



PE – Breadth Map (Taken from GetSet4PE)

	Year 3		Year 4	
	Area of Study 1 Fundamentals	Area of Study 2 Ball Skills	Area of Study 1 Tennis	Area of Study 2 Basketball
Autumn Term 1	<p>Physical:</p> <ul style="list-style-type: none"> • Change direction quickly under increasing pressure • Demonstrate good balance and control when performing other fundamental skills. • Link jumping and hopping skills • Consistently skip in a rope. <p>Social:</p> <ul style="list-style-type: none"> • I show patience with others • I use verbal and visual communication with others • I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> • I use the rules of the game to play fairly • I work hard to achieve my personal best • I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> • I make quick decisions sometimes under pressure • I identify strengths and areas for development in other's performances. • I decide what to do to make things harder 	<p>Physical:</p> <ul style="list-style-type: none"> • Send a ball with accuracy and increasing consistency to a target • Catch a range of objects with increasing consistency sometimes with one and two hands • Track a ball not sent directly • Dribble a ball with hands and feet with control <p>Social:</p> <ul style="list-style-type: none"> • I show patience with others • I use verbal and visual communication with others • I work with my group to self-manage our game • I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> • I use the rules of the game to play fairly • I work hard to achieve my personal best • I understand how other people can feel and include them in my games • I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> • I make quick decisions sometimes under pressure • I decide what to do to make things harder • I use my own ideas in response to a task 	<p>Physical:</p> <ul style="list-style-type: none"> • Demonstrate increased technique when using shots both cooperatively and competitively • Develop technique when serving underarm with increased consistency • Develop rallying with both forehand and backhand with increased technique • Begin to use appropriate footwork patterns to move around the court <p>Social:</p> <ul style="list-style-type: none"> • I work with others to achieve a shared goal • I show patience with others • I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> • I use the rules of the game to play fairly • I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> • I make quick decisions sometimes under pressure • I understand rules and tactics of the game • I decide what to do to make things harder for my opposition 	<p>Physical:</p> <ul style="list-style-type: none"> • Develop passing to a teammate using a variety of techniques appropriate to the game • Develop control whilst dribbling under pressure • Develop decision making around when to pass and when to shoot • Develop defending one on one and know when to win the ball • I can move into space to help keep possession and score goals <p>Social:</p> <ul style="list-style-type: none"> • I use verbal and visual communication with my team • I work with others to achieve a shared goal • I work safely within my team <p>Emotional:</p> <ul style="list-style-type: none"> • I use the rules of the game to play fairly • I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> • I plan and apply strategies to overcome a challenge • I make quick decisions sometimes under pressure • I identify strengths and areas for development in other's performance.

	Hockey	Gymnastics	Dance	Football
Autumn Term 2	<p>Physical:</p> <ul style="list-style-type: none"> Explore sending and receiving abiding by the rules of hockey Explore dribbling the ball abiding by the rules of hockey under some pressure Developing movement skills to lose a defender. Explore shooting actions in hockey Track opponents to limit their scoring opportunities Develop moving with a ball towards goal with some control <p>Social:</p> <ul style="list-style-type: none"> I show understanding of others strengths and weaknesses to include them everyone in games I use verbal and visual communication with my team I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best looks like and work hard to achieve it. I understand how other people can feel and include them in my games <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I decide what to do to make things harder for the opposition I make quick decisions, sometimes under pressure 	<p>Physical:</p> <ul style="list-style-type: none"> Explore matching and contrasting shapes and transition smoothly into and out of them Develop the straight, barrel and forward roll Develop stepping into shape jumps with control <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I use verbal and visual communication with my team I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I decide what to do to make things better/harder I can evaluate and improve a sequence 	<p>Physical:</p> <ul style="list-style-type: none"> Respond imaginatively to a range of stimuli related to character and narrative Change dynamics confidently within a performance to express changes in character Confidently use changes in level, direction and pathway Use action and reaction to represent an idea Perform complex dances that communicate narrative and character well, performing clearly and fluently. <p>Social:</p> <ul style="list-style-type: none"> I can work with others to achieve a shared goal. I am respectful of others when working as a group and watching them perform I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone I understand how other people can feel and include them <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I use my own ideas in response to a task. I identify strengths and areas for development in other's performances 	<p>Physical:</p> <ul style="list-style-type: none"> Develop passing to a teammate using a variety of techniques appropriate to the game Develop control whilst dribbling under pressure Develop decision making around when to pass and when to shoot Develop defending one on one and know when to win the ball I can move into space to help keep possession and score goals <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal I work with a group to self-manage our own game <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge I make quick decisions sometimes under pressure I identify strengths and areas for development in other's performance.
	Dance	Yoga	Gymnastics	Swimming
Spring Term 1	<p>Physical:</p> <ul style="list-style-type: none"> Create actions in response to a stimulus – individually and in groups Use dynamics effectively to express an idea Use directions to transition between formations 	<p>Physical:</p> <ul style="list-style-type: none"> Demonstrate increased control when in poses and explore control on paired poses Explore poses and movement in relation to their breath Explore arm balances with some control 	<p>Physical:</p> <ul style="list-style-type: none"> Develop the range of shapes they use in their sequences Develop strength in bridge and shoulder stand Develop control and fluency in individual and partner balances 	<p>Physical:</p> <ul style="list-style-type: none"> Explore technique for specific strokes to include head above water breaststroke, backstroke and front crawl. Demonstrate improved breathing technique in front crawl

