

## Term 1

Yr	Unit	National Curriculum coverage	Intended knowledge, skills and understanding
3	Real PE Unit 1	<ul style="list-style-type: none"> <li>Master basic movements including agility, balance and coordination and begin to apply these in a range of activities.</li> </ul>	<ul style="list-style-type: none"> <li>To challenge self</li> <li>To ask for help where appropriate</li> <li>To work well with and alongside others</li> </ul>
	Hockey	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>To use push pass accurately</li> <li>To dribble with control</li> <li>To hold a hockey stick correctly</li> <li>To know and understand basic rules</li> <li>To follow tactics</li> <li>To develop tactics and apply them in competitive situations</li> </ul>
4	Real PE Unit 1	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>To persevere with a task</li> <li>To challenge self</li> <li>To improve own performance through regular practice</li> <li>To persevere when presented with a challenge</li> <li>To react positively when things become difficult</li> </ul>
	Netball	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> </ul>	<ul style="list-style-type: none"> <li>To pass and move</li> <li>To pass and move into effective positions</li> <li>To know all positions</li> <li>To be able to discuss the positional differences</li> <li>To shoot</li> <li>To shoot accurately</li> </ul>
5	Real PE Unit 1	<ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>To identify ways to improve performance</li> <li>To independently improve performance</li> <li>To understand ways to judge performance</li> <li>To judge and support peers' performance</li> <li>To use awareness of space and others to make safe decisions</li> </ul>
	Hockey	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>To move the ball around with control</li> <li>To move the ball around quickly with control</li> <li>To play in different positions on the pitch (2 or more)</li> <li>To increase power and strength of passes</li> <li>To increase power and strength of passes in a game scenario</li> <li>To choose and implement a range of strategies and tactics to attack and defend</li> <li>To follow a range of strategies and tactics</li> </ul>

6	Real PE Unit 1	<ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination.</li> <li>• Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>• To develop methods to outwit opponents</li> <li>• To effectively support peers in outwitting opponents</li> <li>• To recognise and suggest patterns of play which will increase chances of success</li> <li>• To critique own performance and make adaptations</li> <li>• To review, analyse and evaluate my own and others' strengths and weaknesses</li> </ul>
	Swimming	<ul style="list-style-type: none"> <li>• Swim competently, confidently and proficiently over a distance of 25m.</li> <li>• Use a range of strokes effectively.</li> <li>• Perform safe self-rescue in different water situations.</li> </ul>	<ul style="list-style-type: none"> <li>• To swim 50m with one stroke type</li> <li>• To swim 50m – front, back &amp; breast</li> <li>• To swim 50m – front, back &amp; breast (minimal rest)</li> <li>• To perform a forward roll in the water</li> <li>• To performs a handstand in the water</li> <li>• To know rules of water safety</li> </ul>
<p><b>Enrichment opportunities:</b></p> <ul style="list-style-type: none"> <li>• Cluster sports</li> <li>• County sports</li> <li>• Freestyle clubs – Football, Dodgeball and Yoga</li> </ul>			

## Term 2

Yr	Unit	National Curriculum coverage	Knowledge, skills and understanding
3	Real PE Unit 2	<ul style="list-style-type: none"> <li>Master basic movements including agility, balance and coordination and begin to apply these in a range of activities.</li> </ul>	<ul style="list-style-type: none"> <li>To praise and encourage others</li> <li>To show patience</li> <li>To support others</li> </ul>
	Basketball	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> </ul>	<ul style="list-style-type: none"> <li>To use chest pass and bounce pass</li> <li>To use chest pass and bounce pass over 2m</li> <li>To dribble the ball with one hand</li> <li>To dribble with alternating hands</li> <li>To shoot accurately</li> <li>To shoot accurately and consistently</li> </ul>
4	Hockey	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>To move the ball around with control</li> <li>To move the ball around quickly with control</li> <li>To play in different positions on the pitch</li> <li>To increase power and strength of passes</li> <li>To choose and implement a range of strategies and tactics to attack and defend</li> <li>To follow a range of strategies and tactics</li> </ul>
	Real PE Unit 2	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>To co-operate with others and give useful feedback</li> <li>To help organise roles and responsibilities within small groups</li> <li>To work within a small group to lead and follow</li> </ul>
5	Real PE Unit 2	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>Develop flexibility, strength, technique, control and balance</li> </ul>	<ul style="list-style-type: none"> <li>To link actions and develop sequences of movements</li> <li>To discuss and adapt sequences following analysis</li> <li>To change tactics, rules or tasks to make activities more challenging</li> </ul>
	Basketball	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> </ul>	<ul style="list-style-type: none"> <li>To move the ball around with control</li> <li>To move the ball around quickly with control</li> <li>To play in different positions on the court</li> <li>To play effectively in different positions on the court</li> <li>To use overhead pass</li> <li>To use overhead pass following a pivot</li> <li>To understand the rules and follow them</li> <li>To increase power and strength of passes</li> </ul>
	Swimming	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of 25m.</li> </ul>	<ul style="list-style-type: none"> <li>To swim 25m – front &amp; back</li> <li>To swim 25m – front &amp; back comfortably</li> </ul>

