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# Physical Education at Peel Park (Scheme - PE Passport)



## Autumn Term

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Indoor Dance: Nursery Rymes (Aut 1)</p>	<p>Indoor FMS Baseline Unit - Supertato (Aut 1)</p>	<p>Indoor Dance - Explorers (Aut 1)</p>	<p>Indoor Dance - Romans (Aut 1)</p>	<p>Indoor Dance - Dance Around the World (Aut 1)</p>	<p>Indoor Accrington Stanley Move and Learn (Aut 1)</p>	<p>Indoor Dance - World War 2 (Aut 1)</p>
<p><b>Lesson Sequence:</b> L1: Movement <u>L1: I can move safely in space taking care of ourselves and others (heads up, eyes forward, control, speed).</u>  L2: Creative movements <u>L1: I can listen carefully to the Nursery Rhyme and be creative with our movements.</u></p>	<p><b>Lesson Sequence:</b> L1: Underarm throw and hopping <u>L1: To demonstrate the FMS of underarm throwing and hopping.</u>  L2: Jumping and skipping <u>L1: To demonstrate the FMS of jumping and skipping.</u>  L3: Catching and bouncing a ball</p>	<p><b>Lesson Sequence:</b> L1: Travelling <u>L1: To seek and find objects. To learn basic dance movements and develop key travelling skills.</u>  L2: Movement memory <u>L1: To move in new and interesting ways. To develop movement memory in the Backpack Dance.</u></p>	<p><b>Lesson Sequence:</b> L1: Creative movement <u>L1: To creatively move in different ways, showing good timing, posture, and extension.</u>  L2: Movement body parts motif <u>L1: To use the actions from the motif using different body parts and movements. Showing changes in level.</u></p>	<p><b>Lesson Sequence:</b> L1: Creative movement inspired by other cultures <u>L1: To creatively move in different ways, showing good timing, posture, and extension.</u>  L2: Motif, creative movement using body parts <u>L1: To use the actions from the motif creatively, using different body parts and movements.</u></p>	<p><b>Lesson Sequence:</b> L1: Motif in unison <u>L1: To share knowledge of World War II. Focus on good timing and performing motif in unison.</u>  L2: Travelling and levels <u>L1: To turn 3 - 4 actions into a travelling section. To include use of level changes.</u></p>	

<p>L3: Travelling movements <u>LI: I can be creative in our use of travelling movements.</u></p> <p>L4: Picture motif <u>LI: I can use the pictures to come up with creative and imaginative actions.</u></p> <p>L5: Partner motif <u>LI: I can work well with my partner, showing good listening.</u></p> <p>L6: Improving performance <u>LI: I can improve our own performance based on feedback given to me.</u></p> <hr/> <p style="text-align: center;"><b>Indoor Fundamental skills (Aut 2)</b></p> <p><b>Lesson Sequence:</b></p>	<p><u>LI: To demonstrate the FMS of catching and bouncing a ball.</u></p> <p>L4: Rolling and kicking a ball <u>LI: To demonstrate the FMS of rolling a ball and kicking.</u></p> <p>L5: Running and overarm throw <u>LI: To demonstrate the FMS of running and overarm throw.</u></p> <hr/> <p style="text-align: center;"><b>Indoor Max Whitlock Gymnastics (Aut 2)</b></p> <p><b>Lesson Sequence:</b> LI: Forward roll and hands and feet movements. <u>LI: Develop an understanding of the forward roll preparations, how to control and</u></p>	<p>L3: Animal dance motif <u>LI: To replicate animals from the rainforest through movement. To create a short dance in a group.</u></p> <p>L4: Duet movement motif <u>LI: To experiment with movement ideas and create a duet using contact. To guide others in movement through given environments.</u></p> <p>L5: Body shapes <u>LI: To work in pairs to create interesting shapes with your bodies.</u></p> <p>L6: Movement motif <u>LI: To relate movement to images/locations. To share ideas, create unison dance performed travelling</u></p>	<p><u>pathway when travelling, good timing and control.</u></p> <p>L3: Mirror image <u>LI: To use the pictures creatively, show use of mirror image and changes in level.</u></p> <p>L4: Poem inspired motif <u>LI: To use the poem as a stimulus for creative and imaginative actions. Show use of canon and changes in formation.</u></p> <p>L5: Changes in formation <u>LI: To use the poem as a stimulus for creative and imaginative actions. Show use of Canon and changes in formation when creating and performing group section.</u></p>	<p><u>Showing changes in level and pathway when travelling. Show good timing and control.</u></p> <p>L3: Mirror image duet <u>LI: To use the pictures creatively, show use of mirror image and changes in level. To work co-operatively.</u></p> <p>L4: Poem inspired motif in pairs <u>LI: To use a poem as a stimulus for creative and imaginative actions. Show use of canon and changes in formation.</u></p> <p>L5: Poetry inspired formations <u>LI: To use a poem as a stimulus for creative and imaginative actions. Show use of canon and changes in formation when creating and performing.</u></p>	<p><u>pathway and different directions.</u></p> <p>L3: Poetry inspired choreography <u>LI: To be creative with ideas when using the poem as inspiration. To include use of mirror image, and changes in level and direction in choreography.</u></p> <p>L4: Chance choreography and formation <u>LI: To use chance choreography creatively. Show use of canon, unison and mirror image, and changes in formation level and direction.</u></p> <p>L5: Group sections <u>LI: To work well in groups, provide peer feedback. Show use of canon and changes in formation when creating and performing group section.</u></p>
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<p>L1: Jumping and landing <u>LI: I can jump for distance. I can land appropriately.</u></p> <p>L2: Hopping <u>LI: I can hop on both feet.</u></p> <p>L3: Underarm throw <u>LI: I can underarm throw for distance.</u></p> <p>L4: Overarm throw <u>LI: I can overarm throw for distance.</u></p> <p>L5: Catching <u>LI: I can catch with increasing accuracy.</u></p> <p>L6: Climbing <u>LI: I can climb under, over and through climbing equipment.</u></p>	<p><u>enhance rolling movements and learn how to move with weight on hands and feet with stability.</u></p> <p>L2: Rebound Jumps and cartwheel motion <u>LI: Develop coordination and timing during rebound jumps, to coordinate the body during movements, introduction to cartwheel motion.</u></p> <p>L3: Balance <u>LI: Maintain balance whilst walking forwards and sideways along the bench, explore balance positions using different points of contact, engage in throwing and catching activities.</u></p> <p>L4: Jumps</p>	<p><u>along your own pathway.</u></p> <p style="text-align: center;"><b>Indoor FMS and Gym - Jack and the Beanstalk (Aut 2)</b></p> <p><b>Lesson Sequence:</b> L1: Jumping and overarm throw <u>LI: To show a jump 2 feet to 2 feet with a straight shape. To throw overarm with some accuracy.</u></p> <p>L2: Climbing, jumping, overarm throwing <u>LI: To climb with confidence. To throw overarm with some accuracy. To show a jump 2 feet to 2 feet with a wide shape.</u></p> <p>L3: Rolling, jumping, overarm throwing <u>LI: To perform an egg roll with some</u></p>	<p>L6: Perfecting performance <u>LI: To understand what makes a good performance. To give feedback and improve our own performance based on feedback.</u></p> <p style="text-align: center;"><b>Indoor Max Whitlock Gymnastics (Aut 2)</b></p> <p><b>Lesson Sequence:</b> L1: Rolling, moving, travelling motion <u>LI: To perform rolling movements with control. Explore various movements with weight on hands and feet. Understand how to perform body movements for coordinated travelling motions.</u></p> <p>L2: Spatial awareness, cartwheel motion</p>	<p>L6: Perfecting performance <u>LI: To understand what makes a good performance. To give feedback and improve our own performance based on feedback.</u></p> <p style="text-align: center;"><b>Indoor Max Whitlock Gymnastics (Aut 2)</b></p> <p><b>Lesson Sequence:</b> L1: Rolling, moving, travelling motions <u>LI: To Perform various rolling movements within a sequence. Demonstrate movements on hands and feet. Understand how to perform body movements with control for coordinated traveling motions.</u></p> <p>L2: Spatial awareness, jumping, hopping, cartwheel motion</p>	<p style="text-align: center;"><b>Indoor Dance - Dance through the ages (Aut 2)</b></p> <p><b>Lesson Sequence:</b> L1: Poetry inspired motif <u>LI: To share knowledge of characters, storyline and themes of the poem. Focus on good timing and performing motif in unison.</u></p> <p>L2: Rock and Roll 1950's dance <u>LI: To understand dance of 1950's (rock and roll). To include use of level changes and different directions.</u></p> <p>L3: Disco, Funk 1970's dance <u>LI: To understand dance of 1970's (e.g. disco, funk). To include use of level</u></p>	<p>L6: Perfecting performance <u>LI: To understand what makes a good performance. To give feedback and improve our own performance based on feedback.</u></p> <p style="text-align: center;"><b>Indoor Max Whitlock Gymnastics (Aut 2)</b></p> <p><b>Lesson Sequence:</b> L1: Sequences with rolls and transitions <u>LI: To create a sequence that integrates rolling movements with other skills. Perform transitions with various weight bearing movements on hands and feet.</u></p> <p>L2: Coordinated travelling <u>LI: Demonstrates the ability to control</u></p>
