



PE Curriculum Progression Overview





Year 1						
	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
PE Specialist	<u>Kicking</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - To use kicking and rolling skills in combination. - Develop tactics in kicking games. <u>Activities</u> Kicking games and activities.	<u>Throwing and Catching</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - To use catching and rolling skills in combination. - To use the term 'opponent' and 'teammate'. <u>Activities</u> Throwing and catching games and activities.	<u>Gymnastics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Jump in a variety of ways and land with increasing control and balance. - Copy and remember actions. - Link two or more actions to create a sequence. - Hold a position whilst balancing on different points of the body. <u>Activities</u> Travel based gymnastic activities.	<u>Dance</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Copy and remember moves and positions. - Move with careful control and coordination. <u>Activities</u> Dance activities linked to topic.	<u>Running, jumping and throwing</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Use running and jumping skills in combination. - Develop tactics. <u>Activities</u> Running, jumping and throwing games including javelins, bean bags, sacks and hurdles (Sports Day activities).	<u>Striking and Fielding</u> <u>Skills</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Use rolling, hitting, running and catching skills in combination. - Use the term 'opponent' and 'teammate'. <u>Activities</u> Cricket, rounders and stoolball style activities.





Year 1						
	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Class Teachers	<u>Gymnastics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - To copy and remember actions. - To move with some control and awareness of space. - To show contrast such as small/tall, straight/curved and wide/narrow. - Hold a position whilst balancing on different parts of the body. <u>Activities</u> Gymnastic activities involving being creative when travelling on the floor and on equipment.	<u>Dance</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. - Link two or more actions to perform a sequence. - Choose movements to communicate a mood, feeling or idea. <u>Activities</u> Dance activities linked to topic.	<u>Hitting</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Use hitting and rolling skills in combination. - Lead others where appropriate. <u>Activities</u> Starting with hands, children learn to hit a ball using tennis rackets and hockey sticks.	<u>Challenge Skills</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Work individually, in a pair or as a team to solve a problem. - Be able to explain what was done and what went well. - Move around a space with control. <u>Activities</u> Problem solving activities which involve moving around a large space and working in different sized groups, with a focus on how to share and work together using effective communication.	<u>Gymnastics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Stretch and curl to develop flexibility. - Show contrasts such as small/tall, straight/curved and wide/narrow. - Move with control and some awareness of space. <u>Activities</u> Rolls based gymnastic activities.	<u>Agility, Balance and Coordination</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Use running, jumping and throwing skills in combination. - Lead others when appropriate. <u>Activities</u> Running and jumping activities involving hurdles, sacks, ladders and races.





Year 2						
	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
PE Specialist	<u>Throwing/ Catching Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - To use catching and rolling skills in combination. - Use the term 'opponent' and 'teammate'. <u>Activities</u> Throwing and catching games and activities.	<u>Hitting Skills Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Use hitting and rolling skills in combination. - Lead others where appropriate. <u>Activities</u> Starting with hands, children learn to hit a ball using tennis rackets and hockey sticks.	<u>Gymnastics Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Stretch and curl to develop flexibility. - Show contrasts such as small/tall, straight/curved and wide/narrow. - Move with control and some awareness of space. <u>Activities</u> Rolls based gymnastic activities.	<u>Dance Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Copy and remember moves and positions. - Move with careful control and coordination. <u>Activities</u> Dance activities linked to topic.	<u>Running, jumping and throwing Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Use running and jumping skills in combination. - Develop tactics. <u>Activities</u> Running, jumping and throwing games including javelins, bean bags, sacks and hurdles (Sports Day activities).	<u>Challenge Skills Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Work individually, in a pair or as a team to solve a problem. - Be able to explain what was done and what went well. - Move around a space with control. <u>Activities</u> Problem solving activities which involve moving around a large space and working in different sized groups, with a focus on how to share and work together using effective communication





Year 2						
	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Class Teachers	<u>Kicking</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Use kicking and rolling skills in combination. • Develop tactics. <u>Activities</u> Kicking games and activities.	<u>Gymnastics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Stretch and curl to develop flexibility. • Show contrasts such as small/tall, straight/curved and wide/narrow. • Move with control and some awareness of space. • Jump in a variety of ways and land with increasing control and balance. <u>Activities</u> Creating balances based gymnastic activities.	<u>Agility, Balance and Coordination</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> ▪ Use running, jumping and throwing skills in combination. ▪ Lead others when appropriate. <u>Activities</u> Running and jumping activities involving hurdles, sacks, ladders and races.	<u>Striking and Fielding Skills</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Use rolling, hitting, running and catching skills in combination. • Use the term 'opponent' and 'teammate'. <u>Activities</u> Cricket, rounders and stoolball style activities	<u>Dance/ Swimming</u> (Dance) <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Copy and remember moves and positions. • Move with careful control and coordination. <u>Activities</u> Dance activities linked to topic.	<u>Dance/ Swimming</u> (Swimming) <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Swim unaided up to 25 metres. • Use one basic stroke, breathing correctly. • Control leg movements. <u>Activities</u> Swimming activities at the Brighton Swimming Centre.





