## **BJS PE Curriculum**

		Year 3			
Term & Topic	Learning questions	Vocabulary	Skills	Enrichme nt	Global Citizen Links
Aut 1 FMS	Be able to run for long distances  Be able to change jumping technique  Expand on hand-eye and foot eye	Running Hopping Jumping Speed Distance	Show balance, coordination and technique when running at different speeds, stopping with control		Perseverance: Show examples in lessons of athletes who have shown perseverance in
	coordination developed in previous years.	Throwing Balance Direction	Link running, hopping and jumping actions using different take offs and landing.		their field. E.g.  Michael  Jordan/Lance
	Be able to feel and point out which muscles are working in different situations.	Coordination	Jump for distance and height with an awareness of technique		Armstrong.  Olympic values: excellence, respect
	Develop foot speed.  Be able to demonstrate correct catching technique.		Throw a variety of objects, changing action for accuracy and distance		and friendship Pick out examples in each lesson of children showing
			Demonstrate balance when performing other fundamental skills		one of these traits.
			Show balance when changing direction in combination with other skills.		

			Can co-ordinate their bodies with increased consistency in a variety of activities.	
Aut 2 Multi Skills	Understand how to increase speed over a short distance.	Sprinting Distance	Beginning to run at speeds appropriate for the distance. e.g.	Endurance For longer distance
	Be able to chance the type of throw depending on distance.	Cross Country Pace Accuracy	can perform a running jump with	events or events that require pupils to participate for a
	Learn how to bowl correctly at a target.	Throwing Speed	some accuracy  Performs a variety of throws	longer period of time show examples of
	Understand the importance of finding space.		using a selection of equipment.  Can use equipment safely and	athletes that run over longer distance e.g Mo Farah
	Learn how to correctly receive a ball.		with good control.	Communication
	Learn the correct stance for batting.			Show how teams communicate and promote communication
				amongst teammates.
Spr 1 Gymnastic	Learn and remember 5 gymnastics	Straddle Stretch	Be able to show all 5 gymnastics shapes with control.	Feedback and evaluating others
S	shapes. Learn 3 different balances. Travel in different ways on the floor	Star Tuck	Be able to show balances both on	performance.  Can be done
	and across a balance beam.  Be able to perform a variety of jumps.	Pike Balance	and off equipment.	through the use of filming with ipads
	Create and perform a basic routine.	Travel Routine	Be able to travel with control.	and coaching roles in lessons.
			Show how to jump with start and finish.	

			Copy and follow a routine.	
Spr 2 Cricket	Be able to hold the bat correctly. Be able to hit the ball consistently. Begin to understand basic rules. Bowl accurately underarm. Catch and throw the ball consistently over a variety of distances. Be able to take part in a small sided match.	Batter Bowler Fielder Wicket	Strike the ball from a non-moving ball. Using correct grip.  Be able to catch with 2 hands.  Be able to bowl in an underarm action.  Can use accuracy to ensure bowling is on target.	Teamwork Promote teamwork with examples of teams from a variety of sports. Highlight in each lesson examples of good teamwork.  Rules and regulations: These will be in all lessons and children will be given roles as referees/umpires in lessons.
				Fairplay: Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of fair play in each lesson.

Sum 1	Understand how to generate power	Speed	Apply and develop a broad range	Olympic values:
Athletics	Be able to complete all jumps with	Reaction Time	of athletic skills in different ways.	excellence, respect
	control.	Power		and friendship
	Be able to run over different distances.	Accuracy	Show control, coordination	Pick out examples
	Learn correct throwing technique for	Field	when running, throwing and	in each lesson of
	the javelin.	Track	jumping.	children showing
	Improve running technique over a short			one of these traits.
	distance.		Choose an appropriate running	Giving good
	Improve technique over long distances.  Be able to jump for distance.		speed for shorter distances.	feedback to others
			Combine basic jump actions to	Olympic games
			form a jump combination, using a	
			controlled jumping technique	
Sum 2	Be able to control a moving ball.	Forehand	Perform basic skills for the game	
Tennis	Being able to hit the ball over the net.	Volley	with control and accuracy	
	Be able to perform a forehand.	Net	including hitting a ball towards a	Rules and
	Being able to serve the ball to start a	Baseline	target.	regulations:
	point.	Serve		These will be in all
	Being able to hit a volley.	Out	Perform a basic forehand action	lessons and children
		Fault	with control and accuracy.	will be given roles
				as referees/umpires
			Begin to apply basic movements	in lessons.
			in a range of activities and in	
			combination.	Fairplay:
				Promote a fair
				game in all lessons
			Keep a rally going using a range	with children
			of shots.	following rules of
				the task/game.
			Compete with others – keeping	Highlight examples
			and following the rules of the	of fair play in each
			game	lesson.

