learnt</i>	<i>bend, control, balance, core, strength, dynamic, movement, 1 point, 2-point, 3 points, balances, travel, roll, movement, sequence, copy, repeat</i>
 <p>Throwing (Striking and Fielding) Can I throw under arm at a range of targets?</p>		<ul style="list-style-type: none"> Throw underarm 	
	Essential skills: <ul style="list-style-type: none"> Throwing in different ways: Overarm, underarm, chest pass and bounce pass 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>Illustrate how to throw under arm at a range of targets</i>	<i>Showing a wide range of sports that involve throwing – cricket, basketball, dodgeball, hammer throw, shot put, netball.</i>	<i>throw, catch, run, jump, change direction, bend, move, forward, backwards, bend, bouncy, target, aim, underarm, overarm, chest pass, bounce pass</i>
 <p>Dance : Ballet Can I copy a short dance routine?</p>		<ul style="list-style-type: none"> Copy or make up a short dance Move safely in a space 	
	Essential skills: <ul style="list-style-type: none"> 'Port de bras' is a way of carrying the arms that comes from the set positions known as 1st, 2nd, bra barre and arabesque. Posture and poise Retelling a story or emotion through musicality 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>Move safely in space during a dance</i>	<i>To watch a ballet performance – does it tell a story? Person of significance: Darcey Bussell</i>	<i>bend, control, balance, movement travel, cannon, dance, sequence, repeat, space, avoid each other, stepping, stretching, skipping</i>




 <p>Catching (Striking and Fielding) Which is the best way to catch?</p>		<ul style="list-style-type: none"> • Throw and kick in different ways 	
	Essential skills: <ul style="list-style-type: none"> • To catch in a variety of different ways – two hands, one hand, with equipment, with feet. 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
<i>Determine the best way to catch and throw a range of objects</i>	<i>Showing a wide range of sports that involve catching – football, lacrosse, flag football, rugby, netball.</i>	<i>throw, catch, run, jump, forward, backwards bouncy, target, aim, underarm, overarm, chest pass, bounce pass. Basket, W position, knees bent, chest up, facing the object, coordination.</i>	
 <p>Athletics How do I control my body when taking part in athletics?</p>	<ul style="list-style-type: none"> • Make body curled, tense, stretched and relaxed control body when travelling 		
	Essential skills: <ul style="list-style-type: none"> • Throw underarm – beanbags/ quoits at a target • Throw overarm – Javelin • To balance • To take part in obstacle courses 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
<i>Control their bodies when moving</i>	<i>Take part in sports day Person of significance: Denise Lewis</i>	<i>throw, catch, run, jump, change direction, bend, move, forward, backwards, bend, bouncy, target, aim, underarm, overarm.</i>	
 <p>Dance Can I create my own dance routine?</p>		<ul style="list-style-type: none"> • Perform own dance moves • Move safely in a space 	
	Essential skills: <ul style="list-style-type: none"> • Working as a team to collectively learn a dance • Communication to other children to ensure all are successful 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
<i>Generate their own dance routine</i>	<i>Take ownership and learn a dance for the gang show</i>	<i>bend, control, balance, movement travel, cannon, dance, sequence, repeat, space, avoid each other, stepping, stretching, skipping</i>	
 <p>Rounders (Striking and Fielding) Are there different ways to win at rounders?</p>		<ul style="list-style-type: none"> • Throw underarm 	
	Essential skills: <ul style="list-style-type: none"> • Throw underarm • Hitting the ball with a variety of bats to choose preferred method • Run around the posts • How to field 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
<i>Participate in a game of rounders</i>	<i>Take part in a rounders competition against the opposite class</i>	<i>throw, catch, run, jump, change direction, bend, move, forward, backwards, bend, bouncy, target, aim, underarm, W position, knees bent, chest up, facing the object, coordination, target, accuracy, fielding, catching, bases, hitting, bowling</i>	
	<ul style="list-style-type: none"> • Control body when travelling and balancing 		









Orienteering
How does orienteering differ from ball sports?




Essential skills:		
<ul style="list-style-type: none"> To work as a team to achieve a common goal Communication with team mates 		
PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
<i>To use a map to find symbols hidden in the school grounds</i>	<i>To use a map to navigate outside of the school grounds</i>	<i>Symbols, key, map, running, compass, north, south, east, west, obstacle.</i>

YEAR 2



Key Concepts	Gymnastics	Basic Movements and team games	Dance
 <p>Fundamental/ Multi-skills Why does multi-skills help us to run kick and roll in a game?</p>		<ul style="list-style-type: none"> To use hitting, kicking and/or rolling in a game Decide the best space to be in during a game 	
	Essential skills:		
	<ul style="list-style-type: none"> To use hitting, kicking and/or rolling in a game Developing agility Developing coordination Locomotor skills Manipulative skills Stability skills 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>Evaluate how they control their body when traveling</i>	<i>Show a wide range of sports that involve travelling and discuss similarities and differences</i>	<i>Hop, jump, personal best, target, paces, race, control, skip, run, balance, climb, imagine, safe, space, jog, rules, dribbling, apparatus, space, skipping, direction, travel, awareness.</i>
 <p>Invictus Can I be inclusive when playing team games?</p>		<ul style="list-style-type: none"> Throw over arm Throw and kick in different ways 	
	Essential skills:		
	<ul style="list-style-type: none"> Teamwork and communication Learning different invictus style games such as: Danger ball, Throlf, Goalball and Boccia 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>To take part in a range of games that are inclusive to all</i>	<i>Person of significance: Nigel Murray (Paralympian Boccia)</i>	<i>Over arm throwing, direction, speed, change direction, respect, fair play, throwing, rolling.</i>
 <p>Gymnastics Can I plan and perform a sequence of movements?</p>	<ul style="list-style-type: none"> Plan and perform a sequence of movements Improve a sequence of movements based on feedback 		
	Essential skills:		
<ul style="list-style-type: none"> Developing fundamental movement skills Developing core muscles to balance Standing and kneeling balances Pike, tuck, star, straight and straddle shapes 			