Year 3						
	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
PE Specialist	<u>Football</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Maintain possession of a ball with feet. • Pass to team mates at appropriate times. • Follow the rules of the game and play fairly. <u>Activities</u> Dribbling, shooting and passing games.	<u>Hockey</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Maintain possession of a ball with a stick. • Pass to team mates at appropriate times. • Lead others and act as a respectful team member.	<u>Gymnastics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get to the centre of gravity successfully over base and organise body parts to create an interesting body shape). • Swing and hang from equipment safely using hands. <u>Activities</u> Balance based gymnastic activities.	<u>Challenge</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Arrive properly equipped for outdoor and adventurous activity. • Understand the need to show accomplishment in managing risks. • Show an ability to both lead and form part of a team. • Support others and seek support if required when the situation dictates. • Show resilience when plans do not work and initiative to try new ways of working. • Use maps, compasses and digital devices to orientate themselves. • Remain aware of changing conditions and change plans if necessary. <u>Activities</u> Challenge and outdoor adventurous activities.	<u>Athletics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Sprint over a short distance up to 60 metres. • Run over a longer distance, conserving energy in order to sustain performance. • Use a range of throwing techniques including overarm and underarm. Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a runup where appropriate. • Compete with others and aim to improve personal best performances. <u>Activities</u> Running, jumping and throwing activities leading up to Sports Day.	<u>Rounders</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • To strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Throw and catch with control and accuracy. <u>Activities</u> Rounders games and skill based activities for striking and fielding.





Year 3						
	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Class Teachers	<u>Basketball/Netball</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Maintain possession of a ball with hands. • Throw and catch with control and accuracy. • Pass to teammates at appropriate times. <u>Activities</u> Basketball and netball shooting, dribbling and passing drills and games.	<u>Gymnastics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Refine movements into sequences. • Show changes of direction, speed and level during a performance. • Travel in a variety of ways, including flight, by transferring weight to generate power in movements. <u>Activities</u> Rolls based gymnastic activities.	<u>Swimming/Tag Rugby</u> (Swimming) <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Swim unaided up to 25 metres. • Use one basic stroke, breathing correctly. • Control leg movements. <u>Activities</u> Swimming activities at the Brighton Swimming Centre.	<u>Swimming/ Tag Rugby</u> (Tag Rugby) <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> ▪ Choose appropriate tactics to cause problems for the opposition. ▪ Pass to team mates at appropriate times. ▪ Lead others and act as a respectful team member. <u>Activities</u> Tag Rugby games and drills involving taking tags, passing and running with a rugby ball.	<u>Dance</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> ▪ Plan, perform and repeat sequences. ▪ Move in a clear, fluent and expressive manner. ▪ Change speeds and levels within a performance. <u>Activities</u> Dance activities linked to topic.	<u>Tennis</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> ▪ Throw and catch with control and accuracy. ▪ Strike a ball with control. ▪ Follow the rules of the game and play fairly. <u>Activities</u> Tennis activities, games and drills.





Year 4						
	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
PE Specialist	<u>Football</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Maintain possession of a ball with feet. • Pass to team mates at appropriate times. • Follow the rules of the game and play fairly. <u>Activities</u> Dribbling, shooting and passing games..	<u>Hockey</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Maintain possession of a ball with a stick. • Pass to team mates at appropriate times. • Lead others and act as a respectful team member. <u>Activities</u> Hockey dribbling, passing and shooting games.	<u>Dance</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Plan, perform and repeat sequences. • Move in a cleat, fluent and expressive manner. Change speeds and levels within a performance <u>Activities</u> Dance activities linked to topic	<u>Challenge</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> ▪ Support others and seek support if required when the situation dictates. ▪ Show resilience when plans do not work and initiative to try new ways of working. ▪ Use maps, compasses and digital devices to orientate themselves. ▪ Arrive properly equipped for outdoor and adventurous activity. ▪ Understand the need to show accomplishment in managing risks. ▪ Show an ability to both lead and form part of a team.	<u>Athletics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Sprint over a short distance up to 60 metres. • Run over a longer distance, conserving energy in order to sustain performance. • Use a range of throwing techniques including overarm and underarm. Throw with accuracy to hit a target or cover a distance. • Jump in a number of ways, using a runup where appropriate. • Compete with others and aim to improve personal best performances. <u>Activities</u> Running, jumping and throwing activities leading up to Sports Day.	<u>Rounders</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • To strike a ball and field with control. • Choose appropriate tactics to cause problems for the opposition. • Throw and catch with control and accuracy. <u>Activities</u> Rounders games and skill based activities for striking and fielding.





