

P.E. MTP 2024 - 2025

Autumn 1 Team Games	Vocabulary	Objectives	Resources/ Events
EYFS	Striking Hand Eye Coordination Technique	Fundamentals of Movement Theme: Handling equipment with control Coverage: FOM – roll, push, throw, strike, kick, bounce	Catching highlights - https://www.youtube.com/watch?v=0JBxnM-31ZM Throwing coaching - https://www.youtube.com/watch?v=VsLuzCLbVIs Amazing rallies and shots - https://www.youtube.com/watch?v=ne6hTv4SrvI 25 best - https://www.youtube.com/watch?v=OXaEUUUJJ7s https://www.youtube.com/watch?v=hRydTS4kCaE
KS1	Body Position Control Ball	Year 1 - Multi Skills Theme: Multi Skills, spatial awareness. Coverage: Agility, Balance, Coordination. Fundamentals of Movement (FOM)	
LKS2	Over arm throw Underarm throw Mark Defend Attack	Year 3 - Invasion Games(Football / Hockey) Theme: Attacking and defending Coverage: Develop basic rules of these sports through attacking/defending based activities 3v1 4v2 5v3.	
UKS2	Accuracy Possession Dribbling Scanning Possession Spatial awareness Control	Year 5 - Invasion Games (Tag Rugby/Basketball) Theme: Attacking play Coverage: Focus on developing attacking principles and goal scoring skills. Further develop sport specific skills and rules. Matches of 3v3 4v4	
Dance			
EYFS	Link Level Unison	EYFS - Theme: Traveling and moving confidently Coverage: FOM – stillness, jumping, run, changing shape, direction, hop. Use apparatus.	English Barn Dance - https://www.youtube.com/watch?v=20AzpUhcl_E Lion King - https://www.youtube.com/watch?v=jTt9JY2JnBA Haka - https://www.youtube.com/watch?v=l3gbneDt-S4 River Dance - https://www.youtube.com/watch?v=wybiE6Xv_z8
KS1	Mirroring Stimulus Sequence Improvise	Year 1 - Theme: Short stories or story based class/ school theme Coverage: Shapes and Patterns, Travelling, Change of speed/rhythm/level /direction (teacher led)	
LKS2	Rhythm Expression Confidence	Year 3 - Theme: Science, linked to class/school theme Coverage: Create and perform a short group dance showing a range of movement patterns	
UKS2	Dynamics Canon Compose Fluent Transition Dance style	Year 5 - Theme: Linked to class/school theme Coverage: Use a cross curricular link to the classes current topic. Perform a whole class dance with small groups each creating a part of the dance, which they teach to their peers.	
Autumn 2 Gymnastics			

EYFS	Log roll Curled side roll Teddy bear roll Forward roll	Fundamentals of Movement Theme: Combining travelling and handling equipment Coverage: negotiate space confidently, and improve ABC's.	Max Whitlock Floor 2016 - https://www.youtube.com/watch?v=0iYcn7Dly8c Forward roll variety - https://www.youtube.com/watch?v=6ZjeUsH5Pqs
KS1	Backward roll Straight jump Tuck Jump	Year 1 - Theme: Travelling & Balancing, Linking actions. Coverage: (FSS) Developing Travelling, Balancing & principles of finding space	Simone Biles variety - https://www.youtube.com/watch?v=RW94mABPEpw
LKS2	Star Jump Straddle Jump Half turn Split leap	Year 3 - Theme: Shapes, jumping and landing Coverage: Create a sequence using gymnastic floor elements in pairs and/or small groups. Rolling, balancing, jumping and travelling. Vary direction and levels.	
UKS2	Sequence Control Level Coordination Vault Transitions Contrasting Direction	Year 5 - Theme: Sequences, effective combinations Coverage: Develop fluency of elements within a complex sequence. Work in small groups to include contrasting actions.	
Striking & Fielding			
EYFS	Striking Hand Eye Coordination Technique Body Position Control Racket Accuracy Possession Dribbling Scanning Possession	Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounders, cricket, T-Ball, Softball. Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner	Great team goals - https://www.youtube.com/watch?v=9YGyP4ObC-U Roger Federer ball control - https://www.youtube.com/watch?v=UDSSsq0nUzpk Team GB Women's hockey - https://www.youtube.com/watch?v=02uh5ZBXokg NBA pass highlights - https://www.youtube.com/watch?v=G2LZwYgZMzo Legendary team goals - https://www.youtube.com/watch?v=Ctfv_LE3SLc Women's rugby - https://www.youtube.com/watch?v=kDCJEBI4Xyw
KS1	Spatial awareness Control	Year 1 - Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounders, cricket, T-Ball, Softball. Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner	