	<ul style="list-style-type: none"> Log roll, egg roll and teddy bear roll Balances on apparatus 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>Invent a sequence of movements</i>	<i>Person of significance: Simone Biles</i>	<i>In front, speed, slow, fast, wide, shape, narrow, long, land, over, jump, off, high, low, stretch, point, balance, twisted, curled, level, medium, backwards, sideways, forwards, zig zag, angular, under, through, behind, tension, copy, smooth, sequence, height</i>
 <p>Football Can I use a range of techniques to kick a football to a team mate?</p>	<ul style="list-style-type: none"> To use and devise a tactic in a game Follow rules Use hitting, kicking and/or rolling in a game 		
	<p>Essential Skills:</p> <ul style="list-style-type: none"> Passing, dribbling and receiving the football Control and accuracy Kicking the ball with different areas of the foot 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>Demonstrate use of tactics during a game</i>	<i>To watch a football game (Lionesses) Person of significance: Mary Earps</i>	<i>Passing, Controlling, Shooting, Scoring, Co-ordination, Participate, Health and fitness – warm up/ cool down Avoiding Accuracy, tracking a ball, Rolling, Striking, Overarm throw, Chest pass, Bounce pass, Bouncing Catching, Free space, Own space, Opposite, Team, Rebound, Follow, Aiming, Speed, Direction Passing, Controlling, Shooting, Scoring, Participate, Co-ordination, Technique, Combinations, Rules, Tactics, Health and fitness – warm up/ cool down</i>
 <p>Gymnastics How does feedback help you when following a sequence?</p>	<ul style="list-style-type: none"> improve sequence based on feedback think of more than one way to create a sequence which follows some 'rules' 		
	<p>Essential Skills:</p> <ul style="list-style-type: none"> Developing fundamental movement skills Developing core muscles to balance Standing and kneeling balances Pike, tuck, star, straight and straddle shapes Log roll, egg roll, teddy bear roll, crouched forward roll. 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>Evaluate a routine created by others</i>	<i>To watch different nationalities compete at the Olympics – stick to floor routines and spot the different skills that the children are learning Strictly come Gymnastics – can the children evaluate different floor routines?</i>	<i>In front, speed, slow, fast, wide, shape, narrow, long, land, over, jump, off, high, low, stretch, point, balance, twisted, curled, level, medium, backwards, sideways, forwards, zig zag, angular, under, though, behind, tension, copy, smooth, sequence, height, speed, Compose, Movements, Position, Extend, ,Travel, ,Combinations, Demonstrate, ,Repeat, Create, Stretch, Point, Balance, Level, Tension, Smooth, Sequence, Shapes – pike, star, straddle, top to toe, tuck, Health and fitness – warm up/ cool down</i>
 <p>Hockey</p>	<ul style="list-style-type: none"> decide the best space to be in during a game use a tactic in a game follow rules 		
	<p>Essential skills:</p> <ul style="list-style-type: none"> Controlling the ball with the hockey stick through dribbling Passing the ball to a teammate 		

<p>Can you identify space using tactics in hockey?</p>	<p>PRODUCT</p> <p><i>Model how to find space during a game.</i></p>	<p>CULTURAL CAPITAL</p> <p><i>Person of Significance: Oli Payne</i></p>	<p>KEY VOCABULARY</p> <p><i>Walking, Running, Throwing, Fast slow, Catching, Rolling, Space, Pushing, Patting, Kicking, Bounce, Control, Co-ordination, Bounce, Body parts, running, Jumping, Rolling, Striking, Throwing, Bouncing, Catching, Space, Opposite team, Speed, Direction, Passing, Controlling, Shooting, Scoring, Co-ordination, Participate, Health and fitness – warm up/ cool down Avoiding, Accuracy, tracking a ball, Rolling, Striking, Overarm throw, Chest pass, Bounce pass, Bouncing Catching, Free space, Own space, Opposite, Team, Rebound, Follow, Aiming, Speed, Direction</i> <i>Passing, Controlling, Shooting, Scoring, Participate, Co-ordination, Technique, Combinations, Rules, Tactics, Health and fitness – warm up/ cool down</i></p>
 <p>Dance : Line Dancing</p> <p>Can I create and make a sequence linking moves together?</p>	<p>Essential skills:</p> <ul style="list-style-type: none"> Forming a line facing the same way to complete the movements in unison Basic steps: Grapevine, weave, brush, kick and scoot. 		<ul style="list-style-type: none"> To make a sequence by linking sections together To copy and replicate moves
 <p>Tennis</p> <p>Which tennis shot can you control more?</p>	<p>PRODUCT</p> <p><i>Model a sequence linking moves together</i></p>	<p>CULTURAL CAPITAL</p> <p><i>Person of Significance: Alison Metelnick</i></p>	<p>KEY VOCABULARY</p> <p><i>spring, turn, spin, freeze, statue, Direction - forwards, backwards, sideways, Space - near, far, in and out, on the spot, own, beginning, middle end, Mood and feelings - happy, angry, calm, excited, sad, lonely, Body actions, Levels high, medium, low, Speed - fast, slow, Pathways - curved, zigzag, Rhythm, Co-ordination, Pattern, Stimulus, Health and fitness – warm up/ cool down Movement, Control, Speed, Level, Sequence, Unison, Cannon, Travel and stillness - gallop, skip, jump, hop, bounce,</i></p>
 <p>Athletics</p> <p>Can you win without winning?</p>	<p>PRODUCT</p> <p><i>Compare and contrast the best way to hit a tennis ball</i></p>	<p>CULTURAL CAPITAL</p> <p><i>Wimbledon – Find out about Wimbledon and the traditions of the day. Could you host your own Wimbledon?</i> <i>Person of significance: Andy Murray</i></p>	<p>KEY VOCABULARY</p> <p><i>Throw catch trick, run, ready, racket, forehand, backhand, ready position, skills, honesty, control, serve, team, baseline, cradle, bounce, balance, aim, hop, target</i></p>
		<ul style="list-style-type: none"> Decide the best space to be in during a game Follow rules 	
	<p>Essential skills:</p> <ul style="list-style-type: none"> To compete in running races Using hurdles Overarm throwing – Javelin Balancing – quoits/bean bags on heads 		