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<p><u>L1: Demonstrates an understanding of the step, step and jump sequence, develop coordination and balance during bunny jump exercises, understand the various basic shapes and jumps.</u></p> <p><u>L5: Types of roll</u> <u>L1: Develop an understanding of backward roll motions, successfully perform travelling movements on hands and feet long the bench, develop an understanding of a half teddy bear roll.</u></p> <p><u>L6: Bunny Jumps and handstand preparation</u> <u>L1: To demonstrate bunny jumps using apparatus, to show</u></p>	<p><u>control. To show a jump 2 feet to 2 feet with a tuck shape. To throw overarm with some accuracy.</u></p> <p><u>L4: Travelling, rolling, overarm throwing</u> <u>L1: To demonstrate a travel and roll with a shape. To throw overarm with some accuracy.</u></p> <p><u>L5: Rolling a ball at a target</u> <u>L1: To roll a ball at a target with accuracy.</u></p> <p><u>L6: Travelling, rolling, jumping in a sequence</u> <u>L1: To show the skills of travelling, rolling, and jumping into a sequence with two different shapes.</u></p>	<p><u>L1: Develop spatial awareness and coordination. To develop an understanding of the fundamentals of a cartwheel motion.</u></p> <p><u>L3: Balancing</u> <u>L1: To explore various ways of travelling along the bench. Understand how to balance during throwing and catching.</u></p> <p><u>L4: Jumps</u> <u>L1: Explore the step, step and jump sequence. Understand how to perform a bunny jump using apparatus. Correctly perform basic gymnastic shapes and simple jumps.</u></p> <p><u>L5: Types of rolls</u> <u>L1: Perform rolling movements with control. Demonstrate consistency in weight distribution.</u></p>	<p><u>L1: Demonstrate precise jumps and coordination. Demonstrate a cartwheel motion. Display spatial and body awareness when jumping and hopping with precision.</u></p> <p><u>L3: Balancing</u> <u>L1: Perform various movements along the bench whilst maintaining balance, cooperation during paired balances. Maintain balance and coordination during throwing and catching activities.</u></p> <p><u>L4: Jump sequences</u> <u>L1: Demonstrate step, step and jump sequence, perform bunny jumps using a bench whilst maintaining balance, perform basic gymnastic shapes and simple jumps with control.</u></p> <p><u>L5: Types of rolls</u></p>	<p><u>changes and different directions.</u></p> <p><u>L4: Choreography</u> <u>L1: To work well in groups. To effectively use chance choreography. To include changes in formation, dynamics, canon, unison, direction and level.</u></p> <p><u>L5: Choreography and formation</u> <u>L1: To work well in groups. To effectively use chance choreography. To include changes in formation, dynamics, canon, unison, direction and level.</u></p> <p><u>L6: Perfecting performance</u> <u>L1: To understand what a good performance is. To feedback using appropriate and relevant dance vocabulary. To improve our own</u></p>	<p><u>body movements for coordinated traveling motions using equipment.</u></p> <p><u>L3: Balancing and posture</u> <u>L1: Show the ability to travel along the bench while maintaining a consistent and balanced posture.</u></p> <p><u>L4: Coordinated jumps</u> <u>L1: Understand how to perform the step, step and jump sequence. Demonstrate coordination and balance during bunny jumps variations. Demonstrate control and precision during linked jumps.</u></p> <p><u>L5: Sequences with precision and transition</u> <u>L1: To perform rolling movements with precision and accuracy. Create a</u></p>
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	<p><u>weight bearing exercises in various positions to understand the concept of handstand preparation.</u></p>		<p><u>Demonstrate understanding of how to perform a half teddy bear roll.</u></p> <p>L6: Weight bearing, handstand preparation  <u>L.I: To demonstrate bunny jumps using apparatus. To show weight bearing exercises in various positions. To understand the concept of handstand preparation.</u></p>	<p><u>L.I: Perform rolling movements with control. Demonstrate consistency in weight distribution and controlled movements. perform a half teddy bear roll.</u></p> <p>L6: Handstand  <u>L.I: Perform varied movements using the bench with confidence, maintain weight on hands during front support to piked handstand position. Demonstrate control and balance during various handstand preparations.</u></p>	<p><u>performance based on feedback.</u></p>	<p><u>sequence that links rolling movements with other skills, showcasing control and precision in transitions.</u></p> <p>L6: Controlled body movements with stability  <u>L.I: Demonstrate bunny jumps forward and backward with controlled body movements. Demonstrate stability whilst supporting weight on hands during handstand preparations.</u></p>
	<p>Outdoor Baseline Unit - Lost and Found (Aut 1)</p> <p>Lesson Sequence:  L1: Underarm throw and hopping  <u>L.I: To demonstrate the FMS of underarm throwing and hopping.</u></p>	<p>Outdoor OAA - The Great Outdoors (Aut 1)</p> <p>Lesson Sequence:  L1: Objects on a trail  <u>L.I: Able to take responsibility for self and others. Can</u></p>	<p>Outdoor OAA - Trust and Trails (Aut 1)</p> <p>Lesson Sequence:  L1: Trust challenges  <u>L.I: To demonstrate with a partner how to solve trust challenges.</u></p> <p>L2: Find my way</p>	<p>Outdoor Invasion Games - Basketball (Aut 1)</p> <p>Lesson Sequence:  L1: Chest pass and bounce pass, finding space  <u>L.I: To demonstrate passing a ball using a chest pass and bounce</u></p>	<p>Outdoor Creative Games (Aut 1)</p> <p>Lesson Sequence:  L1: Dribbling, passing, receiving  <u>L.I: To dribble a ball. To pass and receive a pass using a variety of skills.</u></p>	<p>Outdoor Invasion Games - Hockey (Aut 1)</p> <p>Lesson Sequence:  L1: Passing  <u>L.I: To show passing a ball to a teammate using a hockey stick.</u></p>

<p>L2: Overarm throw and skipping  <u>LI: To demonstrate the FMS of an overarm throw and skipping.</u></p> <p>L3: Catching and bouncing a ball, movement skills  <u>LI: To assess the fundamental movement skills of catching and bouncing a ball. To develop fundamental movement skills.</u></p> <p>L4: Running and jumping  <u>LI: To demonstrate the FMS of running and jumping.</u></p> <p>L5: Kicking and rolling a ball  <u>LI: To demonstrate the FMS of and kicking and rolling a ball.</u></p>	<p><u>remember objects on a trail.</u></p> <p>L2: Adventurous journey  <u>LI: To cooperate and work together as a team. Can work with a partner to undertake an adventurous journey.</u></p> <p>L3: Navigate my way  <u>LI: Can work with others to complete a journey within the school grounds. Can work collaboratively to record answers.</u></p> <p>L4: Navigation using a control card  <u>LI: Can work with others to complete a journey within the school grounds and mark a control card correctly. Can make decisions about how to navigate safely, to a control site.</u></p> <p>L5: Navigation using a control card</p>	<p><u>LI: Can work with others to complete a journey within the school grounds.</u></p> <p>L3: Navigation using a control card  <u>LI: To know how to use a control card. To navigate safely to each control site.</u></p> <p>L4: Using a map to find my way around a familiar place  <u>LI: To show how to keep a map "set" or "orientated". To know some of the symbols on an orienteering map.</u></p> <p>L5: Using a map to find my way around an unfamiliar place  <u>LI: To show how to keep a map "set" or "orientated". To know some of the symbols on an orienteering map.</u></p>	<p><u>pass accurately. To move into space after using a chest pass and/or bounce pass in a game.</u></p> <p>L2: Dribbling  <u>LI: To demonstrate dribbling a basketball with some control. To pass a ball accurately to a teammate using a chest and bounce pass.</u></p> <p>L3: Dribbling, finding space ready to receive a pass  <u>LI: To demonstrate dribbling a basketball with some control. To find space to receive a chest or bounce pass.</u></p> <p>L4: Game tactics  <u>LI: To demonstrate dribbling a basketball with some control. To use tactics to outwit an opponent.</u></p> <p>L5: Evaluating a game  <u>LI: To use tactics to outwit an opponent. To</u></p>	<p>L2: Game tactics  <u>LI: To select and apply appropriate tactics when playing different invasion games.</u></p> <p>L3: Modified rugby  <u>LI: To create rugby type game and select and apply tactics to outwit an opponent.</u></p> <p>L4: Designing an invasion game  <u>LI: To work as a team to solve a tactical problem through designing a unique invasion game.</u></p> <p>L5: Attacking and defending  <u>LI: To adapt an invasion game to include positions and attacking/defending options.</u></p> <p>L6: Attacking and defending tactics  <u>LI: To apply simple attacking and defending tactics</u></p>	<p>L2: Dribbling and passing  <u>LI: To demonstrate dribbling and passing a ball using a hockey stick.</u></p> <p>L3: Shooting and attacking  <u>LI: To demonstrate shooting a ball at a goal. To select attacking tactics when playing a hockey type game.</u></p> <p>L4: Dribbling, shooting, attacking sequences and tactics  <u>LI: To demonstrate dribbling and shooting a ball using a hockey stick. To select attacking tactics when playing a game.</u></p> <p>L5: Attacking tactics in a game  <u>LI: To select attacking tactics when playing a game.</u></p>