			Year 4	
Aut 1 FMS	Be able to run for long distances	Running Hopping	Consistently show balance, coordination and technique	Perseverance: Show examples in
	Be able to change jumping technique	Jumping Speed	when running at different speeds, stopping with control	lessons of athletes who have shown
	Expand on hand-eye and foot eye coordination developed in previous	Distance Throwing	and showing spatial awareness.	perseverance in their field. E.g.
	years.	Balance Direction	Show hopping and jumping actions including running as a	Michael Jordan/Lance
	Be able to feel and point out which muscles are working in different	Coordination Agility	transition in between take off and landing while maintaining	Armstrong.
	situations.	Spatial Awareness Control	balance. Jump for distance showing	Olympic values: excellence, respect
	Develop foot speed.		balance and control. Throw with accuracy and power	and friendship Pick out examples
	Be able to demonstrate correct catching technique.		towards a target.	in each lesson of children showing
			Demonstrate balance when performing fundamental skills. Show agility, ability to change direction at speed.	one of these traits.
Aut 2 Multi Skills	Be able to perform different movements with control over set distances.	Sprinting Distance Cross Country	Understand pace and how it is used across different distances.	Endurance For longer distance events or events
		Pace	Can perform a running jump for	that require pupils
	Be able to change the type of throw depending on distance.	Accuracy Throwing Speed	distance	to participate for a longer period of time show examples of

	Learn how to bowl correctly and		Performs a variety of throws for	athletes that run
	accurately at a target.		distance using a selection of	over longer distance
	,		equipment.	e.g Mo Farah
	Understand how to find space.			
	·		Can use equipment safely and	Communication
	Learn how to correctly receive a ball.		with good control.	Show how teams
				communicate and
	Be able to use the correct stance for			promote
	batting.			communication
				amongst
				teammates.
Spr 1	Learn and remember 7 gymnastics	Straddle	Be able to show all 7 gymnastics	Feedback and
Gymnastic s	shapes.	Stretch	shapes with control.	evaluating others
		Star		performance.
	Learn 4 different balances.	Tuck	Be able to show balances both on	Can be done
		Pike	and off equipment.	through the use of
	Travel in different ways on the floor	Balance		filming with ipads
	and across a balance beam.	Travel	Be able to travel with control.	and coaching roles
		Routine		in lessons.
	Be able to perform a variety of jumps		Show how to jump with start and	
	with shape.		finish including a shape.	
	Create and perform a basic routine.		Copy and follow a routine.	
Spr 2	Be able to hold the bat correctly.	Batter	Strike the ball using the correct	Teamwork
Cricket	Be able to hit the ball consistently.	Bowler	batting technique.	Promote teamwork
	Begin to understand basic rules.	Fielder	Be able to catch with both 1 hand	with examples of
	Bowl accurately overarm.	Wicket	and 2 hands.	teams from a
	Catch and throw the ball consistently	Wicket Keeper	Be able to bowl in an overarm	variety of sports.
	over a variety of distances.	Stumps	action.	Highlight in each
	Be able to take part in a small sided	Out	Can use accuracy to ensure	lesson examples of
	match.		bowling is on target.	good teamwork.