LKS2		<p>Year 3 - Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	
UKS2		<p>Year 5 - Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules</p>	
Spring 1 Dance	Vocabulary	Objectives	Resources/ Events
EYFS	Link Level Unison Mirroring	Fundamentals of Movement - ABC Theme: Traveling and moving confidently Coverage: FOM – stillness, jumping, run, changing shape, direction, hop. Use apparatus.	Bhangra - https://www.youtube.com/watch?v=vD-LFksC1Nc Troika - https://www.youtube.com/watch?v=K21yj2IEgrA The Evolution of Dance -
KS1	Stimulus Sequence Improvise	Year 2 - Theme: Linked to class/school theme Coverage: Shapes and rhythm. Responding to rhythm. Negotiating space.	https://www.youtube.com/watch?v=p-rSdt0aFuw Diversity Performance –
LKS2	Rhythm Expression Confidence	Year 4 - Theme: Linked to class/school theme Coverage: Perform a partner dance that includes a range of stimuli that allows performers to react to.	https://www.youtube.com/watch?v=jtJeSrXuQ68 Diversity BLM performance - https://www.youtube.com/watch?v=kzFNKFitHjw

UKS2	Dynamics Canon Compose Fluent Transition Dance style	Year 6 - Theme: Linked to class/school theme Coverage: Responding to music/stimuli, expressing moods and feelings. Creating simple characters and narrative in movement.	
Net/wall activities			
EYFS	Hand Eye Coordination Underarm Overarm Technique Body Position Dribbling Control Racket Attacking Defending Travelling Accuracy	Activity Theme: Fundamental movement (ABC) and ball skills to develop a basic understand of control with the body and simple pieces of equipment Sports – Basketball, Football, Netball, Hockey, Rugby Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner	<p>Catching highlights - https://www.youtube.com/watch?v=0JBxnM-31ZM</p> <p>Throwing coaching - https://www.youtube.com/watch?v=VsLuzCLbVIs</p> <p>Amazing rallies and shots - https://www.youtube.com/watch?v=ne6hTv4SrvI</p> <p>25 best - https://www.youtube.com/watch?v=OXaEUUUJJ7s</p> <p>https://www.youtube.com/watch?v=hRydTS4kCaE</p>
KS1		Year 1 - Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition Develop: Develop team games, making up games, own game practices, understanding of game principles	
LKS2		Year 3 - Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition	