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<p style="text-align: center;"><u>Outdoor FMS Underarm Throw (Aut 2)</u></p> <p><b>Lesson Sequence:</b>  L1: Underarm throw and side gallop  <u>LI: To demonstrate an underarm throw with some accuracy. To show a side gallop.</u></p> <p>L2: Underarm throw at targets and side gallop  <u>LI: To demonstrate an underarm throw with some accuracy at different targets. To show a side gallop.</u></p> <p>L3: Underarm throw at different targets and side gallop  <u>LI: To demonstrate an underarm throw with some accuracy at different targets.</u></p>	<p><u>LI: Can work with others to complete a journey within the school grounds and mark a control card correctly. Can make decisions about how to navigate safely, to a control site.</u></p> <p style="text-align: center;"><u>Outdoor FMS Playground games in the 20th Century (Aut 2)</u></p> <p><b>Lesson Sequence:</b>  L1: Dodging, changing direction - tig games  <u>LI: To develop the skill of dodging/changing direction when playing a tig game.</u></p> <p>L2: Hopping games  <u>LI: To develop the skill of hopping when playing a game.</u></p> <p>L3: Catching and throwing games</p>	<p style="text-align: center;"><u>Outdoor Handball (Aut 2)</u></p> <p><b>Lesson Sequence:</b>  L1: Handball pass  <u>LI: To demonstrate passing a ball using a handball pass. To move into space after using a handball pass in a game.</u></p> <p>L2: Bounce pass  <u>LI: To demonstrate passing a ball using a bounce pass. To move into space after passing in a game.</u></p> <p>L3: One handed pass, and bounce pass  <u>LI: To perform a one handed pass and bounce pass in a game. To apply a feint when passing to outwit a defender.</u></p> <p>L4: Game tactics to defend</p>	<p><u>evaluate what worked well in a game.</u></p> <p>L6: Evaluating team performance  <u>LI: To use tactics to outwit an opponent. To evaluate what worked well in a team.</u></p> <p style="text-align: center;"><u>Outdoor OAA - Team Work &amp; Problem Solving (Aut 2)</u></p> <p><b>Lesson Sequence:</b>  L1: Team challenges  <u>LI: To demonstrate working as part of a team to solve challenges.</u></p> <p>L2: Cooperation  <u>LI: To demonstrate cooperating and working together as a team to complete challenges.</u></p> <p>L3: Teamwork  <u>LI: To cooperate and work together as a</u></p>	<p><u>when playing an invasion type game.</u></p> <p style="text-align: center;"><u>Outdoor Invasion Games - Football (Aut 2)</u></p> <p><b>Lesson Sequence:</b>  L1: Dribbling and sending skills  <u>LI: To develop dribbling with a ball. To develop sending skills.</u></p> <p>L2: Travelling and sending skills  <u>LI: To develop travelling with a ball. To develop sending skills.</u></p> <p>L3: Travelling, sending shooting skills  <u>LI: To develop travelling with a ball. To develop sending shooting skills.</u></p>	<p>L6: Attacking and defending tactics in a game  <u>LI: To apply simple attacking and defending tactics when playing a hockey type game.</u></p> <p style="text-align: center;"><u>Outdoor OAA - Teamwork and Problem Solving I (Aut 2)</u></p> <p><b>Lesson Sequence:</b>  L1: Team challenges  <u>LI: To demonstrate working as part of a team to solve challenges.</u></p> <p>L2: Cooperation and problem solving  <u>LI: To demonstrate cooperating and working together as a team to complete challenges.</u></p> <p>L3: Team cooperation challenges</p>
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<p><u>To show a side gallop.</u></p> <p>L4: Tactics <u>LI: To demonstrate a simple tactic in a game.</u></p> <p>L5: Two tactics <u>LI: To show two simple tactics in a game.</u></p> <p>L6: Game tactics <u>LI: To show two simple tactics in a game.</u></p>	<p><u>LI: To demonstrate catching a ball with some control. To throw underarm with some accuracy.</u></p> <p>L4: Throwing, catching whilst side galloping <u>LI: To throw a ball underarm to a partner with some accuracy. To catch a ball. To demonstrate a side gallop.</u></p> <p>L5: Catching in position <u>LI: To show the ready position. To catch a ball. To perform a side gallop.</u></p> <p>L6: Catching and striking <u>LI: To catch a ball from the ready position. To strike a ball to a partner</u></p> <p>L7: Striking and tactics <u>LI: To strike a ball with some accuracy.</u></p>	<p><u>LI: To perform a pass in a game using a one-handed pass or one-handed bounce pass. To apply a simple tactic to outwit a defender.</u></p> <p>L5: Game tactics to defend <u>LI: To perform a pass in an invasion game using a one-handed pass or one-handed bounce pass. To apply a simple tactic to outwit a defender.</u></p> <p>L6: Game tactics using passing and defending <u>LI: To perform a pass in an invasion game using a one-handed pass or one-handed bounce pass. To apply a simple tactic to outwit a defender.</u></p>	<p><u>team to complete challenges.</u></p> <p>L4: Encouraging others, following instructions <u>LI: To show encouragement and support to team members. To demonstrate concise instructions.</u></p> <p>L5: Evaluate team performance <u>LI: To explain how they worked as a team to solve challenges</u></p> <p>L6: Individual strength, team roles <u>LI: To demonstrate how to work as a team using individual strengths. To explain how they chose their team roles.</u></p>	<p>L4: Travelling, shooting and tactics <u>LI: To develop travelling with a ball. To develop shooting skills. To develop tactics in a modified invasion game.</u></p> <p>L5: Modify a game and evaluate its success <u>LI: To develop travelling with a ball. To develop shooting skills. To develop tactics in a modified invasion game. To evaluate success.</u></p> <p>L6: Modify a game and instruct on tactics <u>LI: To develop travelling with a ball. To develop shooting skills. To develop tactics in a modified invasion game. To evaluate success.</u></p>	<p><u>LI: To cooperate and work together as a team to complete challenges.</u></p> <p>L4: Concise instructions <u>LI: To demonstrate concise instructions.</u></p> <p>L5: Solving challenges - explained <u>LI: To explain how they worked as a team to solve challenges.</u></p> <p>L6: Individual strengths <u>LI: To demonstrate how to work as a team using individual strengths. To explain how they chose their team roles.</u></p>
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To apply a simple tactic in a net/wall

Spring Term