				Rules and regulations: These will be in all lessons and children will be given roles as referees/umpires in lessons.  Fairplay: Promote a fair game in all lessons
				with children following rules of the task/game. Highlight examples of fair play in each lesson.
Sum 1 Athletics	Understand how to generate power Be able to complete all jumps with control. Be able to run over different distances. Learn correct throwing technique for the javelin. Improve running technique over a short distance. Improve technique over long distances. Be able to jump for distance.	Speed Reaction Time Power Accuracy Field Track	Apply and develop a broad range of athletic skills in different ways.  Show control, coordination and consistency when running, throwing and jumping.  Choose an appropriate running speed to meet the demand of the task.	Olympic values: excellence, respect and friendship Pick out examples in each lesson of children showing one of these traits. Giving good feedback to others
			Combine basic jump actions to form a jump combination, using a controlled jumping technique	Olympic games

Pernals   Being able to hit the ball over the net. Be able to perform a backhand. Being able to perform a forehand. Being able to serve the ball to start a point. Being able to hit a volley.   Being able to serve the ball to start a point. Being able to hit a volley.   Being able to hit a volley.   Perform a basic forehand and backhand action with control and accuracy.   Being to apply basic movements in a for a volley.   Perform a basic forehand and backhand action with control and accuracy.   Perform a basic forehand and backhand accuracy.   Perform a basic forehand and backhand accuracy.   Perform a basic forehand and backhand action with control and accuracy.   Perform a basic forehand and backhand action with control and accuracy.   Periform a basic forehand and backhand action with control and accuracy.   Periform a basic forehand and backhand action with control and accuracy.   Periform a basic forehand and backhand action with control and accuracy.   Periform a basic forehand and backhand action with control and accuracy.   Periform a basic forehand and backhand action with control and accuracy.   Periform a basic forehand and backhand action with control and accuracy.   Periform a basic forehand and backhand action with control and accuracy.   Periform a basic forehand and backhand action with control and accuracy.   Periform a basic forehand and backhand action with control and accuracy.   Periform a basic forehand and backhand action with control and accuracy.   Periform a basic forehand and backhand action with control and accuracy.   Periform a basic forehand and backhand action with control and accuracy.   Periform a basic forehand and backhand action with control and accuracy.   Periform a basic forehand and backhand accuracy.   Periform a basic forehand and accuracy.   Periform a basic foreha	Sum 2	De able to control a manifest ball	Famalamal	Doufous bosis skills for the source	
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Be able to perform a forehand. Being able to serve the ball to start a point. Being able to hit a volley.  Begin to apply basic movements in a for a volley.  Reep a rally going using a range of shots.  Compete with others – keeping and following the rules of the game  The swill be in all lessons and children will be given roles as referees/umpires in lessons.  Year 5  Year 5  Autt 1 Rugby  Improve passing to a partner, stationary and dynamic.  Practice how to score a try and the decision making involved to increase probability.  Practice the body position to make a successful tackle.  Baseline  Conyete with others – keeping and following the rules of the game  Ensuring passing is sideways or backwards. Develop the ability to place the ball over the try line showing speed and control.  Practice the body position to make a successful tackle.  Baseline  Conyete with others – keeping and following the rules of the game  Ensuring passing is sideways or backwards. Develop the ability to place the ball over the try line showing speed and control.  Practice the body position to make a successful tackle.			•	,	
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Accuracy  Begin to apply basic movements in a for a volley.  Keep a rally going using a range of shots.  Compete with others – keeping and following the rules of the game  Year 5  Year 5  Limprove passing to a partner, stationary and dynamic.  Practice how to score a try and the decision making involved to increase probability.  Practice the body position to make a successful tackle.  Accuracy  Begin to apply basic movements in a for a volley.  Feirplay:  Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of fair play in each lesson.  Year 5  Fairplay:  Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of fair play in each lesson.  Teamwork  Promote teamwork with examples of teams from a variety of sports. Highlight in each lesson examples of good teamwork.		Being able to hit a volley.	Fault	backhand action with control and	will be given roles
Begin to apply basic movements in a for a volley.    Fairplay:   Promote a fair game in all lessons with children following rules of the task/game.   Highlight examples of fair play in each lesson.			Backhand	accuracy.	as referees/umpires
Aut 1 Rugby Improve passing to a partner, stationary and dynamic.  Practice how to score a try and the decision making involved to increase probability.  Practice the body position to make a successful tackle.  Keep a rally going using a range of shots.  Compete with others – keeping and following the rules of the game and following the rules of the game and following the rules of the task/game. Highlight examples of fair play in each lesson.  Year 5  Fairplay: Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of fair play in each lesson.  Year 5  Fairplay: Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of backwards. Develop the ability to pass when moving forward.  Practice the body position to make a successful tackle.			Accuracy		in lessons.