		Develop: Develop team games, making up games, own game practices, understanding of game principles	
UKS2		<p>Year 5 - Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	
Spring 2 Team games			
EYFS	Striking Hand Eye Coordination Technique	Fundamentals of Movement Theme: Handling equipment with control Coverage: FOM – roll, push, throw, strike, kick, bounce	Great team goals - https://www.youtube.com/watch?v=9YGyP4ObC-U
KS1	Body Position Control Ball	Year 2 - Theme: Working as a team Coverage: Consolidating fundamental movement skills (FMS) from Year 1 to include: kicking, Trapping, throwing, catching, bouncing, pushing, rolling	Roger Federer ball control - https://www.youtube.com/watch?v=UDSSq0nUzpk
LKS2	Over arm throw Underarm throw Mark Defend Attack	Year 4 Invasion Games (Football / Hockey) Theme: Making choices and decisions Coverage: Develop sports specific skills for football & hockey. Provide opportunities for children to apply tactics and strategies using 3v2 4v3 5v4	Team GB Women's hockey - https://www.youtube.com/watch?v=02uh5ZBXokg
UKS2	Accuracy Possession Dribbling Scanning Possession Spatial awareness Control	Year 6 - Invasion Games (Tag Rugby/ Basketball) Theme: Teamwork and tactics Coverage: Consolidate FSS and compete in matches using clear tactics and sport specific techniques 4v4 5v5 6v6	NBA pass highlights - https://www.youtube.com/watch?v=G2LZwYgZMZo
Gymnastics			Legendary team goals - https://www.youtube.com/watch?v=Ctfv_LE3SLc
EYFS	Log roll Curled side roll Teddy bear roll Forward roll	Fundamentals of Movement Theme: Combining travelling and handling equipment Coverage: negotiate space confidently, and improve ABC's.	Women's rugby - https://www.youtube.com/watch?v=kDCJEBI4Xyw
KS1	Backward roll	Year 2 - Theme: Rolling and Jumping, Linking actions.	Max Whitlock Floor 2016 - https://www.youtube.com/watch?v=0iYcn7Dly8c
			Forward roll variety - https://www.youtube.com/watch?v=6ZjeUsH5Pqs

	Straight jump Tuck Jump	Coverage: (FSS) Developing Rolling, Jumping skills and linking these actions	Simone Biles variety - https://www.youtube.com/watch?v=RW94mABPEpw
LKS2	Star Jump Straddle Jump Half turn Split leap	Year 4 - Theme: Transferring weight Coverage: Create a small group apparatus based sequence that includes balancing, jumping rolling and travelling. Introduce more complex skills that focus on transferring weight.	
UKS2	Sequence Control Level Coordination Vault Transitions Contrasting Direction	Year 6 - Theme: Sequencing, matching and mirroring Coverage: To create a sequence in pairs using mirror and matching elements using complex apparatus and skills.	

Summer 1 Striking & fielding	Vocabulary	Objectives	Resources
EYFS	Hand Eye Coordination Underarm Overarm	Fundamentals of Movement Theme: Combining travelling and handling equipment Coverage: negotiate space confidently, and improve ABC's.	Great team goals - https://www.youtube.com/watch?v=9YGyP4ObC-U Roger Federer ball control - https://www.youtube.com/watch?v=UDSSq0nUzpk
KS1	Technique Body Position Dribbling Control Racket Attacking Defending Travelling Accuracy	Year 2 - Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players Experience: Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending Develop: Develop making up simple games, playing (net/wall, striking,	Team GB Women's hockey - https://www.youtube.com/watch?v=02uh5ZBXokg NBA pass highlights - https://www.youtube.com/watch?v=G2LZwYgZMzo Legendary team goals - https://www.youtube.com/watch?v=Ctfv_LE3SLc Women's rugby - https://www.youtube.com/watch?v=kDCJEBI4XyW
LKS2		Year 4 - Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space	

		<p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	
UKS2		<p>Year 6 - Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principle</p>	
Net/wall activities			
EYFS	<p>Hand Eye Coordination</p> <p>Underarm</p> <p>Overarm</p> <p>Technique</p> <p>Body Position</p> <p>Dribbling</p> <p>Control</p> <p>Racket</p> <p>Attacking</p> <p>Defending</p> <p>Travelling</p> <p>Accuracy</p>	<p>Activity Theme: Fundamental movement (ABC) and ball skills to develop a basic understand of control with the body and simple pieces of equipment Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>	<p>Catching highlights - https://www.youtube.com/watch?v=0JBxnM-31ZM</p> <p>Throwing coaching - https://www.youtube.com/watch?v=VsLuzCLbVIs</p> <p>Amazing rallies and shots - https://www.youtube.com/watch?v=ne6hTv4SrvI</p> <p>25 best - https://www.youtube.com/watch?v=OXaEUUUJJ7s</p> <p>https://www.youtube.com/watch?v=hRydTS4kCaE</p>
KS1		<p>Year 1 - Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p>	