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Indoor FMS - Jack and the Beanstalk (Spr 1)</p> <p>Lesson Sequence: L1: Coordinated movement <u>L1: I can experiment with different ways of moving. I can move with control and coordination.</u></p> <p>L2: Controlled jumping and landing <u>L1: I can jump and land appropriately.</u></p> <p>L3: Rolling <u>L1: I can roll in a variety of ways.</u></p> <p>L4: Rolling a ball <u>L1: I can roll a ball accurately.</u></p>	<p>Indoor Dance - Animals (Spr 1)</p> <p>Lesson Sequence: L1: Movement <u>L1: To move safely and creatively in space and in different ways.</u></p> <p>L2: Motif ideas <u>L1: To develop creative ideas, focus on our timing and performing the completed motif in unison.</u></p> <p>L3: Travelling movements <u>L1: To creatively turn the action from our motif into travelling movements, use of different levels and</u></p>	<p>Indoor Max Whitlock Gymnastics (Spr 1)</p> <p>Lesson Sequence: L1: Development of rolling movements <u>L1: To understand, control, and initiate various rolling movements, including the 'half teddy bear roll'.</u></p> <p>L2: Strength and stability development <u>L1: To move with precise weight distribution on hands and feet, ensuring controlled transitions and stability.</u></p> <p>L3: Coordinated movements <u>L1: To exhibit coordination on the</u></p>	<p>Indoor Invasion Games - 3 Touch Ball (Spr 1)</p> <p>Lesson Sequence: L1: Send and receive <u>L1: To send and receive a ball in a game. To play traditional Roman ball games.</u></p> <p>L2: Send and receive within a Roman ball game <u>L1: To send and receive a ball in a game. To play traditional Roman ball games.</u></p> <p>L3: Game tactics <u>L1: To send and receive a ball in a game. To apply simple tactics.</u></p>	<p>Indoor Dance - Rock and Roll (Spr 1)</p> <p>Lesson Sequence: L1: Rock formation <u>L1: Pupils will be able to name different forms of rock and where they may be found in real-life. Pupils will demonstrate shapes as a team using their bodies in interesting ways.</u></p> <p>L2: Movement unique ideas <u>L1: Pupils will be able to name the layers of the earth and describe their qualities through words and movements. Pupils will be able to demonstrate unique movement ideas.</u></p>	<p>Indoor Max Whitlock Gymnastics (Spr 1)</p> <p>Lesson Sequence: L1: Linking rolls sequences <u>L1: Develop competence in rolling movements and link within a sequence. Perform weight bearing movements with proficiency.</u></p> <p>L2: Spatial awareness and control <u>L1: Perform squat jumps with spatial awareness and accuracy, perform cartwheel motions with control. Demonstrates control over various body movements and</u></p>	<p>Indoor Dance - The Haka (Spr 1)</p> <p>Lesson Sequence: L1: Ka Mate Haka motif in unison <u>L1: To share knowledge of the Haka. To learn the actions and words for Ka Mate Haka. Focus on good timing and performing motif in unison.</u></p> <p>L2: Travelling and direction <u>L1: To turn 3 - 4 actions into a travelling section. To include use of level changes, pathway and different directions.</u></p>

<p>L5: Climbing apparatus  <u>LI: I can climb up and down apparatus using alternate feet.</u></p> <p>L6: Perfect my skills  <u>LI: I can revise and rehearse my fundamental skills</u></p>	<p><u>different pathways.</u></p> <p>L4: Animal poem motif  <u>LI: To use an animal poem as a stimulus for creative and imaginative actions. Show use of level, direction and unison when creating and performing pairs section.</u></p> <p>L5: Animal picture motif  <u>LI: To use a picture as a stimulus for creative and imaginative actions. Show use of level, direction and unison when creating and performing pairs section.</u></p> <p>L6: Performance  <u>LI: To understand what makes a good performance, to give feedback and</u></p>	<p><u>bench, understand sequential step, step, and jump' movements, and engage in bench and mat-based throwing and catching.</u></p> <p>L4: Jumping techniques  <u>LI: To learn how to control jumps, including apparatus-assisted bunny jumps.</u></p> <p>L5: Handstand exploration  <u>LI: Grasp handstand preparation principles and transition in to the 'tucked handstand shape'.</u></p> <p>L6: Movement patterns  <u>LI: To learn to form sequences using fundamental movement patterns. Building on coordination and spatial awareness whilst encouraging</u></p>	<p>L4: Game tactics  <u>LI: To send and receive a ball in a game. To apply simple tactics.</u></p> <p>L5: Advanced tactics  <u>LI: To send and receive a ball in a game. To revise simple tactics in an invasion game.</u></p> <p>L6: Tactics to invade an opponent's area  <u>LI: To send and receive a ball in a game. To revise simple tactics in an invasion game.</u></p>	<p>L3: Sequencing and travelling movements  <u>LI: Pupils can sequence movement together into a structure. Pupils can create effective travelling movements.</u></p> <p>L4: Travelling defined  <u>LI: Pupils have created a travelling solo, following a defined pathway. Pupils can effectively use stillness in their performance.</u></p> <p>L5: Rhythmic circle  <u>LI: Pupils have created a rhythmic circle dance performed in unison.</u></p> <p>L6: Timing  <u>LI: Pupils demonstrate increased movement ideas in the Don't Wake the Volcano game and perform with increased confidence and timing in the class circle.</u></p>	<p><u>traveling motions using equipment.</u></p> <p>L3: Coordination and balance - bench work  <u>LI: Demonstrate coordination and balance when travelling along the bench. To demonstrate throws and catches whilst on the bench.</u></p> <p>L4: Jump sequences  <u>LI: Explore the step, step and jump sequence with confidence, bunny jumps with variations and demonstrate 2-3 linked jumps.</u></p> <p>L5: Controlled sequences  <u>LI: Explore a variety of advanced rolling movements, transitions, travelling on hands and feet and linking rolls and skills in a sequence with control</u></p>	<p>L3: Mirror image and choreography  <u>LI: To be creative with ideas when using the stimulus. To include use of mirror image, and changes in level and direction in choreography.</u></p> <p>L4: Formation, dynamics and unison sequences  <u>LI: To effectively use chance choreography. To include changes in formation, dynamics, unison, canon, direction and level.</u></p> <p>L5: Chance choreography  <u>LI: To effectively use chance choreography. To include changes in formation, dynamics, unison, canon, direction and level.</u></p> <p>L6: Perfecting performance</p>
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<p style="text-align: center;">Indoor FMS - Rumble in the Jungle (Spr 2)</p> <p><b>Lesson Sequence:</b> L1: Travelling <u>LI: I can travel on hands and feet.</u></p> <p>L2: Travelling <u>LI: I can travel on hands and feet.</u></p> <p>L3: Rolling <u>LI: I can roll in a variety of ways.</u></p> <p>L4: Throwing <u>LI: I can underarm and overarm throw with increasing accuracy.</u></p> <p>L5: Perfect my skills <u>LI: I can revise and rehearse my fundamental skills.</u></p>	<p><u>improve our own performance based on feedback.</u></p> <p style="text-align: center;">Indoor FMS - Zog (Spr 2)</p> <p><b>Lesson Sequence:</b> L1: Running and change of direction <u>LI: To perform the skill of running and changing direction quickly. demonstrate how to jump as far as possible, landing safely with control.</u></p> <p>L2: Overarm throw and hopping <u>LI: To Demonstrate an overarm throw and hopping.</u></p> <p>L3: Travelling on apparatus <u>LI: To demonstrate travelling on feet and hands and feet on apparatus.</u></p>	<p><u>cooperation during group work.</u></p> <p style="text-align: center;">Indoor Athletics (Spr 2)</p> <p><b>Lesson Sequence:</b> L1: Throwing at targets <u>LI: To throw underarm accurately into a target. To throw as far as possible.</u></p> <p>L2: Overarm throw to a distance <u>LI: To throw overarm accurately. To throw overarm for distance.</u></p> <p>L3: Distance throwing and controlled jumping <u>LI: To throw using a push and two-handed throw for distance. To jump for distance with control.</u></p>	<p style="text-align: center;">Indoor Gymnastics Core Task 2 (Spr 2)</p> <p><b>Lesson Sequence:</b> L1: Travelling <u>LI: To adapt and demonstrate a gymnastic sequence of at least six actions using travelling, rolling, jumping and balancing on small body parts with a change of direction and speed.</u></p> <p>L2: Travelling and balancing on apparatus <u>LI: To show different travelling and balancing actions using the apparatus.</u></p> <p>L3: Jumps and transitions <u>LI: To use the apparatus to perform</u></p>	<p style="text-align: center;">Indoor Swimming Phase 4 (Spr 2)</p> <p><b>Lesson Sequence:</b> L1: Safe Entry <u>LI: Enter and exit the water safely. Beginning to use correct breathing for front crawl. Use the HELP position.</u></p> <p>L2: Front Crawl <u>LI: Enter and exit the water safely. Continue to use correct breathing for front crawl. Continue to use correct front crawl arm technique.</u></p> <p>L3: Back Stroke <u>LI: Enter and exit the water safely. Begin to use back stroke arms as part of the correct stroke. Carry out the 'huddle' position.</u></p> <p>L4: Breaststroke Arms</p>	<p>L6: Varied jumps and handstands <u>LI: Explore bunny jump variations in different directions, support weight on hands during handstand preparations and explore different handstand variations.</u></p> <p style="text-align: center;">Indoor Dance - Heroes and Villains (Spr 2)</p> <p><b>Lesson Sequence:</b> L1: Creative dance <u>LI: Construct a dance and share their own creations to the class.</u></p> <p>L2: Group dance - dynamics <u>LI: Create a group dance using a range of dynamics, accurately timed. Identify real-life</u></p>	<p><u>LI: To understand what a good performance is</u> <u>To give feedback to our partner using appropriate and relevant dance vocabulary. To improve our own performance based on feedback.</u></p> <p style="text-align: center;">Indoor Gymnastic Core Task 2 (Spr 2)</p> <p><b>Lesson Sequence:</b> L1: Weight bearing balancing <u>LI: To demonstrate a part weight bearing balance.</u></p> <p>L2: Sequence of balancing using apparatus <u>LI: To create a sequence of gymnastic actions, paired and group</u></p>
