



	Health and Fitness (covered throughout each term)	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2	Swimming
Reception	Understand the importance of good health through physical exercise and a healthy diet. Talk about the different ways we can keep healthy and safe.	Dance - Spontaneously respond to stimuli, moving with appropriate actions and timing Begin to remember a short sequence Create, perform and observe simple movements QCA - Themes and Dreams	Games - PASSING SKILLS Play on own/with others Control body to move in different ways e.g. forwards/sideways Control balls of different sizes Take turns QCA - Rolla Ball	Gymnastics - Begin to balance, travel, jump and roll to make a gymnastic story with friends QCA - Making Shapes	Games - THROWING SKILLS Release to a target Use a range of equipment to hit a ball Watch and copy bounce & catch on the spot and on the move, QCA - Beanbag Throw	Athletics - Begin running, jumping, hopping, stopping and throwing at a target Honey Pot QCA	Early OAA Games - Search for Ted Basic prepositional instructions included	
Year 1	Be able to talk about what happens to the body during exercise e.g. breathing, heart rate etc. Practise skills to warm up or cool down the body before and after exercise.	Dance - Begin to use actions, space, relationships and dynamics in dance Create sequences to a given stimuli Show some control over co-ordination Move in time with music Create, perform and observe giving feedback QCA - How does it feel?	Games - Be a competent mover so that they can avoid others by controlling their body so they don't fall over i.e. move forward, sideways and backwards at different speeds with control Use STEP to plan, carry out and assess activities Include others in games Keep rules Suggested sport link: FOOTBALL QCA - Ten Point Hoops	Gymnastics - Show greater strength and control when holding the 5 basic shapes (balance), travelling (skipping, crawling etc.), jumping (5 different ways), and rolling (pencil, egg and dish) QCA - Families of Actions	Games - THROWING SKILLS Control balls of various sizes & shapes; carry and release into a target, roll, throw underarm into a target, throw a ball in the air and catch, hit a ball with a bat into a target Understand simple tactics to outwit a partner/small team when attacking or defending i.e. selecting an appropriate pass, looking one way passing the other, keeping on the move to mark a goal/target, moving into the pathway of a ball to intercept QCA - Kick Rounders	Athletics - Combination jumping, Range of throwing techniques QCA - Off, up and away	OAA - Simple map use Follow a trail QCA - Where are we going?	
Year 2	Be able to talk about what happens to the body during exercise e.g. breathing, heart rate etc. and attempt to find the pulse. Practise skills to warm up or cool down the body before and after exercise. Discuss how the body changes during exercise.	Dance - Confidently use actions, space, relationships and dynamics in dance Create sequences to a stimuli Show control over co-ordination and balance Move in time with music and interact with a partner e.g. march together	Games - Receive balls of various sizes and shapes from a partner, bounce & catch on the spot and on the move Change their intended action in response to their opponent Have the determination to practise to improve own skills Begin to recognise what they and others do well	Gymnastics - Creating a gymnastic sequence with: a balance, travelling action, a jump and a roll. Sharing with a partner to create a longer routine Introduce monkey walk/caterpillar/bunny hop, tuck/star jump from a bench, and teddy bear roll, rock and roll and tipper truck roll QCA - Partner Work	Games - Play co-operatively and competitively with a partner/team of 3 Strike & receive the ball and hit a ball with a bat when playing with a partner Begin to recognise how they and others feel when they find	Athletics - Mini Olympics (assessment task to pass to KS2) Refine running techniques QCA - Take Aim	OAA - Problem solving on a trail Work with a partner using a map QCA - Ship Wrecked	

		<p>Create, perform and observe giving feedback and make improvements</p> <p>QCA - Machines</p>	<p>Suggested sport link: Mini Tennis</p> <p>QCA - Mini Tennis 1</p>		<p>activities easy/difficult, when they win/lose</p> <p>Suggested sport link: ROUNDERS</p> <p>QCA - Arc Rounders</p>			
Year 3	<p>Keep up an activity for a sustained period of time. Recognise and describe what their bodies feel like during different types of activity. Describe what happens to their heart, breathing and temperature during different types of activity.</p>	<p>Dance - Explore and experiment with movement to a stimuli Move using thought/feeling/an idea Develop musicality Create, perform and observe giving feedback and make improvements Copy and repeat a sequence Show an awareness of different dance styles and traditions</p> <p>QCA - Round the Clock</p>	<p>Games - Develop a range of defence and attacking skills With others, decide and try out different ideas/tactics to outwit an opponent in defence and attack Understand how to take responsibility for their own and others' safety when playing games Agree on their own rules to suit the equipment Keep to the rules so that they and others enjoy and are challenged Encourage team mates</p> <p>Suggested sport link: CRICKET</p> <p>QCA - Zone Cricket</p>	<p>Gymnastics - Create a sequence to show changes of speed, three balance and three ways of travelling Develop upper body strength when balancing (on hands) Explore the four points e.g. elbow Balance with a partner in a variety of ways e.g. facing each other Develop jumps from a bench including stag jump Work and backwards and forwards roll</p> <p>QCA - Partner Work Unit 3</p>	<p>Games - Keep games going because they have the skill and control to do so Send and receive a ball with a racquet with increasing accuracy to a target, space or team mate Keep to the rules so that they and others enjoy and are challenged Accept winning and losing as part of games</p> <p>Suggested sport link: TENNIS</p> <p>QCA - Mini Tennis 2</p>	<p>Athletics - Review running techniques, perform combinations of jumps for purpose (e.g. long jump), perform combinations of throws for purpose (e.g. discus)</p> <p>QCA - Faster, Higher, Further</p>	<p>OAA - Orientate simple maps Mark control points Find way back to base Co-operate in a group</p> <p>QCA - Gone Fishing!</p>	
Year 4	<p>Learn some of the main muscle groups during the warm up and cool down. Start to take their own pulse before, during and after an activity and explain the effect. Know a warm up routine involving dynamic stretches.</p>	<p>Dance - Structure a dance phrase Show technical and expressive skills Use space and dynamics Show an awareness of different dance styles and traditions, discussing the aesthetics of creating a routine e.g. costume/content etc. Perform and improve with reason</p> <p>QCA - Masquerade</p>	<p>Games - Understand own and others' strengths and weaknesses and have the confidence to practise to improve Understand how to take responsibility for their own and others' safety when playing games Adapt and make up rules to suit the equipment/space/targets used Select different positions in the team based on strengths of players Agree on their own rules to suit the equipment Accept winning and losing as part of games</p> <p>Suggested sport link: CRICKET</p> <p>QCA - Pairs Cricket</p>	<p>Gymnastics - Creating sequences on own or in pairs including any of the KS1/Year 3 balances, rolls and jumps, ensuring changes in speed Perform and assess own sequence and others and make improvements Perform using equipment, benches, mats, tables</p> <p>QCA - Acrobatic Gymnastics</p>	<p>Games - Use space well by finding and moving into a free space/passing to someone when they are in a good space Send and receive a ball with a racquet with accuracy to a target, space or team mate Accept winning and losing as part of games</p> <p>Suggested sport link: TENNIS</p> <p>QCA - What a Racket!</p>	<p>Athletics - Running with pace, Refine jumping techniques, throwing at different purposes (javelin, discus, shot)</p> <p>QCA - Three Jump Challenge</p>	<p>OAA - Take on roles within a group to solve a problem using a map Select appropriate equipment for a task Problem solve using effective strategies</p> <p>QCA - Search and Rescue</p>	<p>January-June Learn a range of strokes. Swim 25m unaided.</p>