	<ul style="list-style-type: none"> Develop an understanding of formations Perform short, self-choreographed phrases showing awareness of timing <p>Social:</p> <ul style="list-style-type: none"> I can share ideas and include others I am respectful of others when watching them perform I can take a small group through a task I can work safely when learning a new skill <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone I understand how other people can feel and include them <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I use my own ideas in response to a task. I understand rules and tactics of the game. 	<ul style="list-style-type: none"> Develop their ability to stay still and keep their focus. <p>Social:</p> <ul style="list-style-type: none"> I can share ideas and include others I am respectful of others when watching them perform I can take a small group through a task I can work safely when learning a new skill <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone I can describe how yoga makes me feel. <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I use my own ideas in response to a task. I can create poses and flows 	<ul style="list-style-type: none"> Develop the straight, barrel, forward and straddle roll and perform with increased control Develop control in performing and landing rotation jumps <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I use verbal and visual communication with my team I show patience with others I can work safely when learning a new skill <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I decide what to do to make things better/harder I can evaluate and improve a sequence 	<ul style="list-style-type: none"> Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills I encourage and praise others in their learning I keep myself and others safe <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> I have an understanding of how to keep myself safe in water I can perform safe self-rescue in different water-based situations
	Swimming	OAA	Golf	Tag Rugby
Spring Term 2	<p>Physical:</p> <ul style="list-style-type: none"> Explore technique for different strokes to include head above water breaststroke, backstroke and front crawl. Begin to explore front crawl breathing technique Explore techniques for personal survival to include survival strokes such as sculling and treading water <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills I encourage and praise others in their learning I keep myself and others safe <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p>	<p>Physical:</p> <ul style="list-style-type: none"> Can plan and implement strategies to solve problems Developing map reading skills Can follow and give instructions and are accepting of other peoples' ideas <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills to take a small group through a task I encourage and praise others in their learning I keep myself and others safe I can work with a group to self-manage an activity <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone 	<p>Physical:</p> <ul style="list-style-type: none"> Accurately use striking techniques within golf to send a ball to a target Demonstrate good balance and control when striking a ball with a club Can co-ordinate their bodies with increased consistency when striking a ball Throw with increasing accuracy and success in game situations <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills with my classmates I encourage and praise others in their learning I can take turns I show patience with others 	<p>Physical:</p> <ul style="list-style-type: none"> Develop passing to a teammate using a variety of techniques appropriate to the game Develop control whilst running with the ball under pressure Develop decision making around when to pass and when to shoot Develop defending one on one and know when to win the ball I can move into space to help keep possession and score tries I can defend an opponent and attempt to tag them <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal