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	<p>L4: Overarm throw and hopping  <u>LI: To Demonstrate an overarm throw and hopping.</u></p> <p>L5: Overarm throw with accuracy and hopping at speed  <u>LI: To Demonstrate an overarm throw and hopping.</u></p>	<p>L4: Overarm/underarm throw to a distance  <u>LI: To throw using an underarm and overarm throw for distance and accuracy.</u></p> <p>L5: Agility and speed  <u>LI: To complete an obstacle course with speed and agility.</u></p>	<p><u>jumping actions. To evaluate successful transitions between actions.</u></p> <p>L4: Jumps, rolls and transitions on apparatus  <u>LI: To use the apparatus to perform rolling actions. To demonstrate successful transitions between travelling, balancing on small body parts, jumping and rolling.</u></p> <p>L5: Perfecting my transitions  <u>LI: To evaluate successful transitions between travelling, balancing on small body parts, jumping and rolling.</u></p>	<p><u>LI: Enter and exit the water safely. To use back stroke arms as part of the correct stroke. Carry out the 'huddle' position</u></p> <p>L5: Breaststroke Legs  <u>LI: Enter and exit the water safely. Introduction to breaststroke leg action. Learn the skill of treading water.</u></p>	<p><u>heroes and why they are heroes.</u></p> <p>L3: Choreography - duets  <u>LI: Develop a well-rehearsed duet that demonstrates a range of choreographic techniques.</u></p> <p>L4: Create and perform  <u>LI: Create and perform two different dances from different stimulus (a duet and a group dance).</u></p> <p>L5: Creative decisions  <u>LI: Make creative decisions on the performance structure and implement these practically in performance.</u></p>	<p><u>balances using apparatus.</u></p> <p>L3: Paired and group sequences using balance  <u>LI: To create and perform a sequence of gymnastic actions, paired and group balances using apparatus.</u></p> <p>L4: Group sequences using balance and apparatus - plan  <u>LI: To create and perform a group sequence using apparatus.</u></p> <p>L5: Group sequences using balance and apparatus - polished  <u>LI: To create and perform a group sequence using apparatus.</u></p>
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Outdoor FMS Overarm Throw (Spr 1)	Outdoor FMS Kicking (Spr 1)	Outdoor Net and Wall Unit Core Task 1 (Spr 1)	Outdoor Net and Wall Unit Core Task 2 (Spr 1)	Outdoor Orienteering (Spr 1)	Outdoor Invasion Games - Football (Spr 1)
<p><b>Lesson Sequence:</b>            L1: Accurate overarm throw  <u>L1: To demonstrate an overarm throw with some accuracy.</u></p> <p>L2: Accurate overarm throw, running at speed  <u>L1: To demonstrate an overarm throw with some accuracy. To show a fast-running technique.</u></p> <p>L3: Accurate overarm throw, running at speed in a game  <u>L1: To demonstrate an overarm throw with some accuracy in a game. To show a fast-running technique.</u></p> <p>L4: Game tactics</p>	<p><b>Lesson Sequence:</b>            L1: Different ways to kick  <u>L1: To explore different ways of kicking objects.</u></p> <p>L2: Kicking with accuracy and control  <u>L1: To explore different ways of kicking objects with increasing accuracy and control.</u></p> <p>L3: Accurate kicking, controlled receive  <u>L1: To kick objects with increased accuracy. To receive a kick with control.</u></p> <p>L4: Kicking, receiving, intercepting  <u>L1: To kick objects with increased accuracy. To receive a kick with control. To intercept a ball.</u></p>	<p><b>Lesson Sequence:</b>            L1: Throwing action  <u>L1: Explore different throwing actions.</u></p> <p>L2: Throwing action and catching  <u>L1: To consolidate throwing actions and practise catching.</u></p> <p>L3: Improved throwing and catching  <u>L1: Explore different ways of throwing. Consolidate catching skills. To suggest ideas and practices to improve their play.</u></p> <p>L4: Striking  <u>L1: Strike the ball using their hand or small bat.</u></p> <p>L5: Striking with racquet</p>	<p><b>Lesson Sequence:</b>            L1: Warming up  <u>L1: To know why warming up is important.</u></p> <p>L2: Consolidating throwing skills  <u>L1: To consolidate throwing actions. To suggest ideas and practices to improve their play.</u></p> <p>L3: Striking  <u>L1: Strike the ball using their hand or small bat.</u></p> <p>L4: Striking tactics in a game  <u>L1: Strike the ball using their hand or small bat. Choose a range of simple tactics to use in a simple game.</u></p>	<p><b>Lesson Sequence:</b>            L1: Navigating with a set map  <u>L1: Demonstrate how to keep a map set when moving.</u></p> <p>L2: Orientate using a set map  <u>L1: Demonstrate how to "set or "orientate" a map when moving around a simple course. Plan an efficient route around a simple course.</u></p> <p>L3: Navigating with a compass  <u>L1: Demonstrate how to get around a simple course using the 8 points of a compass.</u></p> <p>L4: Control markers  <u>L1: To plan a route to a control. Can find the correct</u></p>	<p><b>Lesson Sequence:</b>            L1: Sending skills  <u>L1: To develop sending skills.</u></p> <p>L2: Travelling and sending skills  <u>L1: To develop travelling with a ball. To develop sending skills.</u></p> <p>L3: Travelling, sending skills and shooting with accuracy  <u>L1: To develop travelling with a ball. To develop sending skills. To develop shooting skills.</u></p> <p>L4: Game tactics  <u>L1: To develop travelling with a ball. To develop shooting skills. To develop tactics in a modified invasion game.</u></p>

<p><u>LI: To demonstrate a simple tactic in a game.</u></p> <p>L5: Game tactics <u>LI: To demonstrate a simple tactic in a game.</u></p> <p>L6: Game tactics LI: To demonstrate a simple tactic in a game.</p> <hr/> <p style="text-align: center;"><b>Outdoor FMS - Tri Throlf (Spr 2)</b></p> <p><b>Lesson Sequence:</b> LI: Accurate underarm throw <u>LI: To demonstrate an underarm throw with some accuracy, demonstrate a side gallop.</u></p> <p>L2: Rolling with accuracy</p>	<p>L5: Choosing which skill <u>LI: To explore kicking with a variety of equipment. To choose skills effectively for a game.</u></p> <p>L6: Applying kicking skills to a game <u>LI: To explore kicking with a variety of equipment. To choose skills effectively for a game.</u></p> <hr/> <p style="text-align: center;"><b>Outdoor Games - Piggy in the Middle (Core Task) (Spr 2)</b></p> <p><b>Lesson Sequence:</b> LI: Throwing accurately, controlled catching <u>LI: To demonstrate an underarm throw with some accuracy. To show catching a ball with control.</u></p>	<p><u>LI: Improve movement skills and body positions, practise striking skills using a racquet.</u></p> <p>L6: Devise a striking game <u>LI: To devise their own game. Consolidate striking and ball control skills.</u></p> <hr/> <p style="text-align: center;"><b>Outdoor Athletics (Spr 2)</b></p> <p><b>Lesson Sequence:</b> LI: Throwing pull action and running <u>LI: To throw using a pull action. To explore different running techniques.</u></p> <p>L2: Sling throw and jumping</p>	<p>L5: Striking skills net/wall games <u>LI: To develop range of striking skills suitable for net/wall type activities.</u></p> <p>L6: Devise my own warmup <u>LI: To develop a warmup for others to follow, providing clear instruction.</u></p> <hr/> <p style="text-align: center;"><b>Outdoor Creative Games - Tag and Target (Spr 2)</b></p> <p><b>Lesson Sequence:</b> LI: Dodging <u>LI: To perform the fundamental skill of dodging.</u></p> <p>L2: Dodging in a tag game</p>	<p><u>control marker using a map.</u></p> <p>L5: Locate control markers <u>LI: Find the correct control marker using a map during a score event. Plan a route on which control markers to visit and how to get there.</u></p> <p>L6: Locate control markers- timed <u>LI: Navigate to a control marker during a score event. Make decisions about which control markers to visit in the time allowed.</u></p> <hr/> <p style="text-align: center;"><b>Outdoor Net and Wall - Tennis (Spr 2)</b></p> <p><b>Lesson Sequence:</b> LI: Forehand shot</p>	<p>L5: Evaluate success <u>LI: To develop travelling with a ball. To develop shooting skills. To develop tactics in a modified invasion game. To evaluate success.</u></p> <p>L6: Evaluate success of a modified game <u>LI: To develop travelling with a ball. To develop shooting skills. To develop tactics in a modified invasion game. To evaluate success.</u></p> <hr/> <p style="text-align: center;"><b>Outdoor Athletics (Spr 2)</b></p> <p><b>Lesson Sequence:</b> LI: Running techniques, push and pull throw <u>LI: To perform running techniques for short and long distances. To perform</u></p>
