

Term 1

Yr	Unit	National Curriculum coverage	Intended knowledge, skills and understanding
3	Real PE Unit 1	<ul style="list-style-type: none"> Master basic movements including agility, balance and coordination and begin to apply these in a range of activities. 	<ul style="list-style-type: none"> To challenge self To ask for help where appropriate To work well with and alongside others
	Hockey	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> To use push pass accurately To dribble with control To hold a hockey stick correctly To know and understand basic rules To follow tactics To develop tactics and apply them in competitive situations
4	Real PE Unit 1	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. 	<ul style="list-style-type: none"> To persevere with a task To challenge self To improve own performance through regular practice To persevere when presented with a challenge To react positively when things become difficult
	Swimming	<ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of 25m. Use a range of strokes effectively. Perform safe self-rescue in different water situations. 	<ul style="list-style-type: none"> To perform different floats – front / back/ mushroom To kick across pool (with float) To kick across pool on back (no float) To pick up an object from bottom To swim 10m without touching the bottom To swim 10m without touching the bottom nor slowing To use push & glide To jump into the pool safely
5	Real PE Unit 1	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> To identify ways to improve performance To independently improve performance To understand ways to judge performance To judge and support peers' performance To use awareness of space and others to make safe decisions
	Hockey	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> To move the ball around with control To move the ball around quickly with control To play in different positions on the pitch (2 or more) To increase power and strength of passes To increase power and strength of passes in a game scenario To choose and implement a range of strategies and tactics to attack and defend To follow a range of strategies and tactics

6	Real PE Unit 1	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> • To develop methods to outwit opponents • To effectively support peers in outwitting opponents • To recognise and suggest patterns of play which will increase chances of success • To critique own performance and make adaptations • To review, analyse and evaluate my own and others' strengths and weaknesses
	Real PE Unit 2	<ul style="list-style-type: none"> • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. • Develop flexibility, strength, technique, control and balance 	<ul style="list-style-type: none"> • To disguise what I am about to do next • To respond imaginatively to different situations • To respond rapidly and imaginatively to different situations • To adapt and adjust my skills, movements or tactics so they are different from, or in contrast to, others • To adjust tactics based on perceived flaws using analysis
<p>Enrichment opportunities:</p> <ul style="list-style-type: none"> • Football and Tag Rugby competitions • Freestyle clubs – Football and Dodgeball 			

Term 2

Yr	Unit	National Curriculum coverage	Knowledge, skills and understanding
3	Real PE Unit 2	<ul style="list-style-type: none"> Master basic movements including agility, balance and coordination and begin to apply these in a range of activities. 	<ul style="list-style-type: none"> To praise and encourage others To show patience To support others
	Basketball	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and in combination. 	<ul style="list-style-type: none"> To use chest pass and bounce pass To use chest pass and bounce pass over 2m To dribble the ball with one hand To dribble with alternating hands To shoot accurately To shoot accurately and consistently
4	Swimming Continued	<ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of 25m. Use a range of strokes effectively. Perform safe self-rescue in different water situations. 	<ul style="list-style-type: none"> To perform different floats – front / back/ mushroom To kick across pool (with float) To kick across pool on back (no float) To pick up an object from bottom To swim 10m without touching the bottom To swim 10m without touching the bottom without slowing To use push & glide To jump into the pool safely
	Netball	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and in combination. 	<ul style="list-style-type: none"> To pass and move To pass and move into effective positions To know all positions To be able to discuss the positional differences To shoot To shoot accurately
	Real PE Unit 2	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. 	<ul style="list-style-type: none"> To co-operate with others and give useful feedback To help organise roles and responsibilities within small groups To work within a small group to lead and follow
5	Real PE Unit 2	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance 	<ul style="list-style-type: none"> To link actions and develop sequences of movements To discuss and adapt sequences following analysis To change tactics, rules or tasks to make activities more challenging
	Basketball	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> To move the ball around with control To move the ball around quickly with control To play in different positions on the court

		<ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance. • Use running, jumping, throwing and catching in isolation and in combination. 	<ul style="list-style-type: none"> • To play effectively in different positions on the court • To use overhead pass • To use overhead pass following a pivot • To understand the rules and follow them • To increase power and strength of passes
6	Swimming	<ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of 25m. • Use a range of strokes effectively. • Perform safe self-rescue in different water situations. 	<ul style="list-style-type: none"> • To swim 50m with one stroke type • To swim 50m – front, back & breast • To swim 50m – front, back & breast (minimal rest) • To perform a forward roll in the water • To performs a handstand in the water • To know rules of water safety
	Real PE Unit 3	<ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance. • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> • To involve others and motivate those around me to perform better • To reflect on my own improvements and areas to work on • To lead small groups and encourage positive changes • To negotiate and collaborate appropriately • To give and receive sensitive feedback to improve myself and others.
<p>Enrichment opportunities:</p> <ul style="list-style-type: none"> • Freestyle clubs – Football and Dodgeball • Cluster competitions 			