		<ul style="list-style-type: none"> <li>• Use a range of strokes effectively.</li> <li>• Perform safe self-rescue in different water situations.</li> </ul>	<ul style="list-style-type: none"> <li>• To perform 2 floats without touching the bottom</li> <li>• To sit on the bottom of the pool</li> <li>• To scull for 10m</li> <li>• To push, glide &amp; tread water</li> <li>• To push, glide &amp; tread water, then return</li> <li>• To jump into the pool</li> </ul>
6	Swimming	<ul style="list-style-type: none"> <li>• Swim competently, confidently and proficiently over a distance of 25m.</li> <li>• Use a range of strokes effectively.</li> <li>• Perform safe self-rescue in different water situations.</li> </ul>	<ul style="list-style-type: none"> <li>• To swim 50m with one stroke type</li> <li>• To swim 50m – front, back &amp; breast</li> <li>• To swim 50m – front, back &amp; breast (minimal rest)</li> <li>• To perform a forward roll in the water</li> <li>• To performs a handstand in the water</li> <li>• To know rules of water safety</li> </ul>
	Real PE Unit 2	<ul style="list-style-type: none"> <li>• Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>• Develop flexibility, strength, technique, control and balance</li> </ul>	<ul style="list-style-type: none"> <li>• To link actions and develop sequences of movements</li> <li>• To discuss and adapt sequences following analysis</li> <li>• To change tactics, rules or tasks to make activities more challenging</li> </ul>
	Netball	<ul style="list-style-type: none"> <li>• Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>• Develop flexibility, strength, technique, control and balance.</li> <li>• Use running, jumping, throwing and catching in isolation and in combination.</li> </ul>	<ul style="list-style-type: none"> <li>• To understand and use different positions</li> <li>• To understand and follow rules</li> <li>• To confidently use different skills within a game</li> <li>• To increase power and strength of passes</li> <li>• To work as a team to improve groups tactics and game play</li> </ul>
<p><b>Enrichment opportunities:</b></p> <ul style="list-style-type: none"> <li>• Cluster sports</li> <li>• County sports</li> <li>• Freestyle clubs – Football, Dodgeball and Yoga</li> </ul>			

### Term 3

Yr	Unit	National Curriculum coverage	Knowledge, skills and understanding
3	Real PE Unit 3	<ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>To order instructions, movements and skills</li> <li>To recognise similarities and differences in own performance</li> <li>To explain what they are doing well and start to identify areas for improvement</li> <li>To explain what another is doing well and start to identify areas for improvement</li> </ul>
	Dance	<ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns.</li> </ul>	<ul style="list-style-type: none"> <li>To discuss the movements which will work well together</li> <li>To improve their range of movements that sequence and flow</li> <li>To put movements to music</li> </ul>
4	Real PE Unit 3	<ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>To identify specific parts of performance to work on and improve</li> <li>To effectively make the desired improvements</li> <li>To understand ways to judge performance</li> <li>To use awareness of space and others to make safe decisions</li> <li>To support others to make safe decisions</li> </ul>
	Gymnastics	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>To perform different balances, ways of travelling, jumps and leaps, basic vault (mount &amp; dismount)</li> <li>To perform rolls safely</li> <li>To perform a basic routine</li> <li>To critique and improve a performance</li> <li>To begin to recognise and use correct gymnastics terminology</li> </ul>
	Swimming	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of 25m.</li> <li>Use a range of strokes effectively.</li> <li>Perform safe self-rescue in different water situations.</li> </ul>	<ul style="list-style-type: none"> <li>To perform different floats – front / back/ mushroom</li> <li>To kick across pool (with float)</li> <li>To kick across pool on back (no float)</li> <li>To pick up an object from bottom</li> <li>To swim 10m without touching the bottom</li> <li>To swim 10m without touching the bottom nor slowing</li> <li>To use push &amp; glide</li> <li>To jump into the pool safely</li> </ul>
5	Real PE Unit 3	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>To co-operate well with others and give feedback</li> <li>To organise roles and responsibilities and guide a small group through a task</li> <li>To provide positive praise to others</li> </ul>