	<ul style="list-style-type: none"> Stability – sack racing 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>Identify ways to run, throw and jump.</i>	<i>Take part in sports day Person of significance: Usain Bolt</i>	<i>Throw, High, Low, Skip, Aim, ,Fast, Slow, Safely, ,Step, Bounce, Jump, Leap, Hop, Repeat, Run, ,Target, Overarm, Underarm, Walking, Jogging, Accelerate, ,Baton, ,Relay, Push, Take off, Landing, Evaluate, Improve,</i>
 <p>Dance Can I change my speed, rhythm in a dance to show a feeling?</p>			<ul style="list-style-type: none"> change rhythm, speed, level and direction in dance use dance to show a mood or feeling
	Essential skills: <ul style="list-style-type: none"> Working as a team to collectively learn a dance Communication to other children to ensure all are successful 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>Perform changing the speed, rhythm during dance</i>	<i>To watch strictly come dancing – which style of dancing would they like to try?</i>	<i>spring, turn, spin, freeze, statue, Direction - forwards, backwards, sideways, Space - near, far, in and out, on the spot, own, beginning, middle end, Mood and feelings - happy, angry, calm, excited, sad, lonely, Body actions, Levels high, medium, low, Speed - fast, slow, Pathways - curved, zigzag, Rhythm, Co-ordination, Pattern, Stimulus, Health and fitness – warm up/ cool down Movement, Control, Speed, Level, Sequence, Unison, Cannon, Travel and stillness - gallop, skip, jump, hop, bounce</i>
 <p>Rounders Can you explain the technique for hitting a ball?</p>		<ul style="list-style-type: none"> use hitting, kicking and/or rolling in a game 	
	Essential skills: <ul style="list-style-type: none"> Throw underarm with more accuracy Hitting the ball with a variety of bats to choose preferred method Run around the posts How to field – different positions 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>Demonstrate how to hit a ball</i>	<i>To take part in an intraschool competition against the other Year 2 class</i>	<i>Run, pass, roll, team, space, safely, around, forwards, backwards, Hit, points, target, throw, score, catch, fielder. Base, bat, send, teammate, bowler, runs, batter, receiver.</i>
 <p>Orienteering How does orienteering differ from other team sports?</p>	<ul style="list-style-type: none"> Think of more than one way to create a sequence which follows some 'rules' 	<ul style="list-style-type: none"> Follow rules 	
	Essential skills: <ul style="list-style-type: none"> To work as a team to achieve a common goal Communication with teammates 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>To use a map to navigate</i>	<i>To navigate outside of the school grounds using a map</i>	<i>Symbols, key, map, running, compass, north, south, east, west, obstacle.</i>

YEAR 3

Key Concepts	Gymnastics	Competitive Games	Dance	Athletics	Outdoor and adventurous activities	Evaluate
 <p>Athletics Can you win without winning?</p>				<ul style="list-style-type: none"> • Run at fast, medium and slow speeds; changing speed and direction • Take part in a relay, remembering when to run and what to do 		
	Essential skills: <ul style="list-style-type: none"> • Learn how to throw overarm – Javelin • Hop, skip and jump – triple jump • How could they improve their technique? • Do they get better/further each week? 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
	<i>Take part as a team to complete a relay</i>	<i>Take part in sports day Person of significance: Jessica Ennis</i>	<i>Throw, High, Low, Skip, Aim, Fast, Slow, Safely, ,Step, Bounce, Jump, Leap, Hop, Repeat, Run, ,Target, Overarm, Underarm, Walking, Jogging, Accelerate, ,Baton, ,Relay, Push, Take off, Landing, Evaluate, Improve, start, finish, 4x100m, 4x400m, exchange, power, strength, explode, arm drive, hip movement, extend,</i>			
 <p>Gymnastics Why will apparatus showcase my strength?</p>	<ul style="list-style-type: none"> • Adapt sequences to suit different types of apparatus and criteria • Explain how strength and suppleness affect performance 					<ul style="list-style-type: none"> • compare and contrast gymnastic sequences
	Essential skills: <ul style="list-style-type: none"> • Straight, tuck, jumping jack, star, straddle, pike, straight, half-turn, cat leap • Large and small body part balances, including standing and kneeling balances. • Balances on apparatus • Matching and contrasting partner balances • Pike, tuck, star, straight, straddle shapes • Front and back support 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
	<i>Explain how apparatus helps to show strength</i>	<i>Take part in an interschool gymnastics tournament</i>	<i>In front, speed, slow, fast, wide, shape, narrow, long, land, over, jump, off, high, low, stretch, point, balance, twisted, curled, level, medium, backwards, sideways, forwards, zig zag, angular, under, through, behind, tension, copy, smooth,</i>			

		<i>Person of Significance: Alice Kinsella</i>	<i>sequence, height, speed, Compose, Movements, Position, Extend, Travel, Combinations, Demonstrate, Repeat, Create, Stretch, Point</i> <i>Balance, Level, Tension, Smooth, Sequence, Shapes – pike, star, straddle, top to toe, tuck, Health and fitness – warm up/ cool down, levels, traveling, control, pointed toes, present</i>			
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Dance: Hip hop
How do I improvise and move freely when reacting to a different stimulus?

			<ul style="list-style-type: none"> improvise freely and translate ideas from a stimulus into movement share and create phrases with a partner and small group remember and repeat dance perform phrases 			
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Essential skills:

- Keeping and working with the beat of the music.
- Freestyle movement once learnt basic hip hops movements such as toprock, locks and funky chicken.

PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
<i>Demonstrate moving freely to different stimuli?</i>	<i>Person of Significance: Stephen twitch Boss</i>	<i>spring, turn, spin, freeze, statue, Direction - forwards, backwards, sideways, Space - near, far, in and out, on the spot, own, beginning, middle end, Mood and feelings - happy, angry, calm, excited, sad, lonely, Body actions, Levels high, medium, low, Speed - fast, slow, Pathways - curved, zigzag, Rhythm, Co-ordination, Pattern, Stimulus, Health and fitness – warm up/ cool down Movement, Control, Speed, Level, Sequence, Unison, Cannon, Travel and stillness - gallop, skip, jump, hop, bounce</i>			





Swimming
Which is the best way to move through water?