Keep a rally going using a range of shots.  Compete with others – keeping and following the rules of the game  Vear 5  Teamwork Rugby  Improve passing to a partner, stationary and dynamic.  Practice how to score a try and the decision making involved to increase probability.  Practice the body position to make a successful tackle.  Keep a rally going using a range of the game in all lessons with children following rules of the task/game.  Highlight examples of fair play in each lesson.  Practice how to score a partner, promote teamwork pass when moving forward.  Agility penalty penalty the ball over the try line showing speed and control.  Practice the body position to make a successful tackle.				Begin to apply basic movements	
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Keep a rally going using a range of shots.  Compete with others – keeping and following the rules of the task/game. Highlight examples of fair play in each lesson.  Year 5  Year 5  Year 5  Improve passing to a partner, stationary and dynamic.  Practice how to score a try and the decision making involved to increase probability.  Practice the body position to make a successful tackle.  Keep a rally going using a range following rules of the task/game. Highlight examples of fair play in each lesson.  Teamwork  Practice how to score a partner, stationary and dynamic.  Drop Kick pass when moving forward.  Developing the ability to place the ball over the try line showing speed and control.  Practice the body position to make a successful tackle.					Promote a fair
Aut 1 Rugby  Aut 1 Rugby  Practice how to score a try and the decision making involved to increase probability.  Practice the body position to make a successful tackle.  Syear 5  Compete with others – keeping and following the rules of the game  Ensuring passing is sideways or backwards. Develop the ability to pass when moving forward.  Passing Tackling Drop Kick pass when moving forward.  Practice how to score a try and the decision making involved to increase probability.  Practice the body position to make a successful tackle.  Syear 5  Ensuring passing is sideways or backwards. Develop the ability to pace teamwork with examples of teams from a variety of sports. Highlight in each lesson examples of good teamwork.					game in all lessons
Aut 1 Rugby  Aut 1 Rugby  Practice how to score a try and the decision making involved to increase probability.  Practice the body position to make a successful tackle.  Syear 5  Compete with others – keeping and following the rules of the game  Ensuring passing is sideways or backwards. Develop the ability to pass when moving forward.  Passing Tackling Drop Kick pass when moving forward.  Practice how to score a try and the decision making involved to increase probability.  Practice the body position to make a successful tackle.  Syear 5  Ensuring passing is sideways or backwards. Develop the ability to pace teamwork with examples of teams from a variety of sports. Highlight in each lesson examples of good teamwork.				Keep a rally going using a range	with children
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Aut 1 Rugby    Improve passing to a partner, stationary and dynamic.   Practice how to score a try and the decision making involved to increase probability.   Practice the body position to make a successful tackle.   Stationary and the decision making involved to make a successful tackle.   And following the rules of the game   Of fair play in each lesson.      Vear 5				Compete with others – keeping	. 0
Year 5    Aut 1 Rugby   Improve passing to a partner, stationary and dynamic.   Practice how to score a try and the decision making involved to increase probability.   Practice the body position to make a successful tackle.   Practice tackles   Practice tackle				· · ·	
Aut 1 Rugby    Improve passing to a partner, stationary and dynamic.   Passing Drop Kick   Practice how to score a try and the decision making involved to increase probability.   Practice the body position to make a successful tackle.					i ' '
stationary and dynamic.  Practice how to score a try and the decision making involved to increase probability.  Practice the body position to make a successful tackle.  Practice passing to a partner, stating passing is sideways of backwards. Develop the ability to pass when moving forward.  Promote teamwork with examples of teams from a variety of sports.  Developing the ability to place the ball over the try line showing speed and control.  Practice the body position to make a successful tackle.				Year 5	
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Practice how to score a try and the decision making involved to increase probability.  Practice the body position to make a successful tackle.  Drop Kick Agility Agility Developing the ability to place the ball over the try line showing speed and control.  Practice the body position to make a successful tackle.  Developing the ability to place the ball over the try line showing speed and control.  Speed and control.  With examples of teams from a variety of sports.  Highlight in each good teamwork.	Rugby	stationary and dynamic.	Tackling	backwards. Develop the ability to	Promote teamwork
decision making involved to increase probability.  Penalty Tactics  Practice the body position to make a successful tackle.  Try Developing the ability to place the ball over the try line showing speed and control.  Practice the body position to make a successful tackle.  Try Developing the ability to place the ball over the try line showing speed and control.  Speed and control.  good teamwork.			Drop Kick		with examples of
decision making involved to increase probability.  Penalty Tactics  Practice the body position to make a successful tackle.  Try Developing the ability to place the ball over the try line showing speed and control.  Practice the body position to make a successful tackle.  Try Developing the ability to place the ball over the try line showing speed and control.  Speed and control.  good teamwork.		Practice how to score a try and the	Agility		teams from a
probability.  Penalty Tactics  Practice the body position to make a successful tackle.  Penalty Tactics  the ball over the try line showing speed and control.  speed and control.  the ball over the try line showing speed and control.  speed and control.  good teamwork.		decision making involved to increase		Developing the ability to place	variety of sports.
Practice the body position to make a successful tackle.  Tactics speed and control. lesson examples of good teamwork.			•	, , ,	
Practice the body position to make a good teamwork.  successful tackle.		. ,	•	,	
successful tackle.		Practice the body position to make a			-
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					Winning and losing