	<ul style="list-style-type: none"> I have an understanding of how to keep myself safe in water I can perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> I can keep calm and remain focused on the challenge <p>Thinking:</p> <ul style="list-style-type: none"> I can plan out strategies to solve a problem I can make quick decisions, sometimes under pressure I plan and apply strategies to overcome a problem I can read a map with some accuracy 	<p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it I challenge myself to improve my game <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performance. I decide what to do to challenge myself I use my own ideas in a response to a task 	<ul style="list-style-type: none"> I show understanding of others strengths and weaknesses to include them in a game <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge I identify strengths and areas for development in other's performance.
	Athletics	Dodgeball	Athletics	Fitness
Summer Term 1	<p>Physical:</p> <ul style="list-style-type: none"> Develop the sprinting technique and apply it evenly in relay races Develop fluency and rhythm when running over obstacles Develop jumping technique in a range of approaches and take off and safety on landing. Explore the technique for a pull throw. <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I make safe decisions when working with others <p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. 	<p>Physical:</p> <ul style="list-style-type: none"> Explore throwing at a moving target with increased accuracy Build the confidence to attempt catching within the game of dodgeball Change direction quickly under pressure Send a ball with increasing accuracy and consistency at a target <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I use verbal and visual communication with my team I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I use the rules of the game to play fairly <p>Thinking:</p> <ul style="list-style-type: none"> I make quick decisions under pressure I decide what to do to make things harder for my opposition 	<p>Physical:</p> <ul style="list-style-type: none"> Develop an understanding of speed and pace in relation to distance Develop power and speed in the sprinting technique Develop technique when jumping for distance Explore fluency & technique in the vertical jump Explore power and technique when throwing for distance in a pull throw. <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I make safe decisions when working with others <p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. 	<p>Physical:</p> <ul style="list-style-type: none"> Show balance when changing direction at speed Show control whilst completing activities which challenge balance Explore increased speed when coordinating their bodies Demonstrate improved sprinting technique Identify activities which help to strengthen different muscle groups Demonstrate stamina using their breath to maintain work rate. <p>Social:</p> <ul style="list-style-type: none"> I encourage and praise others in their learning I make safe decisions when working with others <p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances.

	Tennis	Cricket	Rounders	Netball
Summer Term 2	<p>Physical:</p> <ul style="list-style-type: none"> Explore returning a ball using focus shots such as the forehand and backhand Explore serving from an underarm serve Explore rallying with a forehand Consistently return to the ready position in between shots <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I show patience with others I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I make quick decisions sometimes under pressure I decide what to do to make things harder for my opposition 	<p>Physical:</p> <ul style="list-style-type: none"> Begin to strike a bowled ball using different equipment Explore bowling and fielding skills to include a two-handed pick up and long and short barriers Use overarm and underarm throwing in game situations Catch with some consistency in game situations <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills with my classmates I show patience with others I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performance. I decide what to do to make things harder for the opposition 	<p>Physical:</p> <ul style="list-style-type: none"> Develop batting technique consistent with the rules of rounders Develop bowling with some consistency abiding by the rules of rounders Use overarm and underarm throwing with increased consistency in game situations Beginning to catch with one and two hands with some consistency in game situations <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills with my classmates I show patience with others I work with others to achieve a shared goal I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I can control my emotions when completing challenges I attempt tasks outside of my comfort zone. <p>Thinking:</p> <ul style="list-style-type: none"> I identify the tactics of others and decide what to do to make things harder for the opposition 	<p>Physical:</p> <ul style="list-style-type: none"> Develop passing to a teammate using a variety of techniques appropriate to the game Develop decision making around when to pass and when to shoot Develop defending one on one and know when to win the ball I can move into space to help keep possession and score <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal I show understanding of others strengths and weaknesses to include them in a game <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge I identify strengths and areas for development in other's performance.

	Year 5		Year 6	
	Area of Study 1	Area of Study 2	Area of Study 1	Area of Study 2
	Cricket	Hockey	Swimming	Football
Autumn Term 1	<p>Physical:</p>	<p>Physical:</p> <ul style="list-style-type: none"> Develop control when sending and receiving under pressure 	<p>Physical:</p> <ul style="list-style-type: none"> Identify their personal best in a range of strokes. Successfully select 	<p>Physical:</p>