		<p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	
LKS2		<p>Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	
UKS2		<p>Year 5 - Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles</p>	
Summer 2 Athletics			
EYFS	Pace Distance Over Arm Under Arm	<p>Sports Day Preparation</p> <p>Theme: run, Jump, throw.</p> <p>Coverage: development of fundamental movement skills for run, throw, jump</p>	<p>Olympic games highlights - https://www.youtube.com/watch?v=sScmlHXuPGI&t=396s</p> <p>Paralympics 2016 - https://www.youtube.com/watch?v=qynsSP-bXNg&t=209s</p>
KS1	Accuracy	Year 1 - Theme: Different ways of running, jumping and throwing.	

	Sprinting Baton Momentum	Coverage: Developing fundamental sports skills (FSS) for athletics events. To include competition vs. self	Paralympics 2012 - https://www.youtube.com/watch?v=jnJ8Z_TvmE4&t=58s Usain Bolt world records - https://www.youtube.com/watch?v=F14EaVEDyUs
LKS2	Technique Relay Stride Competitive Personal Best	Year 3 - Theme: Running, jumping and throwing skills, partner work. Coverage: Developing hurdle and running events with a partner. Competing in pairs in throwing and jumping events.	
UKS2		Year 5 - Theme: Running, jumping and throwing. Personal best. Coverage: Practice a variety of athletics events from prior learning, developing event specific techniques for pupils to be able to achieve their personal best. Competition to be Included.	
Cricket			
EYFS	Hand Eye Coordination Fielding	Theme: co-operating, sharing, listening, taking turns Coverage: A variety of fundamental movement skills introduced through team activities.	Greatest catches - https://www.youtube.com/watch?v=CE_iOr_qb-E https://www.youtube.com/watch?v=WX9fRb9M_bY&t=99s https://www.youtube.com/watch?v=WX9fRb9M_bY&t=99s Rounders highlights - https://www.youtube.com/watch?v=5E2GWsLoivc&t=55s British dodgeball rules - https://www.youtube.com/watch?v=wYD0DhfUNic
KS1	Strategy Technique Body Position Control	Year 1 - Theme: Striking / fielding related activities (linking skills from previous terms). Coverage: Developing fundamental sports skills (FSS) for striking / fielding events. To include competition vs. self.	
LKS2	Ball Over arm throw Underarm throw	Year 3 - Theme: Finding and closing down space. Coverage: Create small-sided and modified games of cricket and rounders. Introduce basic rules of these sports	
UKS2	Accuracy Possession Spatial awareness	Year 5 - Theme: Batting and fielding tactics and strategies Coverage: Develop rules of cricket and play competitive modified versions of this game. Introduce sport specific techniques and tactics for fielding and batting.	

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KS1	Body Position Control Ball	Year 1 - Multi Skills Theme: Multi Skills, spatial awareness. Coverage: Agility, Balance, Coordination. Fundamentals of Movement (FOM)	