	Dance	<ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns.</li> </ul>	<ul style="list-style-type: none"> <li>To expand their range of movements that sequence and flow</li> <li>To create a sequence with others</li> <li>To put movements to music</li> </ul>
	Swimming	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of 25m.</li> <li>Use a range of strokes effectively.</li> <li>Perform safe self-rescue in different water situations.</li> </ul>	<ul style="list-style-type: none"> <li>To swim 25m – front &amp; back</li> <li>To swim 25m – front &amp; back comfortably</li> <li>To perform 2 floats without touching the bottom</li> <li>To sit on the bottom of the pool</li> <li>To scull for 10m</li> <li>To push, glide &amp; tread water</li> <li>To push, glide &amp; tread water, then return</li> <li>To jump into the pool</li> </ul>
6	Real PE Unit 3	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>To involve others and motivate those around me to perform better</li> <li>To reflect on my own improvements and areas to work on</li> <li>To lead small groups and encourage positive changes</li> <li>To negotiate and collaborate appropriately</li> <li>To give and receive sensitive feedback to improve myself and others.</li> </ul>
	Real Gym	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>To perform more complex balances, ways of travelling, jumps and leaps, vault (mount &amp; dismount), rolls</li> <li>To perform more complex balances, ways of travelling, jumps and leaps, vault (mount &amp; dismount), rolls in series</li> <li>To perform a routine to music</li> <li>To perform a complex routine to music</li> <li>To know correct gymnastics terminology</li> </ul>
<p><b>Enrichment opportunities:</b></p> <ul style="list-style-type: none"> <li>Cluster sports</li> <li>County sports</li> <li>Freestyle clubs – Football, Dodgeball and Yoga</li> </ul>			

## Term 4

Yr	Unit	National Curriculum coverage	Knowledge, skills and understanding
3	Real PE Unit 4	<ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>To begin to compare movements and skills with those of others.</li> <li>To select and link movements to fit a theme.</li> <li>To recognise similarities and differences in movements and expression</li> </ul>
	Badminton	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>To use different shots – forehand/backhand</li> <li>To use different shots – forehand/backhand confidently</li> <li>To return the shuttle</li> <li>To return the shuttle regularly</li> <li>To begin to understand the rules of badminton</li> <li>To improve co-ordination and hitting the shuttle</li> </ul>
	Swimming	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of 25m.</li> <li>Use a range of strokes effectively.</li> <li>Perform safe self-rescue in different water situations</li> </ul>	<ul style="list-style-type: none"> <li>To enter the water safely</li> <li>To climb out of pool safely</li> <li>To move around in the water in different ways</li> <li>To submerge whole head in water</li> <li>To swim 5m without touching the bottom</li> </ul>
4	Real PE Unit 4	<ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>To link actions and develop sequences of movements that express my own ideas.</li> <li>To change tactics, rules or tasks to make activities more challenging</li> <li>To adapt tactics based on participants performance</li> <li>To make up my own rules and versions of activities</li> <li>To share my rules with others</li> </ul>
	Tennis	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>To explore different shots – forehand/backhand</li> <li>To work to return the ball</li> <li>To successfully return the ball</li> <li>To begin to understand rules of tennis</li> </ul>
5	Badminton	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>To explore different shots – forehand/backhand</li> <li>To begin to understand the rules of badminton</li> <li>To implement and use the rules of badminton</li> <li>To improve accuracy of co-ordination and hitting the shuttle</li> <li>To serve correctly</li> </ul>
	Real PE Unit 4	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>To perform a variety of movements and skills with good body tension</li> <li>To link actions together so that they flow</li> <li>To link actions so they flow successfully</li> <li>To perform a range of skills fluently and accurately in practise situations</li> </ul>