	<ul style="list-style-type: none"> Explore defensive and driving hitting techniques and directional batting Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation Demonstrate clear technique when using a variety of throws under pressure Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills with my classmates I show patience with others I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performance. I decide what to do to make things harder for the opposition 	<ul style="list-style-type: none"> Select and apply a variety of dribbling techniques to game situations Explore creating tactics with others and applying them to game situations Develop tracking and marking with a variety of techniques and increased success Move to create space for themselves and others in their team <p>Social:</p> <ul style="list-style-type: none"> I show understanding of others strengths and weaknesses to include them everyone in games I use verbal and visual communication with my team I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best looks like and work hard to achieve it. I understand how other people can feel and include them in my games <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I decide what to do to do to make things harder for the opposition I make quick decisions, sometimes under pressure 	<p>and apply their fastest stroke over a distance of 25m.</p> <ul style="list-style-type: none"> Demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m Can select and apply the appropriate survival technique for the situation <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills I encourage and praise others in their learning I keep myself and others safe <p>Emotional:</p> <ul style="list-style-type: none"> I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I have an understanding of how to keep myself safe in water I make quick decisions, sometimes under pressure I can perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> Develop making quick decisions about when, how and who to pass to. Dribble consistently using a range of techniques with increasing control under pressure Explore creating attacking tactics with others in response to the game Explore creating and applying defending tactics with others in response to the game Move to the correct space when transitioning from attack to defence <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal I work with a group to self-manage our own game I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge I make quick decisions sometimes under pressure
	Swimming	Gymnastics	Dance	Fitness
Autumn Term 2	<p>Physical:</p> <ul style="list-style-type: none"> Demonstrate increased technique in a range of strokes, swimming over a distance of 25m Explore underwater breaststroke breathing technique over a distance of 25m. Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.L.P. and huddle positions 	<p>Physical:</p> <ul style="list-style-type: none"> Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions Explore progressions of a cartwheel and a handstand Explore symmetrical and asymmetrical balances 	<p>Physical:</p> <ul style="list-style-type: none"> Show controlled movements which express emotion and feeling Explore, improvise and combine movement dynamics to express idea fluently, effectively on their own, with a partner or in a small group. Use a variety of basic compositional principles when creating their own dances 	<p>Physical:</p> <ul style="list-style-type: none"> Change direction with a fluent action and can transition smoothly between varying speeds Show fluency and control when travelling, landing, stopping and changing direction Can coordinate a range of body parts with a fluent action at a speed appropriate to the challenge

	<p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills I encourage and praise others in their learning I keep myself and others safe <p>Emotional:</p> <ul style="list-style-type: none"> I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I have an understanding of how to keep myself safe in water I make quick decisions, sometimes under pressure I can perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> Develop control and fluency in the straight, barrel, forward, straddle and backward roll Select a range of jumps to include in a sequence of work. <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I use verbal and visual communication with my team I show patience with others I can work safely when learning a new skill <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I decide what to do to do to make things better/harder I can evaluate and improve a sequence 	<ul style="list-style-type: none"> Demonstrate a clear understanding of timing in relation to the music and other dancers throughout the performance. <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my group I show understanding of other peoples strengths and weaknesses I encourage and praise others in their learning I can work with others to achieve a shared goal ensuring everyone is included I am respectful of others when working as a group and watching them perform I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone I understand how other people can feel and include them <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I recognise my strengths and areas for development I decide what to do to make improvements. 	<ul style="list-style-type: none"> Can adapt running technique to meet the needs of the distance Can complete body weight exercises for increased repetitions with control and fluency Use their breath to increase their ability to move for sustained periods of time <p>Social:</p> <ul style="list-style-type: none"> I encourage and praise others in their learning I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I can analyse my performance and that of others through analysing scores
	Dance	Badminton	Gymnastics	Volleyball
Spring Term 1	<p>Physical:</p> <ul style="list-style-type: none"> Choreograph planned dances by using, adapting and developing actions and steps from different dance styles Confidently use dynamics to express different dance styles Use direction and patterning to express different dance styles Confidently use formations, canon and unison to express a dance idea Perform dances expressively, using a range of performance skills, showing accuracy and fluency. <p>Social:</p>	<p>Physical:</p> <ul style="list-style-type: none"> Develop the range of shots used in badminton Develop their range of serving techniques appropriate to badminton. Use a variety of rallying shots to keep a continuous rally. Demonstrate effective footwork patterns to move around the court <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I use verbal and visual communication with others 	<p>Physical:</p> <ul style="list-style-type: none"> Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions Explore progressions of a cartwheel and a handstand Explore symmetrical and asymmetrical balances Develop control and fluency in the straight, barrel, forward, straddle and backward roll Select a range of jumps to include in a sequence of work. <p>Social:</p>	<p>Physical:</p> <ul style="list-style-type: none"> Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation – dig, volley, set, serve Serve accurately and consistently showing the beginnings of tactical serving Successfully apply a variety of shots to keep a continuous rally Demonstrate a variety of footwork patterns relevant to the game they are playing eg a split step and a chasse. <p>Social:</p>