Year 4						
	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Class Teachers	<u>Basketball/Netball</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Maintain possession of a ball with hands. • Throw and catch with control and accuracy. • Pass to teammates at appropriate times. <u>Activities</u> Basketball and netball shooting, dribbling and passing drills and games	<u>Gymnastics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Refine movements into sequences. • Show changes of direction, speed and level during a performance. • Travel in a variety of ways, including flight, by transferring weight to generate power in movements. <u>Activities</u> Rolls based gymnastic activities.	<u>Tag Rugby</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Choose appropriate tactics to cause problems for the opposition. • Pass to team mates at appropriate times. • Lead others and act as a respectful team member. <u>Activities</u> Tag Rugby games and drills involving taking tags, passing and running with a rugby ball.	<u>Tennis</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Throw and catch with control and accuracy. • Strike a ball with control. • Follow the rules of the game and play fairly. <u>Activities</u> Tennis activities, games and drills.	<u>Dance</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Refine movements into sequences. • Create dances and movements that convey a definite idea. • Develop physical strength and suppleness by practising moves and stretching. <u>Activities</u> Dance activities linked to topic	<u>Gymnastics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Plan, perform and repeat sequences. • Move in a clear, fluent and expressive manner. • Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get to the centre of gravity successfully over base and organise body parts to create an interesting body shape). • Swing and hang from equipment safely using hands. <u>Activities</u> Balance based gymnastic activities.





Year 5						
	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
PE Specialist	<u>Football</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Choose and combine kicking and passing techniques in game situations. - Work alone or with team mates in order to gain points or possession. - Defend and attack tactically by anticipating the direction of play. - Uphold the spirit of fair play and respect in all competitive situations. <u>Activities</u> Shooting, passing and dribbling drills and football game situations	<u>Hockey</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Choose and combine dribbling, hitting and passing techniques in game situations. - Work alone or with team mates in order to gain points or possession. - Choose the most appropriate tactics for a game. - Lead others when called upon and act as a good role model within a team. <u>Activities</u> Shooting, passing and dribbling drills and hockey game situations.	<u>Gymnastics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Create complex and well-executed sequences that include a full range of balances, swinging, springing and flight movements, vaults, inversions and bending, stretching and twisting movements and gestures. - Hold shapes that are fluent and expressive. - Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). - Use equipment to vault and to spring. <u>Activities</u> Gymnastic activities involving balances and springing, flight and vaulting.	<u>Challenge</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Select appropriate equipment for outdoor and adventurous activity. - Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. - Embrace both leadership and team roles and gain the commitment and respect of a team. - Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. - Remain positive even in the most challenging circumstances, rallying others if need be. - Use a range of devices in order to orientate themselves. <u>Activities</u> Challenge and outdoor adventurous activities.	<u>Athletics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Combine sprinting with low hurdles over 60 metres. - Choose the best pace to run over a variety of distances. - Throw accurately and refine performance by analysing technique and body shape. - Show control in take off and landings when jumping. - Compete with others and keep track of personal best performances, setting targets for improvement. <u>Activities</u> Running, jumping and throwing activities leading up to Sports Day.	<u>Cricket</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Choose and combine catching, throwing and hitting skills in game situations. - Strike a bowled or volleyed ball with accuracy. - Choose the most appropriate tactics for a game. - Uphold the spirit of fair play and respect in all competitive situations. <u>Activities</u> Striking and fielding activities and cricket style game situations.