	Kick the ball to different targets  Practice defending tactics.  Take part in small sided rugby match.		Being able to make a tackle whilst bending knees and taking the tag with a low body position.  Kick to gain territory. Know the difference between kicks and show how different kicks use different techniques.	Ensure pupils are good winners/losers. Shake hands at the end of each lesson/game. Show examples in sport.
Aut 2 Basketball	Understand the difference between bounce pass and chest pass.  Dribble the ball with one hand, being able to change speed and direction.  Being able to retrieve the ball when defending.  Understand how to hold the ball when shooting.  Know where to aim when shooting.  Be able to take part in small sided matches.	Passing Dribbling Attacking Defending Shooting Lay up Hoop Chest Pass Bounce pass	Complete a chest pass and bounce pass using the correct technique.  Use agility to keep control of the ball when moving and show correct body position.  Show correct body position when defending (low stance) and show how to gain possession.  Use correct technique to shoot.  Take part in small sided games showing speed when attacking (include shot clock).	Teamwork Promote teamwork with examples of teams from a variety of sports. Highlight in each lesson examples of good teamwork.  Winning and losing Ensure pupils are good winners/losers. Shake hands at the end of each lesson/game. Show examples in sport.
Spr 1 Gymnastic s	Learn and remember nine key gymnastics shapes.  Learn 5 different gymnastics balances.	Straddle Stretch Star Tuck Pike Dish	Be able to remain in control when going from one balance to another.  Be able to show all nine key gymnastics shapes with control.	Feedback and evaluating others performance. Can be done through the use of filming with ipads

	Travel in different ways both on and off the apparatus.  Create and perform a routine.  Perform a variety of different vaults.  Perform a sequence of movements using a variety of high difficulty	Arch Front Support Back Support Balance Travel Routine	Be able to perform a roll, shape and balance in a routine.  Complete a sequence both with a partner and without.	and coaching roles in lessons.
Spr 2 World sports	equipment.  Show a basic understanding of Kabaddi  Understand basic volleyball rules and techniques.  Show a basic understanding of Danish long ball.  Show a basic understanding of American football.	Kabaddi Volleyball Spike Block Overhead Forearm Danish Long ball American football Quarterback Wide Receiver Running Back	Be able to show different variations of evasion using agility.  Use side step as an evasion technique.  Show different techniques for volleyball including serving, passing (forearm underhand passing), setting (overhead passing), attack options (hitting/spiking), blocking (from attack and defend positions), and defensive skills (rolling & sliding).  Know how to kick the ball into space in Danish long ball.  Understand the different positions in American football.  Show the correct technique for passing and receiving.	Global issues:   Discuss with children about the issues that some of these global sports might face e.g. poverty/social issues.  Understanding different cultures. Show how different cultures play different sports across the world.