	<ul style="list-style-type: none"> I show understanding of other peoples strengths and weaknesses I can work with others to achieve a shared goal ensuring everyone is included I can take a small group through a task I am respectful of others when working as a group and watching them perform I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone I understand how other people can feel and include them <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I recognise my strengths and areas for development I decide what to do to make improvements. 	<ul style="list-style-type: none"> I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly <p>Thinking:</p> <ul style="list-style-type: none"> I make quick decisions sometimes under pressure I understand rules and tactics of the game I decide what to do to make things harder for my opposition 	<ul style="list-style-type: none"> I work with others to achieve a shared goal I use verbal and visual communication with my team I show patience with others I can work safely when learning a new skill <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I decide what to do to do to make things better/harder I can evaluate and improve a sequence 	<ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal I work with a group to self-manage our own game I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge I make quick decisions sometimes under pressure
	Dodgeball	Yoga	Golf	Handball
Spring Term 2	<p>Physical:</p> <ul style="list-style-type: none"> Demonstrate good technique and consistency in catching skills under pressure Demonstrate clear technique when sending a ball under pressure Demonstrate improved body posture and balance when changing direction. Accelerate and decelerate appropriately for the situation. <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I can take a small group through a task I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I use the rules of the game to play fairly 	<p>Physical:</p> <ul style="list-style-type: none"> Use their breath to maintain balance within a pose Develop flexibility by connecting their movement with their breath Demonstrate increased control and strength when in and transitioning between poses Understand that they can use mindfulness methods to control how they feel <p>Social:</p> <ul style="list-style-type: none"> I can share ideas and include others I can take a small group through a task I can work safely when learning a new skill <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone I can describe how yoga makes me feel. 	<p>Physical:</p> <ul style="list-style-type: none"> Successfully select and apply a wider range of striking techniques appropriate to the game of golf Can change their body position to maintain a controlled centre of gravity when striking a ball Can coordinate different body parts with a fluent action at a speed appropriate to the challenge <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills with my classmates I encourage and praise others in their learning I can take turns, share ideas and agree a course of action I show patience with others <p>Emotional:</p>	<p>Physical:</p> <ul style="list-style-type: none"> Develop passing to a teammate using a variety of techniques appropriate to the game Develop decision making around when to pass and when to shoot Develop defending one on one and know when to win the ball I can move into space to help keep possession and score <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal I work with a group to self-manage our own game I show patience with others <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly

	<p>Thinking:</p> <ul style="list-style-type: none"> I make quick decisions under pressure I decide what to do to make things harder for my opposition 	<ul style="list-style-type: none"> I find my own ways to develop and complete challenges <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. I use my own ideas in response to a task. I decide what to do to make challenges more difficult 	<ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it I challenge myself to improve my game I can show pride in my achievements <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performance. I decide what to do to challenge myself I use my own ideas in a response to a task 	<ul style="list-style-type: none"> I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge I make quick decisions sometimes under pressure
	Athletics	Tennis	Athletics	Rounders
Summer Term 1	<p>Physical:</p> <ul style="list-style-type: none"> Apply fluency & coordination when running for speed and pace in relay changeovers Effectively apply speeds appropriate for the event Develop power, control and consistency in jumping for distance Explore technique and rhythm in the triple jump Develop technique and power in javelin and shot put <p>Social:</p> <ul style="list-style-type: none"> I encourage and praise others in their learning I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. 	<p>Physical:</p> <ul style="list-style-type: none"> Develop the range of shots used in tennis Develop their range of serving techniques appropriate to tennis. Use a variety of rallying shots to keep a continuous rally. Demonstrate effective footwork patterns to move around the court <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I use verbal and visual communication with others I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly <p>Thinking:</p> <ul style="list-style-type: none"> I make quick decisions sometimes under pressure I understand rules and tactics of the game I decide what to do to make things harder for my opposition 	<p>Physical:</p> <ul style="list-style-type: none"> Apply fluency & coordination when running for speed and pace in relay changeovers Effectively apply speeds appropriate for the event Develop power, control and consistency in jumping for distance Explore technique and rhythm in the triple jump Develop technique and power in javelin and shot put <p>Social:</p> <ul style="list-style-type: none"> I encourage and praise others in their learning I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I understand what my best looks like and I work hard to achieve it I work hard to achieve my personal best <p>Thinking:</p> <ul style="list-style-type: none"> I identify strengths and areas for development in other's performances. 	<p>Physical:</p> <ul style="list-style-type: none"> Strike a bowled ball with increasing accuracy and consistency Consistently select and apply the appropriate fielding action for the situation Consistently make good decisions on who and when to pass to in order to get batters out Consistently demonstrate good technique in catching skills under pressure <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills with my classmates I show patience with others I work with others to achieve a shared goal I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I can control my emotions when completing challenges I attempt tasks outside of my comfort zone. <p>Thinking:</p>

				<ul style="list-style-type: none"> I identify the tactics of others and decide what to do to make things harder for the opposition
	Basketball	OAA	Tennis	Tag Rugby
Summer Term 2	<p>Physical:</p> <ul style="list-style-type: none"> Develop control when sending and receiving under pressure Select and apply a variety of dribbling techniques to game situations Explore creating tactics with others and applying them to game situations Develop tracking and marking with a variety of techniques and increased success Move to create space for themselves and others in their team <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge I make quick decisions sometimes under pressure I identify strengths and areas for development in other's performance. 	<p>Physical:</p> <ul style="list-style-type: none"> Explore tactical planning with a team to overcome increasingly challenging tasks Develop navigational skills and map reading in increasingly challenging tasks including map orientation Explore a variety of communication methods with increasing success Reflect on what they were successful at solving challenges and alter their methods in order to improve <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication skills to take a small group through a task I encourage and praise others in their learning I keep myself and others safe I can work with a group to self-manage an activity <p>Emotional:</p> <ul style="list-style-type: none"> I attempt tasks and challenges outside of my comfort zone I can keep calm and remain focused on the challenge <p>Thinking:</p> <ul style="list-style-type: none"> I can plan out strategies to solve a problem I can make quick decisions, sometimes under pressure I plan and apply strategies to overcome a problem I can read a map with some accuracy 	<p>Physical:</p> <ul style="list-style-type: none"> Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation Serve accurately and consistently showing the beginnings of tactical serving Successfully apply a variety of shots to keep a continuous rally Demonstrate a variety of footwork patterns relevant to the game they are playing eg a split step and a chasse. <p>Social:</p> <ul style="list-style-type: none"> I work with others to achieve a shared goal I use verbal and visual communication with others I encourage and praise others in their learning <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it. <p>Thinking:</p> <ul style="list-style-type: none"> I make quick decisions sometimes under pressure I understand rules and tactics of the game I decide what to do to make things harder for my opposition I recognise my strengths and areas for development. 	<p>Physical:</p> <ul style="list-style-type: none"> Develop making quick decisions about when, how and who to pass to. Run with the ball consistently using a range of passing techniques with increasing control under pressure Explore creating attacking tactics with others in response to the game Explore creating and applying defending tactics with others in response to the game Move to the correct space when transitioning from attack to defence I can defend an opponent and attempt to tag them <p>Social:</p> <ul style="list-style-type: none"> I use verbal and visual communication with my team I work with others to achieve a shared goal <p>Emotional:</p> <ul style="list-style-type: none"> I use the rules of the game to play fairly I understand what my best is and work hard to achieve it I attempt tasks and challenges outside of my comfort zone <p>Thinking:</p> <ul style="list-style-type: none"> I plan and apply strategies to overcome a challenge I identify strengths and areas for development in other's performance I make decisions to make things harder for my opposition