Essential skills:

- To learn how to enter the water safely
- To 'save' themselves
- To Swim competently, confidently and proficiently over a distance of at least 25 metres.
- Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).
- To demonstrate different swimming techniques in water

PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
<i>To demonstrate the different swimming strokes over 25m and save myself.</i>	<i>Person of Significance: Ellie Simmonds/Michael Phelps/Adam Peaty</i>	<i>Safety, front crawl, backstroke, breaststroke, butterfly, entry, elbows bent, kicking.</i>			

YEAR 4

Key Concepts	Gymnastics	Competitive Games	Dance	Athletics	Outdoor and adventurous activities	Evaluate
 <p>Invictus Is it more difficult to complete a task with a disability?</p>		<ul style="list-style-type: none"> • Know and use rules fairly 				<ul style="list-style-type: none"> • Recognise own improvement in ball games
	Essential skills: <ul style="list-style-type: none"> • Teamwork and communication • Learning different invictus style games such as: Shape swapper, Danger ball, Goalball and Boccia. 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
	<i>To play a wide range of inclusive games</i>	<i>To investigate the history of the Invictus games Person of significance: Jordanne Whiley</i>	<i>Over arm throwing, direction, speed, change direction, respect, fair play, throwing, rolling.</i>			
 <p>Rounders Why is communication key in rounders?</p>		<ul style="list-style-type: none"> • Be aware of space and use it to support team mates and to cause problems for the opposition • Know and use the rules fairly 				<ul style="list-style-type: none"> • Recognise own improvement in ball games
	Essential skills: <ul style="list-style-type: none"> • Hit a ball accurately with control • Learn the rules for fielding • Underarm bowling • Listen to others' ideas 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
	<i>Communicate with teammates when playing a game of rounders</i>	<i>Intraschool competition with the other Y4 class</i>	<i>Aiming, Backstop, Balance, Ball, Batting, Catch, Control, Fielding, Keep score, Run, Score, Shot selection, Skill, Teamwork, Technique, Throw, Accuracy, Communication, Long barrier, Power, Space, Targets</i>			
	<ul style="list-style-type: none"> • Adapt sequences to suit different types of apparatus and criteria 					<ul style="list-style-type: none"> • Compare and contrast gymnastic sequences



Gymnastics
How important is communication when working with a partner?

<ul style="list-style-type: none"> Explain how strength and suppleness affect performance 					
Essential skills: <ul style="list-style-type: none"> Move in a controlled way Work with a partner to create, repeat and improve a sequence with at least three phases Provide support and advice to others in gymnastics and dance 					
PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
<i>Work with a partner to create a and repeat a sequence</i>	<i>Take part in an interschool gymnastics competition Person of significance: Joe Fraser</i>	<i>90 degrees, 180 degrees, Leaving, Approaching, Balance, Forwards, Backwards, Combine, Rotation, Against, Towards, Across, Evaluate, Improve, Height, Strength, Suppleness, Stamina, Speed, Level, Wide, Tucked, Straight, Twisted, Constructive, Points, Twist, Turn, Safety, Refine, Away,</i>			



Handball
How do you throw and catch in handball to score?

<ul style="list-style-type: none"> Throw and catch accurately with one hand 		<ul style="list-style-type: none"> Throw in different ways and hit a target, when needed. 		<ul style="list-style-type: none"> Recognise own improvement in ball games
Essential skills: <ul style="list-style-type: none"> Passing, dribbling, shooting, defending and position. Throwing and catching skills. 				
PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY		
<i>Demonstrate a range of throwing and catching while moving</i>	<i>Handball coaching sessions with Charlie Taylor Person of significance: Benjamin Howard</i>	<i>Possession, Scoring, Space, Pass/send/receive, Dribble, Travel, Team, Throwing, defending, offense, Combinations, Co-ordination, Fluency, Co-operation, Competition, Technique, Points, Goals, Rules, Tactics, Court, goalkeeper, goal, D, Target, Net, Defending, Stance, Offside, Pitch, Running, Technique, Accuracy, Power, Throw, High, Low, aim, Fast, , slow, Bounce, Jump, Leap, Hop, Run, Overarm, Underarm, Walking, Jogging,</i>		



Golf
Why do you use a range of golf clubs?

<ul style="list-style-type: none"> Hit a ball accurately with control Vary tactics and adapt skills depending on what is happening in a game 				
Essential skills: <ul style="list-style-type: none"> Different grips, stances and swings Controlling striking distance 				
PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY		
<i>Show the difference between a chip and putt</i>	<i>Visit Cannock Golf Club Person of significance: Tiger Woods</i>	<i>putter, wedge, iron, driver, tee, golf ball, tee box, fairway, green, bunker, hazard, drive, swing, stroke, par, bogie, eagle, birdie, yardage, control, stance, open, closed, slice, hook, draw.</i>		

<ul style="list-style-type: none"> Include change of speed and direction in a sequence Move in a controlled way 				<ul style="list-style-type: none"> Compare and contrast gymnastic sequences
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**Gymnastics
(Parkour)**

What muscles do you use when changing speed and direction during a sequence?

Essential skills: <ul style="list-style-type: none"> Balances, precision jumps and landings How to be safe when using equipment 		
PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
<i>Showcase a range of jumps and changing directions</i>	<i>Visit a trampoline park for a jump session</i>	<i>90 degrees, 180 degrees, Leaving, Approaching, Balance, Forwards, Backwards, Combine, Rotation, Against, Towards, Across, Evaluate, Improve, Height, Strength, Suppleness, Stamina, Speed, Level, Wide, Tucked, Straight, Twisted, Constructive, Points, Twist, Turn, Safety, Refine, Away,</i>



Dance: Salsa

What are the components of being a good leader in dance?

		<ul style="list-style-type: none"> Take the lead when working with a partner or group Use dance to communicate an idea 			<ul style="list-style-type: none"> Be prepared to listen to the ideas of others
Essential skills: <ul style="list-style-type: none"> Basic salsa movements which are fast and slow Listening to the beat as salsa is usually over 8 counts. 					
PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
<i>Experiment with leading when dancing</i>	<i>Person of significance: Janette Manrara</i>	<i>spatial, awareness, Repeat, Dance, Character, Repetition, Action, Reaction, Pattern, Movement, evaluate Improve, Agility, Flexibility, Strength, Technique, Control, Balance, Combination, Stimulus, Motifs, Dynamics, Perform Timing, Health and fitness – warm, up/ cool down/heart rate</i>			



Tennis




What strokes can you use to accurately return a tennis serve?