LKS2	Over arm throw Underarm throw Mark Defend Attack	Year 3 - Invasion Games(Football / Hockey) Theme: Attacking and defending Coverage: Develop basic rules of these sports through attacking/defending based activities 3v1 4v2 5v3.	NBA pass highlights - https://www.youtube.com/watch?v=G2LZwYgZMZo Legendary team goals - https://www.youtube.com/watch?v=Ctfv_LE3SLc Women's rugby - https://www.youtube.com/watch?v=kDCJEI4Xyw
UKS2	Accuracy Possession Dribbling Scanning Possession Spatial awareness Control	Year 5 - Invasion Games (Tag Rugby/Basketball) Theme: Attacking play Coverage: Focus on developing attacking principles and goal scoring skills. Further develop sport specific skills and rules. Matches of 3v3 4v4	
Dance			
EYFS	Link Level Unison	EYFS - Theme: Traveling and moving confidently Coverage: FOM – stillness, jumping, run, changing shape, direction, hop. Use apparatus.	English Barn Dance - https://www.youtube.com/watch?v=20AzpUhcI_E Lion King - https://www.youtube.com/watch?v=jTt9JY2JnBA Haka - https://www.youtube.com/watch?v=l3gbneDt-S4 River Dance - https://www.youtube.com/watch?v=wybiE6Xv_z8
KS1	Mirroring Stimulus Sequence Improvise	Year 1 - Theme: Short stories or story based class/ school theme Coverage: Shapes and Patterns, Travelling, Change of speed/rhythm/level/direction (teacher led)	
LKS2	Rhythm Expression Confidence	Year 3 - Theme: Science, linked to class/school theme Coverage: Create and perform a short group dance showing a range of movement patterns	
UKS2	Dynamics Canon Compose Fluent Transition Dance style	Year 5 - Theme: Linked to class/school theme Coverage: Use a cross curricular link to the classes current topic. Perform a whole class dance with small groups each creating a part of the dance, which they teach to their peers.	
Autumn 2 Gymnastics			
EYFS	Log roll Curled side roll Teddy bear roll Forward roll Backward roll	Fundamentals of Movement Theme: Combining travelling and handling equipment Coverage: negotiate space confidently, and improve ABC's.	Max Whitlock Floor 2016 - https://www.youtube.com/watch?v=0iYcn7Dly8c Forward roll variety - https://www.youtube.com/watch?v=6ZjeUsH5Pqs Simone Biles variety - https://www.youtube.com/watch?v=RW94mABPEpw
KS1	Straight jump Tuck Jump Star Jump	Year 1 - Theme: Travelling & Balancing, Linking actions. Coverage: (FSS) Developing Travelling, Balancing & principles of finding space	
LKS2	Straddle Jump Half turn Split leap Sequence	Year 3 - Theme: Shapes, jumping and landing Coverage: Create a sequence using gymnastic floor elements in pairs and/or small groups. Rolling, balancing, jumping and travelling. Vary direction and levels.	

UKS2	Control Level Coordination Vault Transitions Contrasting Direction	Year 5 - Theme: Sequences, effective combinations Coverage: Develop fluency of elements within a complex sequence. Work in small groups to include contrasting actions.	
Striking & Fielding			
EYFS	Hand Eye Coordination Underarm Overarm Technique Body Position Dribbling Control Racket Attacking Defending Travelling Accuracy	<p>Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounders, cricket, T-Ball, Softball.</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>	<p>Great team goals - https://www.youtube.com/watch?v=9YGyP4ObC-U</p> <p>Roger Federer ball control - https://www.youtube.com/watch?v=UDSSq0nUzpk</p> <p>Team GB Women's hockey - https://www.youtube.com/watch?v=02uh5ZBXokg</p> <p>NBA pass highlights - https://www.youtube.com/watch?v=G2LZwYgZMZo</p> <p>Legendary team goals - https://www.youtube.com/watch?v=Ctfv_LE3SLc</p> <p>Women's rugby - https://www.youtube.com/watch?v=kDCJEBI4Xyw</p>
KS1		<p>Year 2 - Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players</p> <p>Experience: Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending</p> <p>Develop: Develop making up simple games, playing (net/wall, striking, goal scoring), playing these games – alone/pairs/groups</p>	
LKS2		<p>Year 4 - Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p>	