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<p><u>L1: To demonstrate rolling an object throw with some accuracy.</u></p> <p>L3: Rolling and underarm throw tactically in a game <u>L1: To demonstrate rolling an object and underarm throw with some accuracy. To show a simple tactic in a game.</u></p> <p>L4: Overarm throw tactically in a game <u>L1: To demonstrate overarm throw with some accuracy as a tactic in a game.</u></p> <p>L5: Three-way throw <u>L1: To demonstrate sending an object three different ways with some accuracy.</u></p>	<p>L2: Throwing accurately, controlled catching, finding space <u>L1: To throw underarm with accuracy then move into a space. To catch a ball with control.</u></p> <p>L3: Pass and space <u>L1: To demonstrate passing a ball with some accuracy then moving into a space.</u></p> <p>L4: Game tactics <u>L1: To show a simple tactic in a game. To pass a ball with some accuracy then move into a space.</u></p> <p>L5: Game tactics <u>L1: To use a simple tactic in a game.</u></p>	<p><u>L1: To perform the sling throwing action. To develop jumping actions (two feet to two feet for distance).</u></p> <p>L3: Throwing push action <u>L1: To throw using a push action.</u></p> <p>L4: Throwing actions, relay and long jump <u>L1: To throw for distance using a pull, push and sling throw. To pass a quoit/baton to a teammate in a relay. To perform a hop, step and jump.</u></p> <p>L5: Throwing actions and extended jumps <u>L1: To perform pull, push and sling throw. To perform a combination of 5 jumps.</u></p>	<p><u>L1: To perform the fundamental skill of dodging in a tag game.</u></p> <p>L3: Throwing, rolling and aiming <u>L1: To demonstrate aiming skills using the FMS of throwing and rolling a ball.</u></p> <p>L4: Throwing, rolling and aiming in a target game <u>L1: To demonstrate aiming skills using the FMS of throwing and rolling a ball in a target game.</u></p> <p>L5: Sending accurately <u>L1: To send an object in a target game with accuracy.</u></p>	<p><u>L1: To demonstrate a forehand shot with some consistency.</u></p> <p>L2: Forehand and backhand shot <u>L1: To demonstrate a forehand and backhand shot with some consistency.</u></p> <p>L3: Rally <u>L1: To direct the ball reasonably well to their partner to continue a rally.</u></p> <p>L4: Game tactics <u>L1: To demonstrate a simple tactic in a net type game (i.e. To be able to hit the ball to targets away from their partner.)</u></p> <p>L5: Tennis match <u>L1: To play the game for the core task and incorporate tactics to score points.</u></p>	<p><u>a pull and push throw.</u></p> <p>L2: Taking off, pull throw and distance running <u>L1: To take off and land one foot to one foot (same and other). To perform a pull throw. To develop running for a distance.</u></p> <p>L3: Landing, push throw and speed running <u>L1: To take off and land one foot to two. To perform a push throw. To develop running for speed.</u></p> <p>L4: Combination jumps, sling throw, heave throw and running at different speeds <u>L1: To take off and land using a combination of jumps. To perform a sling throw. To develop</u></p>
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						<u>running techniques at different speeds.</u>  L5: Athletics event <u>LI: To take part in an athletics event and record times and distances.</u>
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Summer Term

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Indoor <b>FMS - Superworm</b> (Sum 1)  <b>Lesson Sequence:</b> L1: Travelling <u>LI: I can travel on hands and feet.</u>  L2: Hopping and skipping <u>LI: I can travel around space hopping and skipping.</u>  L3: Catching <u>LI: I can catch a large ball.</u>  L4: Travelling, balancing and climbing	Indoor <b>Gymnastics Activities Core Task 2</b> (Sum 1)  <b>Lesson Sequence:</b> L1: Shape sequences <u>LI: To demonstrate different shapes in a sequence.</u>  L2: Balance sequences <u>LI: To demonstrate a sequence using travelling, and 3 balances.</u>  L3: Balance sequences with travelling	Indoor <b>Dance - Seaside</b> (Sum 1)  <b>Lesson Sequence:</b> L1: Seaside actions <u>LI: To explore a range of actions related to activities at the seaside.</u>  L2: Ocean movement motif <u>LI: To compose and perform a dance phrase showing the movements of the ocean. To respond to a stimulus.</u>  L3: Shell movement and body shape motif	Indoor <b>Dance - Egyptians</b> (Sum 1)  <b>Lesson Sequence:</b> L1: Egyptian motif <u>LI: To creatively move in different ways showing good timing, posture, and extension.</u>  L2: Exploring movement and travelling <u>LI: To use the actions from the motif creatively, using different body parts and movements. Show changes in level and pathway when</u>	Indoor <b>Gymnastics Core Task 2</b> (Sum 1)  <b>Lesson Sequence:</b> L1: Mirrored shape <u>LI: To show a mirrored shape and create a sequence of gymnastic actions with a partner.</u>  L2: Matched balance <u>LI: To show a matched balance with a partner and create a sequence of gymnastic actions with a partner.</u>  L3: Sequence <u>LI: To create a sequence of gymnastic</u>	Indoor <b>Gymnastic Core Task 2</b> (Sum 1)  <b>Lesson Sequence:</b> L1: Adapting a sequence <u>LI: To adapt a gymnastic sequence using apparatus and perform it with a partner.</u>  L2: Counter balance, counter tension <u>LI: To create a gymnastic sequence with counter balances and counter tension with a partner using canon.</u>	Indoor <b>Swimming</b> (Sum 1)  <b>Lesson Sequence:</b> L1: Front crawl <u>LI: To enter and exit the water safely. To use correct breathing for front crawl. To use correct front crawl technique and timing.</u>  L2: Back stroke <u>LI: To enter and exit the water safely. To use correct technique for back stroke. To demonstrate the HELP proficiently.</u>

<p><u>L1: I can travel under, over and through balancing and climbing equipment.</u></p> <p>L5: Core strength <u>L1: I can pull myself up on climbing equipment.</u></p> <p>L6: Perfect my skills <u>L1: I can revise and rehearse my fundamental skills.</u></p>	<p><u>L1: To demonstrate a sequence using travelling, and 2 balances on large body parts.</u></p> <p>L4: Rolling sequences <u>L1: To demonstrate a sequence using travelling, balance and 2 rolling actions.</u></p> <p>L5: Advanced sequences <u>L1: To show a sequence using the skills of travelling, balance and 3 jumps on the floor and apparatus.</u></p> <p>L6: Advanced sequences on apparatus <u>L1: To show the skills of combining travelling, rolling, balancing and jumping into a sequence using apparatus.</u></p>	<p><u>L1: To select appropriate movements and body shapes to communicate ideas in relation to the texture, shapes of a variety of shells.</u></p> <p>L4: Creatures movement and body shape motif <u>L1: To explore body shapes and movements which communicate the different creatures you can find at the seaside.</u></p> <p>L5: Seaside village movement motif <u>L1: To explore movements to depict life in a seaside village.</u></p> <p>L6: Perfecting performance <u>L1: To remember, repeat and perform a short dance to represent life in a seaside village.</u></p>	<p><u>travelling, show good timing and control.</u></p> <p>L3: Picture motif and mirror image <u>L1: To use the pictures creatively. To show use of mirror image and changes in level.</u></p> <p>L4: Poetry inspired motif <u>L1: To use a poem as a stimulus for creative and imaginative actions</u> <u>Show use of canon and changes in formation.</u></p> <p>L5: Changes in formation - group motif <u>L1: To use a poem as a stimulus for creative and imaginative actions</u> <u>Show use of canon and changes in formation when creating and performing group section.</u></p>	<p><u>actions including matched shapes and mirrored shapes with a partner.</u></p> <p>L4: Sequence using apparatus <u>L1: To create a sequence of gymnastic actions including matched shapes and mirrored shapes with a partner using apparatus.</u></p> <p>L5: Sequence using apparatus extended <u>L1: To create a sequence of gymnastic actions including matched shapes and mirrored shapes with a partner using apparatus.</u></p>	<p>L3: Counter balance, counter tension using apparatus <u>L1: To create a gymnastic sequence with counter balances and counter tension with a partner in canon using apparatus.</u></p> <p>L4: Counter balance, counter tension sequence <u>L1: To create a gymnastic sequence with counter balances and counter tension with a partner in canon and unison using apparatus.</u></p> <p>L5: Counter balance, counter tension sequence using apparatus <u>L1: To create a gymnastic sequence with counter balances and counter tension with a partner in canon and unison using apparatus.</u></p>	<p>L3: Treading water <u>L1: To enter and exit the water safely. To use correct technique for breaststroke. To tread water in an efficient, energy saving manner.</u></p> <p>L4: Breaststroke <u>L1: To enter and exit the water safely. To use correct breaststroke technique.</u></p> <p>L5: Butterfly leg and synchronised swimming <u>L1: To enter and exit the water safely. Practise butterfly leg action. Create a synchronised swimming routine.</u></p> <p>L6: Safe self-rescue <u>L1: To enter and exit the water safely. Carry out a safe self-rescue.</u></p>