Term 3

Yr	Unit	National Curriculum coverage	Knowledge, skills and understanding
3	Real PE Unit 3	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. 	<ul style="list-style-type: none"> To order instructions, movements and skills To recognise similarities and differences in own performance To explain what they are doing well and start to identify areas for improvement To explain what another is doing well and start to identify areas for improvement
	Dance	<ul style="list-style-type: none"> Perform dances using a range of movement patterns. 	<ul style="list-style-type: none"> To discuss the movements which will work well together To improve their range of movements that sequence and flow To put movements to music
	Badminton (continue next term until swimming)	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. 	<ul style="list-style-type: none"> To use different shots – forehand/backhand To use different shots – forehand/backhand confidently To return the shuttle To return the shuttle regularly To begin to understand the rules of badminton To improve co-ordination and hitting the shuttle
4	Real PE Unit 3	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. 	<ul style="list-style-type: none"> To identify specific parts of performance to work on and improve To effectively make the desired improvements To understand ways to judge performance To use awareness of space and others to make safe decisions To support others to make safe decisions
	Gymnastics	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. 	<ul style="list-style-type: none"> To perform different balances, ways of travelling, jumps and leaps, basic vault (mount & dismount) To perform rolls safely To perform a basic routine To critique and improve a performance To begin to recognise and use correct gymnastics terminology
5	Real PE Unit 3	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> To co-operate well with others and give feedback To organise roles and responsibilities and guide a small group through a task To provide positive praise to others
	Dance	<ul style="list-style-type: none"> Perform dances using a range of movement patterns. 	<ul style="list-style-type: none"> To expand their range of movements that sequence and flow To create a sequence with others To put movements to music

	Swimming	<ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of 25m. Use a range of strokes effectively. Perform safe self-rescue in different water situations. 	<ul style="list-style-type: none"> To swim 25m – front & back To swim 25m – front & back comfortably To perform 2 floats without touching the bottom To sit on the bottom of the pool To scull for 10m To push, glide & tread water To push, glide & tread water, then return To jump into the pool
6	Swimming continued	<ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of 25m. Use a range of strokes effectively. Perform safe self-rescue in different water situations. 	<ul style="list-style-type: none"> To swim 50m – front, back & breast To forward roll in the water To handstand in the water Successful completion of water safety unit/lesson
	Gymnastics	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. 	<ul style="list-style-type: none"> To perform more complex balances, ways of travelling, jumps and leaps, vault (mount & dismount), rolls To perform more complex balances, ways of travelling, jumps and leaps, vault (mount & dismount), rolls in series To perform a routine to music To perform a complex routine to music To know correct gymnastics terminology
	Netball	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and in combination. 	<ul style="list-style-type: none"> To understand and use different positions To understand and follow rules To confidently use different skills within a game To increase power and strength of passes To work as a team to improve groups tactics and game play
<p>Enrichment opportunities:</p> <ul style="list-style-type: none"> Freestyle clubs – Football and Dodgeball Tag rugby club 			

Term 4

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

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

Term 5

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

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

Term 6

Yr	Unit	National Curriculum coverage	Knowledge, skills and understanding
3	Swimming continued	<ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of 25m. Use a range of strokes effectively. Perform safe self-rescue in different water situations 	<ul style="list-style-type: none"> To enter the water safely To climb out of pool safely To move around in the water in different ways To submerge whole head in water To swim 5m without touching the bottom
	Athletics	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> To throw a ball/vortex – technique of throwing, power and accuracy To do standing long jump – starting position, use of arms To sprint a short distance – use of arms, starting position, legs, direction To run long distance – start, how to build up to the finish
	Real PE Unit 6	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> To say how the body feels before, during and after exercise To use equipment appropriately and move and land safely To explain why we need to warm-up and cool-down
4	Real PE Unit 6	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> To describe the basic fitness components To explain how often and how long you should exercise to be healthy To describe how and why the body changes during and after exercise
	Cricket	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination. 	<ul style="list-style-type: none"> To develop catching skills – close firm catching – working on reactions To attack the ball when fielding – running towards the ball, picking up and throwing in unison. To develop skill of bowling – standing position To know how to hold the bat and focus on hitting the ball To understand the rules of cricket To implement the rules during small games
5	Real PE Unit 6	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> To cope well and react positively when things become difficult To support others when things become difficult To persevere with a task and improve my performance through regular practise To recognise my strengths and weaknesses and set myself appropriate targets To identify whether I have met my targets
	Rounders	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> To develop catching skills – moving towards and away from the ball when it's in the air. To develop skill of bowling – underarm To know how to hold the bat and focus on hitting the ball

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