Sum 1	Understand how to generate power	Speed	Beginning to build a variety of	Olympic values:
Athletics	Be able to complete all jumps with	Reaction Time	running techniques and use with	excellence, respect
	control.	Power	confidence.	and friendship
	Be able to run over different distances.	Accuracy		Pick out examples
	Learn correct throwing technique for	Field	Can perform a running jump with	in each lesson of
	the javelin.	Track	more than one component. e.g.	children showing
	Improve running technique over a short	Endurance	hop skip jump (triple jump)	one of these traits.
	distance.			Giving good
	Improve technique over long distances.		Beginning to record peers	feedback to others
	Be able to jump for distance.		performances, and evaluate	
			these.	Olympic games
			Demonstrates accuracy and	
			confidence in throwing activities.	
			Describes good athletic	
			performance using correct	
			vocabulary.	
			Can use equipment safely and	
			with good control.	
Sum 2 Cricket	Be able to bowl the ball using the	Batter	Be able to bowl in an overarm	Teamwork
Cricket	correct technique.	Bowler	action showing accuracy.	Promote teamwork
		Fielder		with examples of
	Be able to use the correct batting	Wicket	Strike the ball using the correct	teams from a
	stance.	Wicket Keeper	batting technique for defending.	variety of sports.
		Stumps		Highlight in each
	Be able to catch the ball consistently	Out	Be able to catch from a variety of	lesson examples of
	when fielding.	Wide	distances.	good teamwork.
		No Ball		
	Learn tactics that can be used in a	Boundaries		
	game.		Be able to organise a field to	Rules and
			ensure batting score is kept low.	regulations:

	Be able to take part in a small sided game.		Show a variety of different shots by adjusting body position.	These will be in all lessons and children will be given roles as referees/umpires in lessons.  Fairplay: Promote a fair game in all lessons with children following rules of
			Year 6	the task/game. Highlight examples of fair play in each lesson.
Aut 1 Rugby	Improve passing to a partner, stationary and dynamic.	Passing Tackling Grubber Kick	Ensuring passing is sideways or backwards. Passing at speed with a variety of distances.	Teamwork Promote teamwork with examples of
	Practice how to score a try and the decision making involved to increase probability.	Drop Kick  Agility  Try  Penalty	Being able to score a try using different team tactics.	teams from a variety of sports. Highlight in each lesson examples of
	Practice the body position to make a successful tackle.	Conversion Territory	Being able to make a tackle at speed to stop an attack, showing the correct technique.	good teamwork.
		Tactics	ine correct technique.	l l
	Kick the ball to different targets	ractics	Kick to gain territory. Being able	Rules and regulations:

	Take part in small sided rugby match.			will be given roles
				as referees/umpires
				in lessons.
				Fairmlann
				<b>Fairplay:</b> Promote a fair
				game in all lessons
				with children
				following rules of
				the task/game.
				Highlight examples
				of fair play in each lesson.
Aut 2	Understand the difference between	Passing	Complete a chest pass and	Teamwork
Basketball		Dribbling	· · · · · · · · · · · · · · · · · · ·	Promote teamwork
	bounce pass and chest pass.	Attacking	bounce pass using the correct technique at speed.	with examples of
	Dribble the ball with one hand, being	Defending	technique at speed.	teams from a
	able to change speed and direction.	Shooting	Being able to move with the ball	variety of sports.
	able to change speed and direction.	Free Throw	at speed.	Highlight in each
	Being able to retrieve the ball when		at speed.	lesson examples of
	defending.	Lay up	Show correct hady position when	-
	derending.	Hoop 3 Pointer	Show correct body position when	good teamwork.
	Understand how to hold the ball when	Chest Pass	defending (low stance) and show	
			how to gain possession.	Rules and
	shooting.	Bounce pass	Show how to shoot both a lay up	regulations:
	Know where to aim when shooting.		and free throw.	These will be in all
	Know where to ann when shooting.		and nee throw.	lessons and children
	Be able to take part in small sided		Take part in small sided games	will be given roles
	matches.		showing speed when attacking	_
	matches.			as referees/umpires in lessons.
			(include shot clock).	in lessons.
				Fairplay:

Spr 1 Gymnastic s	Learn and remember nine key gymnastics shapes.  Learn 5 different gymnastics balances.  Travel in different ways both on and off the apparatus.  Create and perform a routine.  Perform a variety of different vaults.  Perform a sequence of movements using a variety of high difficulty	Straddle Stretch Star Tuck Pike Dish Arch Front Support Back Support Balance Travel Routine Handstand Cartwheel	Perform shapes as jumps with control and being able to land successfully.  Show balance both with a partner and without.  Be able to perform a forward roll to straddle.  Start to work towards completing a handstand and cartwheel.  Complete a sequence both with a	Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of fair play in each lesson.  Feedback and evaluating others performance. Can be done through the use of filming with ipads and coaching roles in lessons.
	equipment.		partner and without.	
Spr 2 World	Show a basic understanding of Kabaddi	Kabaddi Volleyball	Be able to show different variations of evasion using agility.	<b>Global issues</b> : Discuss with
sports	Understand basic volleyball rules and	Spike	variations of evasion using aginty.	children about the
	techniques.	Block	Use side step as an evasion	issues that some of
		Overhead	technique.	these global sports
	Show a basic understanding of Danish	Forearm	Show different techniques for	might face e.g.
	long ball.	Danish Long ball	volleyball including serving,	poverty/social
		American football	passing (forearm underhand	issues.

	Show a basic understanding of	Quarterback	passing), setting (overhead	
	American football.	Wide Receiver	passing), attack options	Understanding
	American rootsan.	Running Back	(hitting/spiking), blocking (from	different cultures.
		Raining Back	attack and defend positions), and	Show how different
			defensive skills (rolling & sliding).	cultures play
			deterisive skins (ronning & sharing).	different sports
			Know how to kick the ball into	across the world.
			space in Danish long ball.	deress the world.
			space in banish long ban.	
			Understand the different	
			positions in American football.	
			Show the correct technique for	
			passing and receiving.	
Sum 1 Athletics	Understand how to generate power	Speed	Beginning to build a variety of	Olympic values:
runcues	Be able to complete all jumps with	Reaction Time	running techniques and use with	excellence, respect
	control.	Power	confidence.	and friendship
	Be able to run over different distances.	Accuracy		Pick out examples
	Learn correct throwing technique for	Field	Can perform a running jump with	in each lesson of
	the javelin.	Track	more than one component. e.g.	children showing
	Improve running technique over a short	Endurance	hop skip jump (triple jump)	one of these traits.
	distance.	Triple Jump		Giving good
	Improve technique over long distances.	Javelin	Beginning to record peers	feedback to others
	Be able to jump for distance.	Pace	performances, and evaluate	
			these.	Olympic games
			Demonstrates accuracy and	
			confidence in throwing activities.	
			Describes good athletic	
			performance using correct	
			vocabulary.	

			Can use equipment safely and with good control.	
Sum 2 Cricket	Be able to bowl the ball using the correct technique.	Batter Bowler Fielder	Be able to bowl in an overarm action showing a variety of pace.	Teamwork Promote teamwork with examples of
	Be able to use the correct batting stance.	Wicket Wicket Keeper Stumps	Strike the ball using the correct batting technique into space.	teams from a variety of sports. Highlight in each
	Be able to catch the ball consistently when fielding.	Out Wide No Ball	Be able to throw accurately and quickly to get out an opponent.	lesson examples of good teamwork.
	Learn tactics that can be used in a game.	Boundaries Crease Drive	Be able to organise a field to ensure batting score is kept low.	Rules and regulations:
	Be able to take part in a small sided game.	Cover LBW	Show a how to bat against a variety of different bowling paces.	These will be in all lessons and children will be given roles as referees/umpires in lessons.
				Fairplay: Promote a fair game in all lessons with children following rules of the task/game. Highlight examples of fair play in each