	<ul style="list-style-type: none"> Hit a ball with accuracy and control Vary tactics and adapt skills depending on what is happening in a game. 				
Essential skills: <ul style="list-style-type: none"> Hit a ball accurately with control Demonstrate different strokes Take part in a rally 					
PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
<i>Demonstrate how to return a serve in tennis</i>	<i>Intraschool Wimbledon experience Person of significance: Harriet Dart</i>	<i>Accuracy, Aiming, Balance, Ball control, Bounce, Bounce, Catch, Cooperate, Feed, High, Low, movement, Positioning, Ready position, Receive, Rolling, Score, Send, Tennis racquet/racquet, Throw, Underarm, control, Cooperative play, Court target, Direction, Free space, Partner, Power, Racquet, Space, Swing</i>			





Athletics




			<ul style="list-style-type: none"> Sprint over a short distance and show stamina when running over a long distance Jump in different ways throw in different ways and hit a target, when needed 		
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<p>Can you win without winning?</p>	Essential skills: <ul style="list-style-type: none"> • Running races including 100m, hurdles and relay • Throwing; quoits, bean bags at a target and javelin • Jumps; long, triple and jumping for height 				
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY		
	<i>Demonstrate throwing a javelin and shot put for distance</i>	<i>Take part in sports day</i> <i>Person of significance: Greg Rutherford</i>	<i>Competition, Distance, Jumping, Measuring, Personal best, Races, Running, Speed, Throwing, Co-ordination, Measurements, Movement, Technique, Timing, discuss, shot put, long jump, triple jump, relay, batons, exchange, power, explosive, strength, endurance, 100m, 200m, 400m</i>		
 <p>Dance</p> <p>How can you move your body to communicate an idea of emotion?</p>			<ul style="list-style-type: none"> • use dance to communicate an idea 		<ul style="list-style-type: none"> • Be prepared to listen to the ideas of others
	Essential skills: <ul style="list-style-type: none"> • Working as part of a team • Communication their own ideas • Evaluating other performances in a positive way 				
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY		
<i>Evaluate how you can show emotion when dancing</i>	<i>Strictly come Dancing at Littleton Green</i> <i>Take ownership of gang show dance</i>	<i>spatial, awareness, Repeat, Dance, Character, Repetition, Action, Reaction, Pattern, Movement, Evaluate, Improve, Agility, Flexibility, Strength, Technique, Control, Balance, Combination, Stimulus, Motifs, Dynamics, Perform, Timing, Health and fitness, – warm, up/ cool down/heart rate</i>			
 <p>Orienteering</p> <p>How can I follow a map to find the quickest route?</p>				<ul style="list-style-type: none"> • follow a map in a (more demanding) familiar context • follow a route within a time limit 	<ul style="list-style-type: none"> • Be prepared to listen to the ideas of others
	Essential skills: <ul style="list-style-type: none"> • Following a route on a map before adapting it for different scenarios • Orientating the map 				
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY		
<i>Complete a designated route under a time limit</i>		<i>Lead, Co-operate, Teamwork, Solve, Instructions, Support, Successful, Map, Direction, Communicate Rules, Route, Trust, Navigate, grid, Discuss, Plan, Leader, Inclusive, Effectively, Orientate, Symbol, Collaborate, Tactical, Control, Card, Collective, Orienteering, Navigation, Location, Boundaries, Critical Thinking, Symbol, cooperatively, Strategy,</i>			
 <p>Cricket</p> <p>How can maximise my score in cricket?</p>		<ul style="list-style-type: none"> • Throw and catch accurately with one hand • Hit a ball accurately with control • Vary tactics and adapt skills depending on what is happening in a game 			<ul style="list-style-type: none"> • Be prepared to listen to the ideas of others
	Essential skills: <ul style="list-style-type: none"> • Find an effective way to field during cricket • Learn about what the wicket keeper does 				

	<ul style="list-style-type: none"> Learn the correct way to hold a cricket bat How to bowl 		
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
	<i>Demonstrate how to get someone out in cricket</i>	<i>A session with Cannock Cricket Club</i> <i>Person of Significance: Nils Priestley</i>	<i>Agility, balance, control, coordination, teamwork, speed, power, agility, stamina, awareness, confidence, batting, bowling, straight drive, fielding, decisions, positioning, striking, wicket, direction, fast, slow, direct, stumps, bails, straight arm</i>

YEAR 5

Key Concepts	Gymnastics	Competitive Games	Dance	Athletics	Outdoor and adventurous activities	Evaluate
 <p>Invictus Is it more difficult to complete a task with a disability?</p>		<ul style="list-style-type: none"> Gain possession by working as a team 				<ul style="list-style-type: none"> Know why own performance was better or not as good as their last
	Essential skills: <ul style="list-style-type: none"> Teamwork and communication Learning different Invictus style games such as Shape swapper, Danger ball, Goalball and Boccia 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
<i>To play a wide range of inclusive games</i>	<i>History of the Invictus Games</i> <i>Person of significance: Victoria Bromley</i>	<i>Over arm throwing, direction, speed, change direction, respect, fair play, throwing, rolling.</i>				
 <p>Hockey Can you identify space using tactics in hockey?</p>		<ul style="list-style-type: none"> Gain possession by working as a team and pass in different ways Choose a specific tactic for attack and defense Use a number of techniques to pass dribble and shoot 				
	Essential skills: <ul style="list-style-type: none"> Correct grip on the hockey stick To pass, receive, dribble and shoot. 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
<i>Model how to find space during a game.</i>	<i>To watch a hockey game on the IWB</i> <i>Person of significance: Laura Roper</i>	<i>Walking, Running, Throwing, Fast slow, Catching, Rolling, Space, Pushing, Patting, Kicking, Bounce, Control, Co-ordination, Bounce, Body parts, running, Jumping, Rolling, Striking, Throwing, Bouncing, Catching, Space, Opposite team, Speed, Direction, Passing, Controlling, Shooting, Scoring, Co-ordination, Participate, Health and fitness – warm up/ cool down Avoiding, Accuracy, tracking a ball, Rolling, Striking, Overarm throw, Chest pass, Bounce pass, Bouncing Catching, Free space, Own space, Opposite, Team, Rebound, Follow, Aiming, Speed, Direction Passing, Controlling, Shooting, Scoring, Participate, Co-ordination, Technique, Combinations, Rules, Tactics, Health and fitness – warm up/ cool down</i>				