Year 5	<p>Be able to take the pulse, name some muscles correctly, and explain the effects that exercise has on their own body. Begin to lead a warm up using dynamic stretches, knowing which muscles are being warmed up. Understand why exercise is good for their fitness, health and well-being.</p>	<p>Dance - Show co-ordination, control, alignment and strength Use dynamics, space and relationships (mirroring, unison, canon) Understand and use dance vocabulary Perform and improve with reason</p> <p>QCA - What's So Funny?</p>	<p>Games - NETBALL Pass, control, dribble and shoot with accuracy and fluency while on the move Understand own and others' strengths and weaknesses and how to Choose the most competent person for a specific role within the team Control the feelings experienced to help themselves and others enjoy the games</p> <p>QCA - Calling the Shots</p>	<p>Gymnastics - Work with a partner to create a sequence of up to 8 elements: e.g. a combination of asymmetrical shapes and balances and symmetrical rolling and jumping actions. Include: changes of direction and level and show mirroring and matching shapes and balances. Perform/assess/improve</p> <p>QCA - Group Dynamics</p>	<p>Games - TAG RUGBY Send and receive ball with hands and feet accurately Demonstrate the confidence and competence to successfully take part in the range of games as described above Make decisions quickly in a game Change tactics/roles as necessary for the success of the whole team</p> <p>Understand and keep to the rules of the games described above to enable the game to flow and keep players safe</p> <p>QCA - Grid Rugby</p>	<p>Athletics - Long distance running, hurdles, demonstrate a range of jumps with power and control, throw in a range of different styles with different equipment and targets</p> <p>QCA - Distance Challenge</p>	<p>OAA - Draw own trails and follow Share roles and responsibilities Plan strategies to problem solve e.g. build a shelter Consider the feelings of others</p> <p>QCA -Safely Across</p>	
Year 6	<p>Lead a warm up using dynamic stretches, knowing which muscles are being warmed up. Understand why exercise is good for their fitness, health and well-being. Know which clothing and footwear is appropriate for exercise and check that equipment is safe. Be able to take the pulse, name some muscles correctly, and explain the effects that exercise has on their own body. Know how playing games etc. in school can benefit playing outside of school, and value exercise outside of the school</p>	<p>Dance - Create a performance piece/mini showcase from a stimuli ensuring dance phrases including a range of technical and expressive skills and build on learning from Year 5</p> <p>QCA - Making the Grade</p>	<p>Games - BASKETBALL Pass, control, dribble and shoot with accuracy and fluency while on the move Make decisions quickly Understand the transference of skills from one type of game to another and apply Challenge and encourage each other to perform to the best of their ability</p> <p>QCA - Wide Attack</p>	<p>Gymnastics - Work in a group of 4 to 6 people to create a longer more complex sequence of up to 10 elements. Include: e.g. a combination of counter balance/counter tension, twisting/turning, travelling on hands and feet, as well as jumping and rolling. Your sequence should demonstrate different ways of working with a partner or within your group e.g. starting or moving apart/together, matching/mirroring, contrasting shape, speed, level or timing. Perform for others (assessed)</p>	<p>Games - RUGBY Demonstrate the perseverance to improve Reflect on own and others' performance to help improve personal and team skills and performance Select different positions in the team based on strengths of players</p> <p>QCA - Tag Rugby</p>	<p>Athletics - Mini Olympics planned and carried out by children to test running, throwing and jumping skills</p> <p>Final Primary Assessment</p>	<p>OAA - Draw on maps and follow Use 8-point compass points to orientate Implement and refine strategies to solve problems Evaluate and improve on performance</p> <p>QCA - Electric Fence</p>	<p>September- January July Perform a range of strokes. Swim 25m unaided. Perform self-rescue in different water-based situations</p>

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