



Intent	<i>It is our intent to develop physical and mental confidence through a range of challenging, stimulating and creative activities, which foster resilience, teamwork and fun.</i>		
Pupils are enabled to:	To be CREATIVE, competitive and to face up to different challenges as individuals and in groups and teams, developing positive attitudes towards healthy lifestyles.		
EYFS By the end of Reception...	KS1 By the end of Year 2...	Lower KS2 By the end of year 4...	Upper KS2 By the end of year 6...
<p>Children show good control and co-ordination in large and small movements.</p> <p>☑ They move confidently in a range of ways, safely negotiating space.</p> <p>☑ Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p> <p>☑ Children sing songs, make music and dance, and experiment with ways of changing them.</p> <p>☑ They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories.</p>	<p>Use the terms 'opponent' and 'team-mate'.</p> <p>☑ Use rolling, hitting, running, jumping, catching and kicking skills in combination.</p> <p>☑ Develop tactics.</p> <p>☑ Lead others when appropriate.</p> <p>☑ Move with some control and awareness of space</p>	<p>Choose appropriate tactics to cause problems for the opposition.</p> <p>☑ Follow the rules of the game and play fairly.</p> <p>☑ Lead others and act as a respectful team member.</p> <p>☑ Plan, perform and repeat sequences.</p> <p>☑ Move in a clear, fluent and expressive manner.</p> <p>☑ Swim unaided.</p> <p>☑ Compete with others and aim to improve personal best performances.</p> <p>☑ Show an ability to both lead and form part of a team.</p> <p>☑ Support others</p>	<p>Choose and combine techniques in game situations (running, throwing, catching, passing, jumping and kicking, etc.).</p> <p>☑ Work alone, or with team mates in order to gain points or possession.</p> <p>☑ Choose the most appropriate tactics for a game.</p> <p>☑ Uphold the spirit of fair play and respect in all competitive situations.</p> <p>☑ Lead others when called upon and act as a good role model within a team.</p> <p>☑ Compose creative and imaginative dance sequences.</p> <p>☑ Create complex and well-executed sequences that include a full range of movements including: travelling / balances /swinging /springing / flight /vaults / inversions /rotations /bending, stretching and twisting /gestures / linking skills. Practice and refine the gymnastic techniques used in performances (listed above).</p> <p>☑ Swim 25Ms unaided and perform use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations</p>