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<p style="text-align: center;">Indoor FMS - Seaside (Sum 1)</p> <p><b>Lesson Sequence:</b> L1: Balancing <u>LI: I can balance on small body parts.</u></p> <p>L2: Control <u>LI: I can show increasing control over an object pushing and patting in.</u></p> <p>L3: Rolling <u>LI: I can perform a variety of gymnastic rolls.</u></p> <p>L4: Control with confidence <u>LI: I can show increasing control over an object pushing and patting it.</u></p> <p>L5: Underarm throw at targets</p>	<p style="text-align: center;">Indoor Dance - Mini Beasts (Sum 2)</p> <p><b>Lesson Sequence:</b> L1: Creative movement <u>LI: To move safely and creatively in space.</u></p> <p>L2: Expressive movement <u>LI: To use my body to express simple theme related shapes, movements and feelings.</u></p> <p>L3: Movement motif <u>LI: To creatively turn the action from our motif into travelling movements.</u></p> <p>L4: Pairs poem motif and performance</p>	<p style="text-align: center;">Indoor FMS End of KSI Assessment (Sum 2)</p> <p><b>Lesson Sequence:</b> L1: Throwing <u>LI: To throw underarm accurately into a target. To throw as far as possible.</u></p> <p>L2: Overarm throw, running at speed <u>LI: To throw overarm accurately. To throw overarm for distance. To run as fast as possible.</u></p> <p>L3: Push throw and jumping <u>LI: To throw using a push and two-handed throw for distance. To jump for distance with control.</u></p>	<p>L6: Perfecting performance <u>LI: To understand what makes a good performance, give feedback and improve our own performance based on feedback.</u></p> <p style="text-align: center;">Indoor Target Games - Dodgeball (Sum 2)</p> <p><b>Lesson Sequence:</b> L1: One-handed pass <u>LI: To demonstrate throwing a ball at a target using a one-handed pass.</u></p> <p>L2: One-handed pass on target <u>LI: To demonstrate throwing a ball at a target using a one-handed pass.</u></p> <p>L3: One-handed pass on target in a game</p>	<p style="text-align: center;">Indoor Athletics (Sum 2)</p> <p><b>Lesson Sequence:</b> L1: Pull action throw and running technique <u>LI: To throw using a pull action. To explore different running techniques.</u></p> <p>L2: Push action throw <u>LI: To throw using a push action.</u></p> <p>L3: Sling throw and jumping actions <u>LI: To perform the sling throwing action. To develop jumping actions (two feet to two feet for distance).</u></p> <p>L4: Throwing and jumping technique and relay <u>LI: To throw for distance using a pull, push and sling throw.</u></p>	<p style="text-align: center;">Indoor Athletics (Sum 2)</p> <p><b>Lesson Sequence:</b> L1: Running techniques and pull and push throw <u>LI: To perform running techniques for short and long distances. To perform a pull and push throw.</u></p> <p>L2: Take off and landing, distance running <u>LI: To take off and land one foot to one foot (same and other). To perform a pull throw. To develop running for a distance.</u></p> <p>L3: Take off, landing, running at speed <u>LI: To take off and land one foot to two,</u></p>	<p style="text-align: center;">Indoor Net and Wall - Badminton (Sum 2)</p> <p><b>Lesson Sequence:</b> L1: Forehand shot <u>LI: To demonstrate a forehand shot with some consistency.</u></p> <p>L2: Forehand and backhand shot <u>LI: To demonstrate a forehand and backhand shot with some consistency.</u></p> <p>L3: Direction- rally <u>LI: To direct the shuttlecock reasonably well to their partner to continue a rally.</u></p> <p>L4: Game tactics <u>LI: To demonstrate a simple tactic in a net type game.</u></p> <p>L5: Game tactics</p>
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<p><u>L1: I can underarm throw with some accuracy.</u></p> <p>L6: Perfect my skills <u>L1: I can revise and rehearse my fundamental skills.</u></p>	<p><u>L1: To use the poem as a stimulus for creative and imaginative actions</u> <u>Show use of level, direction and unison when creating and performing pairs section.</u></p> <p>L5: Pairs picture motif and performance <u>L1: To use the picture as a stimulus for creative and imaginative actions</u> <u>Show use of level, direction and unison when creating and performing pairs section.</u></p> <p>L6: Perfecting our performance <u>L1: To understand what makes a good performance, give feedback to our partner and improve our own</u></p>	<p>L4: Kick, catch and compete <u>L1: To kick a ball for distance. To catch a ball. To complete an obstacle course.</u></p> <p>L5: Throwing, speed and agility <u>L1: To throw underarm for accuracy. To throw overarm for distance. To complete an obstacle course with speed and agility.</u></p> <p>L6: Throwing with accuracy and at distance <u>L1: To throw underarm for accuracy. To throw overarm for distance.</u></p>	<p><u>L1: To demonstrate throwing a ball at a target using a one-handed throw with accuracy in a game situation.</u></p> <p>L4: Improved accuracy with a one-handed pass under pressure <u>L1: To demonstrate throwing a ball at a target using a one-handed throw with accuracy in a game situation.</u></p> <p>L5: Game tactics using a one-handed pass <u>L1: To demonstrate throwing a ball at a target using a one-handed throw with accuracy in a game situation.</u></p>	<p><u>To pass a quoit/baton to a teammate in a relay. Perform a hop, step and jump.</u></p> <p>L5: Combinations <u>L1: To perform pull, push and sling throw. To perform a combination of 5 jumps.</u></p> <p>L6: Advanced combinations <u>L1: To perform pull, push and sling throw. To perform a combination of 5 jumps.</u></p>	<p><u>To perform a push throw. To develop running for speed.</u></p> <p>L4: Combination jumps, sling throw running techniques <u>L1: To take off and land using a combination of jumps. To perform a sling throw. To develop running techniques at different speeds.</u></p> <p>L5: Combination jumps, heave throw, running techniques <u>L1: To take off and land using a hop, step and jump. To perform a heave throw. To develop running techniques.</u></p> <p>L6: Athletics events <u>L1: To take part in an athletics event, recording times and distances.</u></p>	<p><u>L1: To demonstrate a simple tactic in a net type game.</u></p> <p>L6: Badminton mini-matches <u>L1: To play the game for the core task and incorporate tactics to score points.</u></p>
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	<u>performance based on feedback.</u>					
	<p>Outdoor FMS Rolling a Ball (Sum 1)</p> <p><b>Lesson Sequence:</b> L1: Rolling a ball accurately <u>L1: To demonstrate rolling a ball with some accuracy.</u></p> <p>L2: Rolling equipment with accuracy <u>L1: To demonstrate rolling different equipment with some accuracy.</u></p> <p>L3: Advanced rolling <u>L1: To show the skill of rolling equipment in different ways.</u></p> <p>L4: Tactics <u>L1: To demonstrate a simple tactic in a rolling game.</u></p>	<p>Outdoor Games - Net and Wall (Sum 1)</p> <p><b>Lesson Sequence:</b> L1: Catching and side gallop <u>L1: To demonstrate how to catch a ball. To show a side gallop with some rhythm.</u></p> <p>L2: Catching from the ready position <u>L1: To show the ready position. To demonstrate how catch a ball.</u></p> <p>L3: Catching and striking <u>L1: To show how to hold a bat. To demonstrating catching a ball from the ready position. To strike a ball to a partner.</u></p>	<p>Outdoor Health Related Fitness (Sum 1)</p> <p><b>Lesson Sequence:</b> L1: Fitness components <u>L1: To recognise different fitness components that help maintain good health.</u></p> <p>L2: Balance <u>L1: To develop the fitness component of balance.</u></p> <p>L3: Speed and agility <u>L1: To develop the fitness components of speed and agility.</u></p> <p>L4: Co-ordination and power <u>L1: To develop the fitness components of co-ordination and power.</u></p>	<p>Outdoor Invasion Games - Rugby (Sum 1)</p> <p><b>Lesson Sequence:</b> L1: Swing pass <u>L1: To demonstrate passing a ball using a swing pass. To move into space after using a swing pass in a game.</u></p> <p>L2: Swing pass and feint <u>L1: To demonstrate passing a ball using a swing pass. To perform a feint when passing to outwit a defender.</u></p> <p>L3: Swing pass, bounce pass and apply a feint <u>L1: To perform a swing pass and bounce pass in a game. To apply a feint when passing to outwit a defender.</u></p>	<p>Outdoor Invasion Games - Rugby 1 (Sum 1)</p> <p><b>Lesson Sequence:</b> L1: Passing and catching <u>L1: To demonstrate passing and catching a rugby ball with consistency, accuracy and control.</u></p> <p>L2: Passing and catching with accuracy <u>L1: To pass and catch rugby ball with consistency, accuracy and control.</u></p> <p>L3: Game tactics <u>L1: To apply simple tactics when playing a rugby type game.</u></p> <p>L4: Advanced game tactics</p>	<p>Outdoor Rugby 2 (Sum 1)</p> <p><b>Lesson Sequence:</b> L1: Backwards pass <u>L1: To pass a ball backwards with accuracy to a teammate.</u></p> <p>L2: Game tactics <u>L1: To apply simple tactics when playing a rugby-type game.</u></p> <p>L3: Attacking tactics <u>L1: To apply simple attacking tactics when playing a rugby-type game.</u></p> <p>L4: Kicking a rugby ball <u>L1: To kick a rugby ball with some accuracy and confidence.</u></p>