		<ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination.</li> <li>• Develop flexibility, strength, technique, control and balance.</li> </ul>	
6	Real PE Unit 4	<ul style="list-style-type: none"> <li>• Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>• Use running, jumping, throwing and catching in isolation and in combination.</li> <li>• Develop flexibility, strength, technique, control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>• To effectively transfer skills and movements across a range of activities and sports</li> <li>• To identify similarities in situations and activities</li> <li>• To perform a variety of skills consistently and effectively in challenging or competitive situations</li> </ul>
	Cricket	<ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination.</li> <li>• Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>• To develop catching skills – close firm catching – working on reactions</li> <li>• To attack the ball when fielding – running towards the ball, picking up and throwing in unison.</li> <li>• To develop skill of bowling – standing position</li> <li>• To develop skill of bowling – standing position (overarm bowl)</li> <li>• To know how to hold the bat and focus on hitting the ball</li> <li>• To understand the rules of cricket</li> <li>• To implement the rules during small games</li> </ul>
<p><b>Enrichment opportunities:</b></p> <ul style="list-style-type: none"> <li>• Cluster sports</li> <li>• County sports</li> <li>• Freestyle clubs – Football, Dodgeball and Yoga Sport Relief – Week long Daily Mile competition</li> <li>• Lunchtime Daily Mile for Sports relief week – collect tokens for participation. Winning class to get a prize of sorts.</li> <li>• PSHE – Drop Everything and Exercise. Additional physical activity during PSHE.</li> <li>• SkipBeatz in to launch Drop Everything and Exercise.</li> </ul>			



## Term 5

Yr	Unit	National Curriculum coverage	Knowledge, skills and understanding
3	Real PE Unit 5	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> </ul>	<ul style="list-style-type: none"> <li>To perform a range of skills with some control and consistency</li> <li>To perform a range of skills with full control and consistency</li> <li>To perform a sequence of movements with some changes in level, direction or speed</li> <li>To perform a sequence of movements with regular changes in level, direction or speed</li> </ul>
	Swimming	<ul style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of 25m.</li> <li>Use a range of strokes effectively.</li> <li>Perform safe self-rescue in different water situations</li> </ul>	<ul style="list-style-type: none"> <li>To enter the water safely</li> <li>To climb out of pool safely</li> <li>To move around in the water in different ways</li> <li>To submerge whole head in water</li> <li>To swim 5m without touching the bottom</li> </ul>
	Badminton	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>To use different shots – forehand/backhand</li> <li>To use different shots – forehand/backhand confidently</li> <li>To return the shuttle</li> <li>To return the shuttle regularly</li> <li>To begin to understand the rules of badminton</li> <li>To improve co-ordination and hitting the shuttle</li> </ul>
4	Real PE Unit 5	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>To perform a range of skills with good control and consistency</li> <li>To link actions together so that they flow</li> <li>To perform and repeat longer sequences with clear shapes and controlled movement.</li> </ul>
	Athletics/OAA	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul>	<ul style="list-style-type: none"> <li>To learn to throw a ball/vortex – technique of throwing, power and accuracy</li> <li>To do standing long jump – starting position, use of arms</li> <li>To sprint a short distance – use of arms, starting position, legs, direction</li> <li>To run long distance – start, how to build up to the finish</li> <li>To be able to partake in reading, understanding and following maps</li> <li>To follow a map accurately</li> </ul>
5	Real PE Unit 5	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> </ul>	<ul style="list-style-type: none"> <li>To describe basic fitness components</li> <li>To understand the importance of exercise, including how long and how often I should exercise</li> <li>To record and monitor how hard I am working</li> <li>To decide on key points of improvement</li> </ul>

		<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	
	Athletics	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>To learn to launch a shot putt – technique of shot putt, power and accuracy</li> <li>To do a standing triple jump – starting position, use of arms, movement during jump</li> <li>To sprint – use of arms, starting position, legs, direction, power, speed</li> <li>To identify how to improve sprinting</li> <li>To run long distance – leading the race, how to deal/work with that</li> <li>To complete a long distance run without stopping</li> </ul>
6	Real PE Unit 5	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>To choose and perform appropriate warm-up and cool-down activities</li> <li>To identify possible dangers when planning an activity</li> <li>To plan and follow my own fitness programme</li> <li>To explain how individuals need different types and levels of fitness to be more effective in their activity/role/event</li> </ul>
	OAA	<ul style="list-style-type: none"> <li>Take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul>	<ul style="list-style-type: none"> <li>To follow maps in certain ways: relay, sprint, score</li> <li>To create their own map and route for peers to use</li> <li>To be able to analyse how their map worked</li> </ul>
	Athletics	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> </ul>	<ul style="list-style-type: none"> <li>To launch a shot putt – technique of shot putt, power and accuracy</li> <li>To do a standing triple jump – starting position, use of arms, movement during jump</li> <li>To sprint – use of arms, starting position, legs, direction, power, speed</li> <li>To focus on how to improve own running technique</li> <li>To identify how to improve sprinting</li> <li>To run long distance – leading the race, how to deal/work with that</li> <li>To complete a long distance run without stopping</li> </ul>
<p><b>Enrichment opportunities:</b></p> <ul style="list-style-type: none"> <li>Cluster sports</li> <li>County sports</li> <li>Freestyle clubs – Football, Dodgeball and Yoga After school ‘games’ club (tag, stuck in the mud etc.) focused on athletic endurance</li> </ul>			