		<p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	
UKS2		<p>Year 6 - Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles</p>	
Spring 1 Dance	Vocabulary	Objectives	Resources/ Events
EYFS	Link Level Unison	EYFS - Theme: Traveling and moving confidently Coverage: FOM – stillness, jumping, run, changing shape, direction, hop. Use apparatus.	Bhangra - https://www.youtube.com/watch?v=vD-LFksC1Nc
KS1	Mirroring Stimulus Sequence	Year 2 - Theme: Linked to class/school theme Coverage: Shapes and rhythm. Responding to rhythm. Negotiating space.	Troika - https://www.youtube.com/watch?v=K21yj2IEgrA
LKS2	Improvise Rhythm Expression	Year 4 - Theme: Linked to class/school theme Coverage: Perform a partner dance that includes a range of stimuli that allows performers to react to.	The Evolution of Dance - https://www.youtube.com/watch?v=p-rSdt0aFuw
UKS2	Confidence Dynamics Canon Compose Fluent Transition Dance style	Year 6 - Theme: Linked to class/school theme Coverage: Responding to music/stimuli, expressing moods and feelings. Creating simple characters and narrative in movement.	Diversity Performance – https://www.youtube.com/watch?v=jtJeSrXuQ68
Net/wall activities			Diversity BLM performance - https://www.youtube.com/watch?v=kzFNKFitHjw

EYFS	Hand Eye Coordination Underarm Overarm Technique Body Position Dribbling Control Racket Attacking Defending Travelling Accuracy	<p>Activity Theme: Fundamental movement (ABC) and ball skills to develop a basic understand of control with the body and simple pieces of equipment Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>	<p>Catching highlights - https://www.youtube.com/watch?v=0JBxnM-31ZM</p> <p>Throwing coaching - https://www.youtube.com/watch?v=VsLuzCLbVIs</p> <p>Amazing rallies and shots - https://www.youtube.com/watch?v=ne6hTv4SrvI</p> <p>25 best - https://www.youtube.com/watch?v=OXaEUUUJJ7s</p> <p>https://www.youtube.com/watch?v=hRydTS4kCaE</p>
KS1		<p>Year 2 - Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	
LKS2		<p>Year 4 - Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p>	
UKS2		<p>Year 6 - Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination.</p>	

		<p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team work; refining their own games, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principles</p>	
Spring 2			
Team games			
EYFS	Striking Hand Eye Coordination Technique	Fundamentals of Movement Theme: Handling equipment with control Coverage: FOM – roll, push, throw, strike, kick, bounce	<p>Great team goals - https://www.youtube.com/watch?v=9YGyP4ObC-U Roger Federer ball control - https://www.youtube.com/watch?v=UDSSq0nUzpk Team GB Women's hockey - https://www.youtube.com/watch?v=02uh5ZBXokg NBA pass highlights - https://www.youtube.com/watch?v=G2LZwYgZMZo Legendary team goals - https://www.youtube.com/watch?v=Ctfv_LE3SLc Women's rugby - https://www.youtube.com/watch?v=kDCJEBI4Xyw</p>
KS1	Body Position Control Ball	Year 2 - Theme: Working as a team Coverage: Consolidating fundamental movement skills (FMS) from Year 1 to include: kicking, Trapping, throwing, catching, bouncing, pushing, rolling	
LKS2	Over arm throw Underarm throw Mark Defend Attack	Year 4 Invasion Games (Football / Hockey) Theme: Making choices and decisions Coverage: Develop sports specific skills for football & hockey. Provide opportunities for children to apply tactics and strategies using 3v2 4v3 5v4	
UKS2	Accuracy Dribbling Scanning Possession Spatial awareness	Year 6 - Invasion Games (Tag Rugby/ Basketball) Theme: Teamwork and tactics Coverage: Consolidate FSS and compete in matches using clear tactics and sport specific techniques 4v4 5v5 6v6	
Gymnastics			
EYFS	Log roll Curled side roll Teddy bear roll Forward roll	Fundamentals of Movement Theme: Combining travelling and handling equipment Coverage: negotiate space confidently, and improve ABC's.	<p>Max Whitlock Floor 2016 - https://www.youtube.com/watch?v=0iYcn7Dly8c Forward roll variety - https://www.youtube.com/watch?v=6ZjeUsH5Pqs Simone Biles variety - https://www.youtube.com/watch?v=RW94mABPEpw</p>
KS1	Backward roll Straight jump Tuck Jump	Year 2 - Theme: Rolling and Jumping, Linking actions. Coverage: (FSS) Developing Rolling, Jumping skills and linking these actions	
LKS2	Star Jump Straddle Jump Half turn Split leap Sequence	Year 4 - Theme: Transferring weight Coverage: Create a small group apparatus based sequence that includes balancing, jumping rolling and travelling. Introduce more complex skills that focus on transferring weight.	
UKS2	Control Level	Year 6 - Theme: Sequencing, matching and mirroring	