	<p>L5: Two tactics <u>LI: To show two simple tactics in a game.</u></p> <p>L6: Two tactics in a game <u>LI: To show two simple tactics in a game.</u></p> <hr/> <p style="text-align: center;"><b>Outdoor Athletics (Sum 2)</b></p> <p><b>Lesson Sequence:</b> L1: Hopping and rolling with accuracy <u>LI: To show a hopping skill with rhythm. To demonstrate rolling a ball with some accuracy.</u></p> <p>L2: Running, changing accurate underarm throw <u>LI: To show running and changing</u></p>	<p>L4: Striking with accuracy and tactics <u>LI: To strike a ball with some accuracy. To show a simple tactic in competitive fours.</u></p> <p>L5: Striking with accuracy in a net/wall game <u>LI: To strike a ball with accuracy. To apply a simple tactic in a net/wall game.</u></p> <p>L6: Outwit an opponent <u>LI: To demonstrate a simple tactic in a net/wall game to outwit an opponent.</u></p> <hr/> <p style="text-align: center;"><b>Outdoor Games - Striking and Fielding (Sum 2)</b></p> <p><b>Lesson Sequence:</b> L1: Overarm throw at distance</p>	<p>L5: Co-ordination <u>LI: To develop the fitness components of co-ordination.</u></p> <p>L6: Maintaining good health <u>LI: Recognise different fitness components that help maintain good health.</u></p> <hr/> <p style="text-align: center;"><b>Outdoor Striking and Fielding - Rounders (Sum 2)</b></p> <p><b>Lesson Sequence:</b> L1: Accurate underarm throw <u>LI: To demonstrate an underarm throw with accuracy.</u></p> <p>L2: Accurate underarm throw, striking and fielding <u>LI: To demonstrate how to throw a ball underarm with some accuracy. To catch a</u></p>	<p>L4: Game tactics <u>LI: To perform a pass in an invasion game using a swing pass. To apply a simple tactic to outwit a defender.</u></p> <p>L5: Game tactics to outwit a defender <u>LI: To perform a pass in an invasion game using a swing pass. To apply a simple tactic to outwit a defender.</u></p> <hr/> <p style="text-align: center;"><b>Outdoor Striking and Fielding - Cricket (Sum 2)</b></p> <p><b>Lesson Sequence:</b> L1: Underarm throw and catching <u>LI: To demonstrate an underarm throw with accuracy. To catch a ball.</u></p> <p>L2: Throw and catch with accuracy during a game</p>	<p><u>LI: To apply simple tactics when playing a rugby-type game.</u></p> <p>L5: Attacking and defending <u>LI: To apply simple attacking and defending tactics when playing a rugby-type game.</u></p> <hr/> <p style="text-align: center;"><b>Outdoor Striking and Fielding - Rounders (Sum 2)</b></p> <p><b>Lesson Sequence:</b> L1: Bowling and catching <u>LI: To demonstrate bowling underarm with accuracy. To catch a ball when fielding.</u></p> <p>L2: Striking and fielding <u>LI: To strike a ball with a bat. To throw a ball overarm when fielding.</u></p>	<p>L5: Attacking and defending tactics <u>LI: To apply simple attacking and defending tactics when playing a rugby-type game.</u></p> <p>L6: Game tactics in a match <u>LI: To apply simple tactics when playing a competitive rugby-type game.</u></p>
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<p><u>direction quickly. To demonstrate throwing underarm with some accuracy.</u></p> <p>L3: Jumping <u>L.I: To demonstrate jumping as far as possible and landing safely with control.</u></p> <p>L4: Running at speed and rolling with accuracy <u>L.I: To show good posture when running fast. To demonstrate rolling a ball with some accuracy and control.</u></p> <p>L5: Running and jumping courses <u>L.I: To complete a running and jumping course.</u></p> <p>L6: Running - changing direction <u>L.I: To demonstrate the skills of</u></p>	<p><u>L.I: To demonstrate and overarm throw for distance.</u></p> <p>L2: Striking and fielding <u>L.I: To strike a ball for distance. To play a simple striking and fielding game.</u></p> <p>L3: Striking and fielding <u>L.I: To strike a ball for distance. To play a simple striking and fielding game.</u></p> <p>L4: Strike a ball at distance, apply tactics <u>L.I: To strike a ball with accuracy for distance. To play a simple striking and fielding game and use a simple tactic.</u></p> <p>L5: Applying tactics in a game <u>L.I: To play a simple striking and fielding game using a simple tactic.</u></p>	<p><u>ball in a striking and fielding game.</u></p> <p>L3: Striking a ball from a tee or drop feed <u>L.I: To strike a ball from a tee or a drop feed. To catch a ball in striking and fielding game.</u></p> <p>L4: Game tactics <u>L.I: To strike a ball from a tee or a drop feed. To apply a simple tactic in a striking and fielding game.</u></p> <p>L5: Bowling and tactics in a modified game <u>L.I: To demonstrate bowling a ball underarm with accuracy. To apply simple tactics in a modified striking and fielding game.</u></p> <p>L6: Evaluation <u>L.I: To make a simple assessment of their</u></p>	<p><u>L.I: To demonstrate how to throw a ball underarm with some accuracy. To catch a ball in a striking and fielding game.</u></p> <p>L3: Striking from a tee and drop ball <u>L.I: To demonstrate how to strike a ball from a batting tee or drop feed. To catch a ball in a striking and fielding game.</u></p> <p>L4: Bowling <u>L.I: To demonstrate bowling a ball underarm. To demonstrate striking a ball from a batting tee or drop feed. To apply simple tactics in a modified competitive game.</u></p> <p>L5: Game tactics <u>L.I: To demonstrate bowling a ball underarm. To strike a ball from a bowler, tee or drop feed. To apply simple tactics in a</u></p>	<p>L3: Bowling and striking <u>L.I: To demonstrate a bowl underarm with accuracy. To strike a ball with a bat off a tee.</u></p> <p>L4: Fielding, striking with direction <u>L.I: To demonstrate an overarm throw when fielding a ball. To explain where to strike a ball in a game.</u></p> <p>L5: Game tactics <u>L.I: To demonstrate bowling with accuracy in a game. To strike a ball with a bat. To use tactics in a rounders type game.</u></p> <p>L6: Rounders match <u>L.I: To demonstrate bowling underarm with accuracy in a game. To strike a ball with a bat. To use tactics in a rounders game.</u></p>	<p style="text-align: center;">Outdoor Striking and Fielding - Cricket (Sum 2)</p> <p><b>Lesson Sequence:</b> L1: Bowling underarm and catching <u>L.I: To demonstrate bowling underarm with accuracy. To catch a ball when fielding.</u></p> <p>L2: Striking and bowling overarm <u>L.I: To strike a ball with a cricket bat off a tee. To bowl overarm with accuracy.</u></p> <p>L3: Accurate overarm bowling and striking <u>L.I: To demonstrate a bowl overarm with accuracy. To strike a ball with a cricket bat off a tee with consistency.</u></p> <p>L4: Game tactics</p>
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	<p><u>running and changing direction.</u></p>	<p>L6: Applying tactics in a game  <u>L.I: To play a simple striking and fielding game applying a simple tactic.</u></p>	<p><u>own performance based on the success criteria.</u></p>	<p><u>modified competitive game.</u></p> <p>L6: Game tactics to a modified game  <u>L.I: To demonstrate bowling a ball underarm. To strike a ball from a bowler, tee or drop feed. To apply simple tactics in a modified competitive game.</u></p>		<p><u>L.I: To bowl overarm with accuracy in a game. To apply a tactic in a cricket type game.</u></p> <p>L5: Cricket mini-matches  <u>L.I: To demonstrate bowling overarm with accuracy in a game. To strike a ball with a cricket bat in a game. To use tactics in a cricket type game.</u></p> <p>L6: Competitive game  <u>L.I: To demonstrate bowling overarm with accuracy and consistency in a game. To apply tactics in a modified competitive cricket game.</u></p>
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