## Term 6

Yr	Unit	National Curriculum coverage	Knowledge, skills and understanding
	Athletics	<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>To throw a ball/vortex – technique of throwing, power and accuracy</li> <li>To do standing long jump – starting position, use of arms</li> <li>To sprint a short distance – use of arms, starting position, legs, direction</li> <li>To run long distance – start, how to build up to the finish</li> </ul>
	Real PE Unit 6	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>To say how the body feels before, during and after exercise</li> <li>To use equipment appropriately and move and land safely</li> <li>To explain why we need to warm-up and cool-down</li> </ul>
4	Real PE Unit 6	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>To describe the basic fitness components</li> <li>To explain how often and how long you should exercise to be healthy</li> <li>To describe how and why the body changes during and after exercise</li> </ul>
	Cricket	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> </ul>	<ul style="list-style-type: none"> <li>To develop catching skills – close firm catching – working on reactions</li> <li>To attack the ball when fielding – running towards the ball, picking up and throwing in unison.</li> <li>To develop skill of bowling – standing position</li> <li>To know how to hold the bat and focus on hitting the ball</li> <li>To understand the rules of cricket</li> <li>To implement the rules during small games</li> </ul>
5	Real PE Unit 6	<ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>To cope well and react positively when things become difficult</li> <li>To support others when things become difficult</li> <li>To persevere with a task and improve my performance through regular practise</li> <li>To recognise my strengths and weaknesses and set myself appropriate targets</li> <li>To identify whether I have met my targets</li> </ul>
	Rounders	<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> </ul>	<ul style="list-style-type: none"> <li>To develop catching skills – moving towards and away from the ball when it's in the air.</li> <li>To develop skill of bowling – underarm</li> <li>To know how to hold the bat and focus on hitting the ball</li> <li>To understand the rules of rounders</li> <li>To participate in a full game of rounders</li> <li>To play in a variety of positions</li> </ul>

6	Real PE Unit 6	<ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination.</li> <li>• Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>	<ul style="list-style-type: none"> <li>• To create my own learning plan and revise that plan when necessary</li> <li>• To accept critical feedback and make changes to my performance</li> <li>• To see all new challenges as opportunities to learn and develop</li> <li>• To reflect on previous units in developing competitive games</li> </ul>
	Tennis	<ul style="list-style-type: none"> <li>• Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> <li>• Develop flexibility, strength, technique, control and balance.</li> </ul>	<ul style="list-style-type: none"> <li>• To begin to use tennis scoring system</li> <li>• To introduce the lob</li> <li>• To use the lob during play</li> <li>• To develop doubles playing tactics</li> <li>• To understand the differences in court lines</li> <li>• To develop backhand shots</li> <li>• To accurately use a backhand shot</li> <li>• To understand rules of tennis (singles and doubles)</li> </ul>
	Athletics continued	<ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance.</li> <li>• Use running, jumping, throwing and catching in isolation and in combination.</li> </ul>	<ul style="list-style-type: none"> <li>• To learn to launch a shot putt – technique of shot putt, power and accuracy</li> <li>• To do a standing triple jump – starting position, use of arms, movement during jump</li> <li>• To sprint – use of arms, starting position, legs, direction, power, speed</li> <li>• To focus on how to improve own running technique</li> <li>• To identify how to improve sprinting</li> <li>• To run long distance – leading the race, how to deal/work with that</li> <li>• To complete a long distance run without stopping</li> </ul>
<p><b>Enrichment opportunities:</b></p> <ul style="list-style-type: none"> <li>• Cluster sports</li> <li>• County sports</li> <li>• Sports Day</li> </ul>			