Year 5						
	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Class Teachers	<u>Basketball/Netball</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Maintain possession of a ball with hands. • Throw and catch with control and accuracy. • Pass to teammates at appropriate times. <u>Activities</u> Basketball and netball shooting, dribbling and passing drills and games	<u>Dance</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Compose creative and imaginative dance sequences. • Express an idea in original and imaginative ways. • Plan to perform with high energy, slow grace or other themes and maintain this throughout the piece. <u>Activities</u> Dance activities linked to topic.	<u>Tag Rugby</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Choose appropriate tactics to cause problems for the opposition. • Pass to team mates at appropriate times. • Lead others and act as a respectful team member. <u>Activities</u> Tag Rugby games and drills involving taking tags, passing and running with a rugby ball.	<u>Gymnastics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Create complex and well-executed sequences that include travelling, springing, rotations and linking skills. • Vary speed, direction, level and body rotation during floor performances. • Practise and refine the gymnastic techniques used in performances. <u>Activities</u> Gymnastic activities involving balances.	<u>Dance</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Perform expressively and hold a precise and strong body posture. • Perform and create complex dance sequences. • Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands). <u>Activities</u> Dance activities linked to topic.	<u>Tennis</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> • Use forehand and backhand when playing racket games. • Strike a bowled or volleyed ball with accuracy. • Choose the most appropriate tactics for a game. <u>Activities</u> Tennis activities, games and drills.





Year 6						
	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
PE Specialist	<u>Football</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Choose and combine kicking and passing techniques in game situations. - Work alone or with team mates in order to gain points or possession. - Defend and attack tactically by anticipating the direction of play. - Uphold the spirit of fair play and respect in all competitive situations. <u>Activities</u> Shooting, passing and dribbling drills and football game situations.	<u>Hockey</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Choose and combine dribbling, hitting and passing techniques in game situations. - Work alone or with team mates in order to gain points or possession. - Choose the most appropriate tactics for a game. - Lead others when called upon and act as a good role model within a team. <u>Activities</u> Shooting, passing and dribbling drills and hockey game situations	<u>Dance</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Perform expressively and hold a precise and strong body posture. - Perform and create complex dance sequences. - Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands). <u>Activities</u> Dance routine for Lets Dance festival.	<u>Gymnastics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Create complex and well-executed sequences that include a full range of balances, swinging, springing and flight movements, vaults, inversions and bending, stretching and twisting movements and gestures. - Hold shapes that are fluent and expressive. - Demonstrate good kinaesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions). - Use equipment to vault and to spring. <u>Activities</u> Gymnastic activities involving balances and springing, flight and vaulting.	<u>Cricket</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Choose and combine catching, throwing and hitting skills in game situations. - Strike a bowled or volleyed ball with accuracy. - Choose the most appropriate tactics for a game. - Uphold the spirit of fair play and respect in all competitive situations. <u>Activities</u> Striking and fielding activities and cricket style game situations.	<u>Gymnastics</u> <u>Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Create complex and well-executed sequences that include travelling, springing, rotations and linking skills. - Vary speed, direction, level and body rotation during floor performances. - Practise and refine the gymnastic techniques used in performances. <u>Activities</u> Rolls based gymnastic activities





Year 6						
	Autumn One	Autumn Two	Spring One	Spring Two	Summer One	Summer Two
Class Teachers	<u>Swimming/Challenge Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Swim between 25 and 50 metres unaided. - Use more than one stroke and control breathing as appropriate for the stroke being used. - Coordinate leg and arm movements. - Swim at the surface and below the water. <u>Activities</u> Swimming activities at the Brighton Swimming Centre.	<u>Swimming/Challenge Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Select appropriate equipment for outdoor and adventurous activity. - Identify possible risks and ways to manage them, asking for and listening carefully to expert advice. - Embrace both leadership and team roles and gain the commitment and respect of a team. - Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt. - Remain positive even in the most challenging circumstances, rallying others if need be. - Use a range of devices in order to orientate themselves. - Quickly assess changing conditions and adapt plans to ensure safety comes first. <u>Activities</u> Challenge and outdoor adventurous activities.	<u>Basketball/Netball Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Choose and combine catching, passing and jumping techniques in game situations. - Work alone or with team mates in order to gain points or possession. - Defend and attack tactically by anticipating the direction of play. - Uphold the spirit of fair play and respect in all competitive situations. <u>Activities</u> Basketball shooting, dribbling and passing activities and game situations.	<u>Athletics Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Combine sprinting with low hurdles over 60 metres. - Choose the best pace to run over a variety of distances. - Throw accurately and refine performance by analysing technique and body shape. - Show control in take off and landings when jumping. - Compete with others and keep track of personal best performances, setting targets for improvement.	<u>Tag Rugby Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Choose and combine running and passing techniques in game situations. - Work alone or with team mates in order to gain points or possession. - Lead others when called upon and act as a good role model within a team. <u>Activities</u> Tag rugby drills and game the situations	<u>Tennis Objectives</u> To develop practical skills in order to participate, compete and lead a healthy lifestyle. <u>Skills</u> - Use forehand and backhand when playing racket games. - Strike a bowled or volleyed ball with accuracy. - Choose the most appropriate tactics for a game. <u>Activities</u> Tennis activities, games and drills.