 <p>Gymnastics Why do you engage your core muscles when creating sequences?</p>	<ul style="list-style-type: none"> • Make complex extended sequences • Perform consistently to different audiences 					<ul style="list-style-type: none"> • To know why own performance was better or not as good as their last
	<p>Essential skills:</p> <ul style="list-style-type: none"> • Straight, tuck, jumping jack, star, straddle, pike, straight, half-turn, cat leap • Large and small body part balances, including standing and kneeling balances. • Balances on apparatus • Matching and contrasting partner balances • Pike, tuck, star, straight, straddle shapes • Front and back support 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
<i>Make a complex sequence</i>	<i>To watch different gymnastics events at the Olympics Person of significance: Jake Jarman</i>	<i>Action, Jump, Roll, Level, Direction, Speed, Point, Balance, Link, Pathway, Sequence, Tuck, Straddle, Speed, Star, Pike, Flow, Explore, Create, Matching, Interesting, symmetrical, Rotation, Aesthetics, Canon, Formation, momentum, Counterbalance, Control, Contrasting Quality, Perform, Inverted, Technique, Apparatus, Extension, Asymmetrical, Synchronisation, Progression Fluently, Counter Tension, Stability</i>				
 <p>Tag rugby Why is teamwork in defending and attacking important in rugby?</p>		<ul style="list-style-type: none"> • Choose a specific tactic for defending and attacking • Gain possession by working as a team and pass in different ways 				<ul style="list-style-type: none"> • Know why own performance was better or not as good as their last.
	<p>Essential skills:</p> <ul style="list-style-type: none"> • Setting a line in defence • Understanding the tag rules • Improving footwork in attack • Tactics – Can you read a game? • What skills do you need to be successful? 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
<i>Show teamwork when playing a game of tag rugby</i>	<i>To visit Cannock Rugby Club Person of Significance: Marcus Smith</i>	<i>Throw, catch pass, move receive, direction, coordination, change direction/pace, pass backwards, modified game.</i>				
 <p>Netball</p>		<ul style="list-style-type: none"> • To gain possession by working as a team • Passing in different ways 				<ul style="list-style-type: none"> • Pick up on something that a partner does well and also something that could be improved
	<p>Essential skills:</p> <ul style="list-style-type: none"> • Different ways to pass and catch the ball • Shooting technique 					

<p>Is a chest pass always the best pass in netball?</p>	<p>PRODUCT</p> <p><i>Showcase a range of passing to beat a defender</i></p>	<p>CULTURAL CAPITAL</p> <p><i>Interschool competitions</i></p> <p><i>Person of significance: Funmi Fadoju</i></p>	<p>KEY VOCABULARY</p> <p><i>Ready Position, Partner, Net, Underarm, Score, Points, Receive, Quickly, Trap, Defend, Return, Collect, Against, Serve, Accurately, Track, Racket, Control, Rally, Opponent Outwit, Receiver, Court, Backhand, Forehand Tactics, Volley, Co-operatively, Footwork, Continuously, Set, Dig Consecutive, Deep, Consistently, Forecourt, Backcourt, Defensive, Attacking</i></p>			
 <p>Gymnastics (parkour)</p> <p>What muscles do you use when balancing and changing shape?</p>	<ul style="list-style-type: none"> Combine action, balance and shape Perform consistently to different audiences 					<ul style="list-style-type: none"> Pick up on something that a partner does well and also something that could be improved
	<p>Essential skills:</p> <ul style="list-style-type: none"> Balances, precision jumps and landings How to be safe when using equipment 					
	<p>PRODUCT</p> <p><i>Draw a diagram discussing the muscles you need to balance and change shape</i></p>	<p>CULTURAL CAPITAL</p> <p><i>Visit a trampoline park</i></p>	<p>KEY VOCABULARY</p> <p><i>Action, Jump, Roll, Level, Direction, Speed, Point, Balance Link, Pathway, Sequence, Tuck, Straddle, Speed, Star, Pike Flow, Explore, Create, Matching, Interesting, Control, Contrasting Quality, Perform, Inverted, Technique Apparatus, Extension Asymmetrical, Synchronisation, Progression, Fluently, Counter Tension, Stability</i></p>			
 <p>Dance: Indian Dancing</p> <p>How can I move to show emotion through dance?</p>			<ul style="list-style-type: none"> Compose own dances in a creative way Perform dance to an accompaniment dance shows clarity, fluency, accuracy and consistency 			<ul style="list-style-type: none"> Pick up on something a partner does well and also on something that can be improved
	<p>Essential skills:</p> <ul style="list-style-type: none"> Learn different Indian dance movements and how to link them together Understand that movements tell a story 					
	<p>PRODUCT</p> <p><i>Evaluate how to show emotion during a performance</i></p>	<p>CULTURAL CAPITAL</p> <p><i>Take ownership of gang show performance</i></p> <p><i>Person of significance: Prabhu Deva</i></p>	<p>KEY VOCABULARY</p> <p><i>Formation, Posture, Performance, Canon, Relationship Phrase, Structure, Connect, Choregraph, Contrast, Structure, Fluently, Connect Counts, Pose, Level Slow, Fast, Balance Mirror, Action, Pathway, Direction, Speed, Timing Flow, Explore, Create, Perform, Match, Feedback, Expression Reaction, Unison, Represent, Dynamics, Control</i></p>			
 <p>Tennis</p> <p>When attacking in tennis what stroke would you play?</p>		<ul style="list-style-type: none"> choose a specific tactic for defending and attacking Use a number of techniques to pass, dribble and shoot 				
	<p>Essential skills:</p> <ul style="list-style-type: none"> Move to hit a ball with some control Hit/ bounce a ball with control when moving at different speeds 					

	<ul style="list-style-type: none"> • Serve diagonally with underarm/overarm throwing into target/game. Begin to use with racket to serve into a target • Moving into position to hit a ball with forehand/ backhand in skills practice and game • Communicate and collaborate as a pair to beat opponents • Developing tactics such as working as a team, supporting each other and communicating. 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
	<i>Demonstrate a serve and volley</i>	<i>Wimbledon experience in school</i> <i>Person of significance: Jack Draper</i>	<i>forehand, backhand, volley, serve, racket, spin, drop short, baseline, serving box, net, ace, deuce, point, game, set, match, points, tie break, attack, defend, one-handed, two-handed, bounce, line drive, in, out, Balance, Action, Pathway, Direction, Speed, Timing, Match, Feedback, Expression</i> <i>Reaction, , Dynamics, Control, Posture, Performance, connect, return</i>			
				<ul style="list-style-type: none"> • Throw with increasing accuracy • Combine running and jumping • Controlled when taking off and landing 		<ul style="list-style-type: none"> • Pick up on something a partner does well and also on something that can be improved
	Essential skills: <ul style="list-style-type: none"> • Running races including 100m, hurdles and relay • Throwing; quoits, bean bags at a target and javelin • Jumps; long, triple and jumping for height 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
	Evaluate a fielding in a game of rounders	<i>Taking part in the school sports day</i> <i>Person of significance: Ben Williams</i>	<i>Far, Hop, Aim, Fast, Slow, Bend, Improve, Direction, Travel Sprint, Jog, Distance, Height, Take Off, Landing, Overarm, Underarm</i> <i>Speed, Power, Strength, Accurately, Higher, Pace, Control, Faster, Further Power Stamina, Officiate, Perseverance, Determination, Accuracy, Personal Best Technique, Down sweep, Upsweep, Flight, Rhythm, Stride Rotation, Force, Compete, Trajectory, Momentum, Continuous Pace, Transfer of Weight</i>			
			<ul style="list-style-type: none"> • Take the lead when working with a partner or group 			<ul style="list-style-type: none"> • Offer advice and constructive criticism to other people in the group
	Essential skills: <ul style="list-style-type: none"> • Working as part of a team • Communication their own ideas • Evaluating other performances in a positive way 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
	<i>Experiment with leading when dancing</i>	<i>Strictly Come Dancing at Littleton Green</i>	<i>spatial, awareness, Repeat, Dance, Character, Repetition, Action, Reaction, Pattern, Movement, evaluate Improve, Agility, Flexibility, Strength, Technique, Control, Balance, Combination, Stimulus, Motifs, Dynamics, Perform Timing, Health and fitness – warm, up/ cool down/heart rate</i>			
				<ul style="list-style-type: none"> • Follow a map to an unknown location 		