	Coordination Vault Transitions Contrasting Direction	Coverage: To create a sequence in pairs using mirror and matching elements using complex apparatus and skills.	
Summer 1 Striking & fielding	Vocabulary	Objectives	Resources
EYFS	Striking Hand Eye Coordination Technique	Fundamentals of Movement Theme: Combining travelling and handling equipment Coverage: negotiate space confidently, and improve ABC's.	Great team goals - https://www.youtube.com/watch?v=9YGyP4ObC-U Roger Federer ball control - https://www.youtube.com/watch?v=UDSSq0nUzpk Team GB Women's hockey - https://www.youtube.com/watch?v=02uh5ZBXokg NBA pass highlights - https://www.youtube.com/watch?v=G2LZwYgZMZo Legendary team goals - https://www.youtube.com/watch?v=Ctfv_LE3SLc Women's rugby - https://www.youtube.com/watch?v=kDCJEI4Xyw
KS1	Body Position Control Ball Over arm throw Underarm throw Mark Defend Attack Accuracy Dribbling Scanning Possession Spatial awareness	Year 2 - Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of other players Experience: Experience a variety of games equipment; practicing in trios; competition, simple rules and tactics for attacking and defending Develop: Develop making up simple games, playing (net/wall, striking,	
LKS2		Year 4 - Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition Develop: Develop team games, making up games, own game practices, understanding of game principles	
UKS2		Year 6 - Activity Theme: Team based games / sports with an emphasis on hitting an object (ball) into a space to gain an advantage, Points scoring is key as well as tactical knowledge from both attacking & defending teams. Teamwork is vital	

		<p>within this topic to be successful. Key Sports – Rounder's, Cricket, T-Ball</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and modified competitive versions of different types games, (i.e. invasion/net wall/strike & field); a variety of common skills and game principles linked to attacking & defending play; team wok; refining their own games, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules, roles and scoring systems, understanding of game principle</p>	
Net/wall activities			
EYFS	<p>Striking</p> <p>Hand Eye</p> <p>Coordination</p> <p>Technique</p> <p>Body Position</p> <p>Control</p> <p>Ball</p> <p>Over arm throw</p> <p>Underarm throw</p> <p>Mark</p>	<p>Activity Theme: Fundamental movement (ABC) and ball skills to develop a basic understand of control with the body and simple pieces of equipment Sports – Basketball, Football, Netball, Hockey, Rugby</p> <p>Skills: Skills of travel, send, chase, receive, avoid, dodge, control; awareness of space and partner</p> <p>Experience: Experience a variety of games equipment; practicing with a partner; competition, simple rules</p> <p>Develop: Develop simple games (net/wall, striking, goal scoring), playing these games – alone/with a partner</p>	<p>Amazing rallies and shots -</p> <p>https://www.youtube.com/watch?v=ne6hTv4SrvI</p> <p>25 best -</p> <p>https://www.youtube.com/watch?v=OXaEUUUJJ7s</p> <p>https://www.youtube.com/watch?v=hRydTS4kCaE</p>
KS1	<p>Defend</p> <p>Attack</p> <p>Accuracy</p> <p>Dribbling</p> <p>Scanning</p> <p>Possession</p> <p>Spatial awareness</p>	<p>Year 1 - Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	
LKS2		<p>Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p>	