Vocabulary- General	As previously plus	As previously plus	As previously plus
<p>Multi-sports Space, looking up, stretch, muscle, partner, pairs, run, walk, balance, throw, catch, hit, ball, cone, net, bean bag, jump, hop, carry, follow, lead, copy, sports, games, rules, move, forwards, backwards, equipment, speed, direction, bounce, push, pull, roll, ball, team, safely.</p>	<p>Games Throw, roll, underarm, hit, move, safely, kick, tactics, decide, rules, defence, overarm, release, catching, own space, team, speed, direction, passing, control, shoot, score, catch, fielding, rounders scoring, strike, target, throw, warm-up Bounce, circuit, cushion, Kwik cricket overarm throw, sideways, underarm</p> <p>Gymnastics Curl, tense, stretch, relax, control, travel, balance, copy, sequence, improve, plan, and perform, feedback, hold, and independent, equipment, shapes, forwards, backwards, sideways, rolls, slow, body parts, jump, stretch, narrow, wide, along, direction, level Link onto and off, over, pike, posture, rolling: egg, log, forward, teddy bear rolls. sequence, straddle , straight, tension travel, tuck</p> <p>Dance Move, copy, perform, create, rhythm, control, coordination, linking mood or feeling, music, sequence, patterns, travel, stillness, direction, space, body parts, levels, speed, beat, gesture perform</p> <p>Athletics Change speed and direction, underarm, overarm, throwing, technique, distance, sprint, accuracy, personal best, relay, combination Balance, hurdle, obstacle, relay, speed swing, hopping, jog, mobility, overarm throw, speed, take-off and landing underarm</p>	<p>Invasion Games awareness of space, support, opposition, strike and field, accuracy, rules, possession, adapt tactics, co-ordination, agility, opposition, pass, keeping score, create space send and receive, travel, points, rules, batting, fielding, bowling, defending.</p> <p>Gymnastics Adapt sequences, apparatus, criteria, strength, suppleness, performance, compare and contrast sequences, stamina, improve, stretch, push, pull, step, leap, crawl, still, slowly, tall, long, high, low, copy, landing, analyse, co-operation, empathy, landing ,shapes teamwork, asymmetry, canon counterbalance, symmetry, techniques unison</p> <p>Dance Changing speed and direction, share and create phrases, plan, repeat, remember and perform phrases, communicate, choreograph, unison, tempo, partner, structure, action and reaction.</p> <p>Athletics Change speed and direction, underarm, overarm, throwing, technique, distance, sprint, accuracy, personal best, relay, combination, carousel, control direction handover, javelin, landing, long jump pace, relay, sprint, take off, target technique, knee lift, landing, long jump, Stride</p> <p>Outdoor and Adventurous</p>	<p>Invasion Games Possession, forehand, backhand, field, tactics, defending, attacking, techniques, pass, dribble and shoot. Striking, implement, rules, umpire, and strategy, support, marking, offside, pitch, court, pressing, pressure.</p> <p>Gymnastics Complex extended sequences, combine, perform, consistency, audience, link, vault, spring, evaluate, control, core, muscles, joints, flexibility, symmetrical, counter-balance, rotation, turn, take-off, dismount, flight, arch bridging, direction, dynamic, evaluate extend, level, points of balance, Rotation</p> <p>Dance Compose, creative, perform, accompaniment, demonstrate clarity, fluency, accuracy and consistency. Style, interpret, precise and posture, pace, timing, improvisation, reaction, motifs, technique, rhythm, variation, unison, canon, fluency, match, mirror, pose, routine street dance, timing</p> <p>Athletics Control, accuracy, techniques, combine, distance, compete, improve personal best, stamina, pace, communication, angle of release, extend, handover, javelin, long jump position, relay, sprint start, standing start, take off, target, technique</p> <p>Outdoor and Adventurous</p>



	Outdoor and Adventurous Follow, route, appropriate equipment, safely, familiar context, manage risks/problems, communication, cooperate.	Follow, route, appropriate equipment, safely, familiar context, manage risks/problems, communication, cooperate. Swimming Swim, unaided, basic stroke, movements, coordinate breathing, surface, safety, rescue, streamline, front crawl, breaststroke, butterfly, backstroke, kick, pull, sink, float.	Location, compass, navigate, overcome problems, plan, route, safety, danger, leadership Swimming unaided, basic stroke, movements, coordinate breathing, surface, safety, rescue, streamline, front crawl, breaststroke, butterfly, backstroke, freestyle, float, buoyancy, touch pads stroke, starting block
Sport specific	Cricket	Tennis/Badminton/Squash	Rugby
	Bat, bails, wicket, bowler, fielder, batter Boundary, crease, four- six, innings, no ball, wide, delivery, wicket-keeper over	Racket, net, rally, volley, umpire backhand, forehand, baseline, break double fault, drop shot, serve, ground stroke, lob, return, double hit interference,	Referee, touch, forward, pass, knock on obstruction, touch, try, try line
Basketball	Hockey	Netball	Football
Block, double, dribble, foul, free throw guarding, jump, shot, possession rebound, technical foul, substitute travelling, turnover, basket	Goal, quicksticks, ball, pushes, flicks scoop, pass, goal line, hockey stick, hit umpire, shin protector, mouth guard official, foul, centre pass, obstruction defender, midfielder, attacker, penalty goal, free pass, shooting circle, penalty corner	contact marking, pivot, sideliners boundaries, umpire, feed goal, third landing, foot offside, transverse lines centre circle, centre pass, goal shooter goal attack, centre goal, defence goal keeper	Defender, attacker, goal, goalkeeper corner, goal line, foul, handball, penalty free kick, pitch, tackle, throw in, referee offside, league, draw wall, touchline