Athletics

Can you win without winning?



Dance

How can you be a good leader in dance?



Orienteering

Why is following a compass important when changing a route?

- Use clues and a compass to navigate a route
- Change route to overcome a problem use new information to change the route

Essential skills:

- Following a route on a map before adapting it for different scenarios
- Orientating the map
- Using a compass for direction

PRODUCT

Follow a map to locate a new location

CULTURAL CAPITAL

Navigate on Cannock Chase with a map and compass

KEY VOCABULARY

Lead, Co-operate, Teamwork, Solve, Instructions Support, Successful, Map, Rules, Route, Trust, Navigate, Grid, Discuss, Plan Leader, Inclusive, Effectively, Orientate, Symbol Collaborate, Tactical, Control Card, Collective, Location, Boundaries, Critical Thinking,

- Use a number of techniques to pass, dribble and shoot

Essential skills:

- Find an effective way to field during cricket
- Learn about what the wicket keeper does
- Learn the correct way to hold a cricket bat
- How to bowl



Cricket

How can I use my batting skills to gain more points?

PRODUCT

To bat over a distance to gain more runs



CULTURAL CAPITAL



*Visit Cannock Cricket Club
Person of significance:
Heather Knight*




KEY VOCABULARY

Agility, balance, control, coordination, teamwork, speed, power, agility, stamina, awareness, confidence, batting, bowling, straight drive, fielding, decisions, positioning, striking, wicket, direction, fast, slow, direct, stumps, bails, straight arm

YEAR 6

Key Concepts	Gymnastics	Competitive Games	Dance	Athletics	Outdoor and adventurous activities	Evaluate
 <p>Invictus How can we be more inclusive in sports?</p>		<ul style="list-style-type: none"> • Agree and explain rules to others • Work as a team and communicate a plan • Lead others in a game situation when the need arises 				<ul style="list-style-type: none"> • Know which sports they are good at and how to improve further
	Essential skills: <ul style="list-style-type: none"> • Teamwork and communication • Learning different Invictus style games such as Shape swapper, Danger ball, Goalball and Boccia 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
	<i>To take part in a wide range of inclusive games</i>	<i>Find out about the Paralympic games</i> <i>A visit from a disability sports team</i> <i>Person of Significance: Mel Clarke</i>	<i>Overarm throwing, direction, speed, change direction, respect, fair play, throwing,</i>			
 <p>Hockey Can I identify space using tactics in hockey?</p>		<ul style="list-style-type: none"> • Agree and explain rules to others • Work as a team and communicate a plan • Lead others in a game situation when the need arises 				<ul style="list-style-type: none"> • Know which sports they are good at and how to improve further
	Essential skills: <ul style="list-style-type: none"> • decide the best space to be in during a game • use a tactic in a game • follow rules • Find space 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
	<i>Model how to find space in a game</i>	<i>Watch hockey games on IWB</i>	<i>In front, speed, slow, fast, wide, shape, narrow, long, land, over, jump, off, high, low, stretch, point, balance, twisted, curled, level, medium, backwards, sideways, forwards, zig zag, angular, under, though, behind, tension, copy, smooth,</i>			

		<i>Person of Significance: David Ames</i>	<i>sequence, height, speed, Compose, Movements, Position, Extend, Travel, Combinations, Demonstrate, Repeat, Create, Stretch, Point, Balance, Level, Tension, Smooth, Sequence, Shapes – pike, star, straddle, top to toe, tuck, Health and fitness – warm up/ cool down</i>			
 <p>Gymnastics Can I create a synchronised routine with others?</p>	<ul style="list-style-type: none"> Combine own work with that of others to create a routine Sequences to specific timings 					<ul style="list-style-type: none"> Know which sports they are good at and find out how to improve further
	<p>Essential skills:</p> <ul style="list-style-type: none"> Straight, tuck, jumping jack, star, straddle, pike, straight, half-turn, cat leap Large and small body part balances, including standing and kneeling balances. Balances on apparatus Matching and contrasting partner balances Pike, tuck, star, straight, straddle shapes Front and back support 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
	<i>Evaluate the work of others</i>	<i>Watch different routines from the Olympics – what did they like/dislike?</i>	<i>Action, Jump, Roll, Level, Direction, Speed, Point, Balance Link, Pathway, Sequence, Tuck, Straddle, Speed, Star, Pike Flow, Explore, Create, Matching, Interesting, Control, Contrasting Quality, Perform, Inverted, Technique Apparatus, Extension Asymmetrical, Synchronisation, Progression Fluently, Counter Tension, Stability</i>			
 <p>Tag rugby How do you communicate in tag rugby as a team?</p>		<ul style="list-style-type: none"> Agree and explain rules to others Work as a team and communicate a plan Lead others in a game situation when the need arises 				<ul style="list-style-type: none"> Know which sports they are good at and how to improve further
	<p>Essential skills:</p> <ul style="list-style-type: none"> Setting a line in defence Understanding the tag rules Improving footwork in attack Tactics – Can you read a game? What skills do you need to be successful? 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
	<i>Work as a team to demonstrate during a match</i>	<i>Visit Cannock Rugby Club</i> <i>Person of significance: Emily Scarratt / Amy Cockayne</i>	<i>Throw, catch pass, move receive, direction, co-ordination Throw, catch pass, move receive, direction, coordination, change direction/pace, pass backwards, modified game, lateral, dodge, tag, avoid, explode, teamwork, communication, try, side-line,</i>			
		<ul style="list-style-type: none"> Agree and explain rules to others Work as a team and communicate a plan 				<ul style="list-style-type: none"> Know which sports they are good at and how to improve further