		<p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/net & wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and the teacher, competition</p> <p>Develop: Develop team games, making up games, own game practices, understanding of game principles</p>	
UKS2		<p>Year 5 - Activity Theme: Individual / team based games which involve hitting an object into a court space / set area and your opponents are unable to return. Tactical skills are key as well as attacking & defending, problem solving and hand eye coordination</p> <p>Skills: Improve skills of travel, send chase, receive, dodge, avoid, attack, defend, control accuracy; movement into/out of space</p> <p>Experience: Experience small sided and simplified versions of different types of games, (i.e. invasion/ net wall/strike & field); a variety of common skills and game principles; team work; working towards tasks set by themselves and teacher, competition</p> <p>Develop: Develop team games – working within prescribed areas, considering and developing rules and scoring systems, understanding of game principles</p>	
Summer 2 Athletics			
EYFS	Pace Distance Over Arm Under Arm	<p>Sports Day Preparation Theme: run, Jump, throw. Coverage: development of fundamental movement skills for run, throw, jump</p>	<p>Olympic games highlights - https://www.youtube.com/watch?v=sScmlHXuPGI&t=396s</p> <p>Paralympics 2016 - https://www.youtube.com/watch?v=qynsSP-bXNg&t=209s</p> <p>Paralympics 2012 - https://www.youtube.com/watch?v=jnJ8Z_TvmE4&t=58s</p> <p>Usain Bolt world records - https://www.youtube.com/watch?v=F14EaVEDyUs</p>
KS1	Accuracy Sprinting Baton Momentum	<p>Year 2 - Theme: Running, jumping and throwing skills, setting personal targets Coverage: Developing fundamental sports skills (FSS) for athletics events. To include competition vs. others</p>	
LKS2	Technique Relay Stride Competitive Personal Best	<p>Year 4 - Theme: Running/ jumping/throwing. Time and direction. Coverage: Competing against others, develop numeracy cross curricular links to focus on timing and direction to maximise performance in running, jumping and throwing events</p>	
UKS2		<p>Year 6 - Theme: Running, jumping and throwing. Achieving personal best. Team events. Coverage: Compete in a variety of athletics events for pupils to</p>	

		be able to achieve their personal best. Introduce competitive team events.	
Cricket			
EYFS	Hand Eye Coordination Fielding	Theme: co-operating, sharing, listening, taking turns Coverage: A variety of fundamental movement skills introduced through team activities.	Greatest catches - https://www.youtube.com/watch?v=CE_iOr_qb-E https://www.youtube.com/watch?v=WX9fRb9M_bY&t=99s https://www.youtube.com/watch?v=WX9fRb9M_bY&t=99s Rounders highlights - https://www.youtube.com/watch?v=5E2GWSLoivc&t=55s British dodgeball rules - https://www.youtube.com/watch?v=wYD0DhfUNic
KS1	Strategy Technique Body Position Control	Year 2 - Theme: Striking / fielding related activities (linking skills from previous terms). Coverage: Developing fundamental sports skills (FSS) for cricket and playing simplified versions of the game	
LKS2	Ball Over arm throw Underarm throw Accuracy Possession	Year 4 - Theme: Bowling & Striking Coverage: Introduce basic rules of rounders and play competitive modified versions of this game. Introduce sport specific techniques for bowling and striking.	
UKS2	Spatial awareness	Year 6 - Theme: Teamwork and tactics Coverage: Pupils to organise and compete in full cricket and rounder's games as well as developing skills as captains, coaches and officiators	