 <p>Basketball When would you use leaders in basketball?</p>		<ul style="list-style-type: none"> Lead others in a game situation when the need arises 				
	Essential skills: <ul style="list-style-type: none"> To lead others in a game situation when the need arises Dribbling skills Variety of passes Shooting at a target 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
	<i>Showcase a range of dribbling and passing</i>	<i>Person of Significance: Michael Jordan</i>	<i>Footwork, shooting, change of pace/direction, defend, attach, man to man marking, obstruction, penalty pass, travelling, Chest, bounce, overhead and shoulder pass, dribble, footwork travelling. Chest, bounce, overhead, shoulder pass, dribble, control, footwork, travelling, layup, three-pointer, pivot, court, zone, ready position, interception, steal, double dribble</i>			
 <p>Gymnastics (parkour) Why is timing important when transitioning from obstructions?</p>	<ul style="list-style-type: none"> Sequences to specific timings Combine own work with that of others 					
	Essential skills: <ul style="list-style-type: none"> Balances, precision jumps and landings How to be safe when using equipment 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
	<i>Discuss how to transition from obstructions</i>	<i>Visit a trampoline park</i>	<i>Jump, Roll, Level, Direction, Speed, Point, Balance Link, Pathway, Sequence, Tuck, Straddle, Speed, Star, Pike, Flow, Explore, Create, Matching, Interesting, Control, Contrasting Quality, Perform, Inverted, Technique, Apparatus, Extension, Asymmetrical, Synchronisation, Progression Fluently, Counter Tension, Stability</i>			
 <p>Dance : Haka Can I use my body to express an emotion through dance?</p>		<ul style="list-style-type: none"> Develop sequences in a specific style Perform dance to an accompaniment Compose own dances in a creative way 				
	Essential skills: <ul style="list-style-type: none"> To understand the importance and history behind the haka 					
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY			
	<i>Develop a sequence to show emotion</i>	<i>History of the Haka Significant team: New Zealand Rugby Teams (men and women)</i>	<i>Dance style, Dance phrase, Fluency, Travelling, Technique. Formation, Pattern, Rhythm, Variation, Improvisation, Unison, Canon, Action, Reaction, Motif, Dynamics, Phrase, Interpret, Exploration, Agility, Flexibility, Combination, Strength, Technique, Control, Balance, Evaluate, Improve, Timing, Perform, Health and fitness – warm up/ cool down/ heart-rate/ pulse/ recovery</i>			
	<ul style="list-style-type: none"> Agree and explain rules to others Work as a team and communicate a plan 				<ul style="list-style-type: none"> Know which sports they are good at and how to improve further 	



Lacrosse

Which is the best way to control a ball using a Lacrosse stick?

- Lead others in a game situation when the need arises

Essential skills:

- Mastering stick-handling skills including passing, moving and shooting
- Holding the stick at waist height
- Using both hands

PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
<i>To throw and catch a ball using a Lacrosse stick</i>	<i>Person of Significance: Will Baxter</i>	<i>Attack, attacker, crease, crosse, cross check, defender, defensive area, face off, goal, goalkeeper, offside, man up, man down, ride, settled, slashing, stick, transition, wing area, X.</i>



Athletics

Why is strength training important for mobility?

- Demonstrate stamina
- Increase strength

Essential skills:

- Running races including 100m, hurdles and relay
- Throwing; quoits, bean bags at a target and javelin
- Jumps; long, triple and jumping for height

PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
<i>Explain how muscles work together</i>	<i>Research the history of the Olympics Person of Significance: Mo Farah</i>	<i>muscles, strength, endurance, mobility, balance, speed, isometric, concentric training, sets, reps, coordination, paired, single, combination, isolation</i>



Dance

Why does the style of music help portray different emotions?

- Choose own music and style

Essential skills:

- Working as part of a team
- Communication their own ideas
- Evaluating other performances in a positive way

PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY
<i>Demonstrate a range of emotions based on the stimuli</i>	<i>Strictly come Dancing at Littleton Green Take ownership of gang show performance</i>	<i>Dance style, Dance phrase, Fluency, Travelling, Technique. Formation, Pattern, Rhythm, Variation, Improvisation, Unison, Canon, Action, Reaction, Motif, Dynamics, Phrase, Interpret, Exploration, Agility, Flexibility, Combination, Strength, Technique, Control, Balance, Evaluate, Improve, Timing, Perform, Health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery</i>




Orienteering

Why is planning a rescue route important in understanding danger?

- Plan a route and a series of clues for someone else
- Plan with others, taking account of safety and danger

Essential skills:

- Following a route on a map before adapting it for different scenarios
- Orientating the map

	<ul style="list-style-type: none"> Using a compass for direction 				
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY		
	<i>Plan a route with a series of clues</i>	<i>To navigate around Cannock Chase with a map and compass</i>	<i>Lead, Co-operate, Teamwork, Solve, Instructions Support, Successful, Map, Rules, Route, Trust, Navigate, Grid, Discuss, Plan Leader, Inclusive, Effectively, Orientate, Symbol Collaborate, Tactical, Control Card, Collective, Location, Boundaries, Critical Thinking, safety, discussion, contours, fastest route, safer route.</i>		
		<ul style="list-style-type: none"> Agree and explain rules to others Work as a team and communicate a plan Lead others in a game situation when the need arises 			<ul style="list-style-type: none"> Know which sports they are good at and how to improve further
 <p>Badminton How do you win a match of badminton in singles and doubles?</p>	Essential skills:				
	<ul style="list-style-type: none"> Serving Perfecting a rally between 2 and 4 people How to hold a racquet 				
	PRODUCT	CULTURAL CAPITAL	KEY VOCABULARY		
	<i>Explain rules of badminton</i>	<i>Person of significance: Kirsty Gilmore</i>	<i>Backhand, forehand, rally, ready position, opponent, control, co-operatively, return, defensive, attacking, outwit, serve, drop shot, smash, baseline, follow through, forecourt, backcourt, attacking, defensive, point</i>		